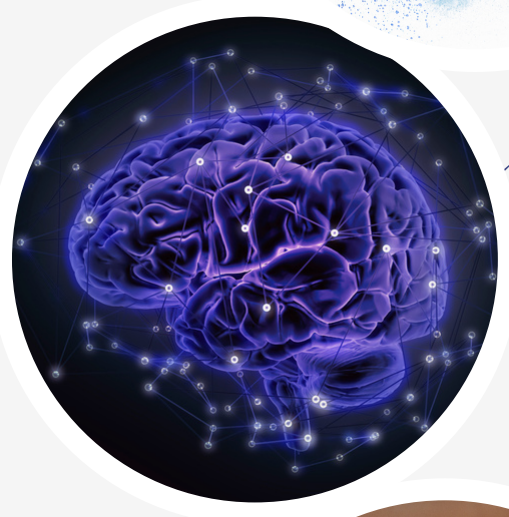
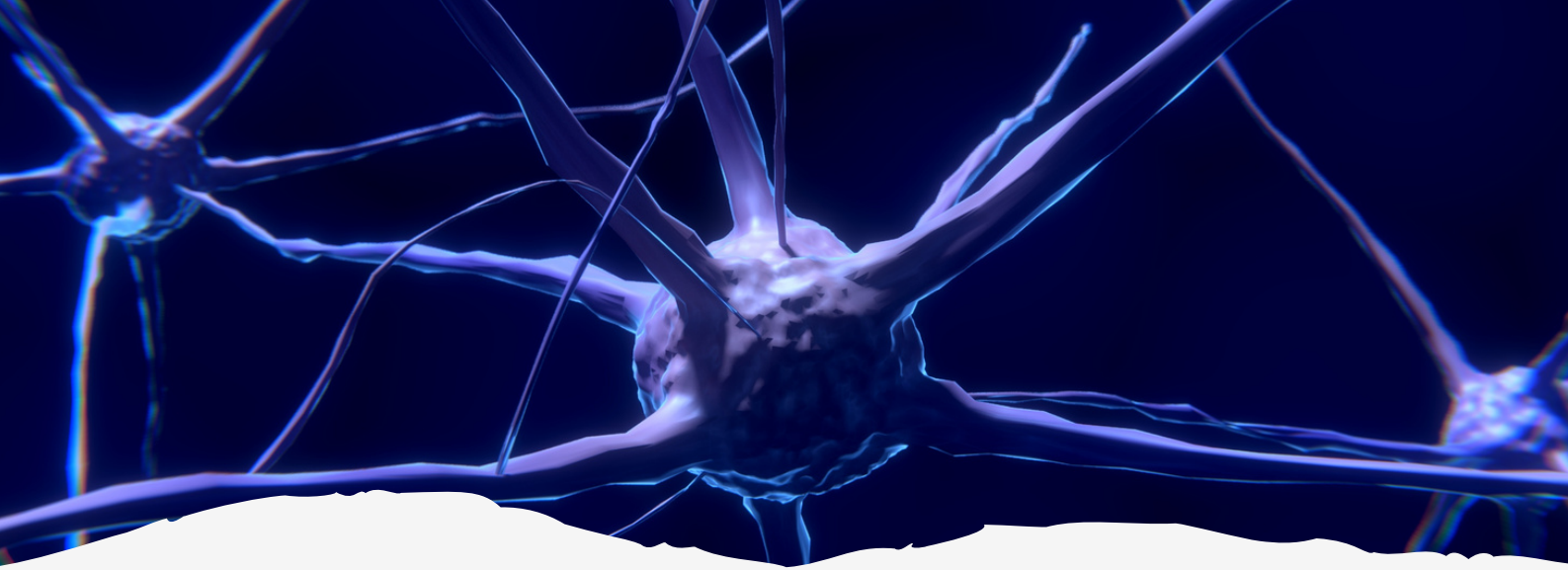


PISTA Sound Methodology and Brain Health

All the PISTA modalities include applying the PISTA sound technology to improve brain health. Various PISTA treatment modalities utilize visual arts, music, dance, and drama to help you tune in to your thoughts and emotions. However, PISTA's sound methodology also focuses on the different speeds of sound frequency to direct the brain to an altered state of awareness while concentrating on a specific goal during the process. The most beneficial frequencies (alpha, theta, and delta) can regulate your brain waves and assist in the general intellectual ability for growth, increased cognitive functioning, and mental health.

As mentioned before, **Processing Inner Strength through Actualization (PISTA)** employs a brain entrainment method that involves binaural beats to improve cognition and relieve conditions that can adversely affect the quality of life. Guided by a PISTA coach, clients can achieve their desired brainwave frequency by using the PISTA sound machine to enter a brain state where their brain can change





PISTA Sound Methodology and Brain Health

One of the goals of PISTA coaches is to guide clients in **identifying their mindset and improvement areas**. The PISTA coach will provide specific images or statements to focus on while using the machine. The thoughts, notes and insight from each focused exercise are recorded and reported daily to the coach. This method of self-dialogue allows clients to develop better communication with themselves and others and have an improved mindset.

Guided self-dialogue and the sound modality employ non-judgmental and deliberated awareness of the present moment that strengthens the regions of the brain responsible for memory, learning, attention, and self-awareness. As a result, there is a noticeable improvement in memory, cognition, and attention and a decrease in emotional reactivity, stress, and anxiety because of the brain's capability to develop new neural connections.



According to Kristoffer Rhoads, a psychologist at Harborview Medical Centre (as cited in Bolton, 2020):

"The brain is a wonderfully plastic organ that responds to your activities. The more you practice something, the more developed that region gets."

Therefore, constant use of the PISTA sound tool strengthens the neural connections responsible for thoughts, sensations, feelings, and actions.