

# Anita DeFrancesco

*Spiritual Educator, Evolutionary Visionary*



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press kit

KINEPATHICS LIFE SOLUTIONS  
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## About Anita DeFrancesco, M.A., RSMT, E-RYT



*Spiritual Educator, Evolutionary Visionary*

Anita DeFrancesco is a self-realized liberated soul. Her focus and vision have been the evolution of spirituality, sexuality and teaching others to awaken from separation and suffering and to embrace the modern world with oneness and love. She has devoted her life to the study and mastery of the human condition, emotional awareness, sexuality and relationships.

A master of liberating feelings and an expert in the mind/body connection, Anita is gifted with intuitive clarity and a unique healing presence obtained from her own rich life experiences.

Her wisdom and love is pure and she teaches from a place beyond boundaries. She teaches the power of love and truth and how loving the self healed her from sickness, prejudice, and sexual abuse.

Anita was educated at Antioch, Ryokan and Temple Universities. She began as an allied medical health professional and registered radiology technologist (x-ray, mammography) and later earned a bachelors and masters degree in Somatic Counseling Psychology. Anita is also a registered somatic dance movement therapist, registered yoga teacher, certified massage therapist, registered minister with AIWP, certified Reichian/Bioenergetics therapist and renowned master of Tantra spiritual studies.

A two-time national award-winning medical journalist; she produced her own cable television shows in Los Angeles and Philadelphia (Anita's Point of View, Dr. Dr. Give me the News). She worked as a jazz radio music DJ and public affairs reporter for ten years. She was a producer for CBS and NPR and also wrote for "Women on Top" "Advance" and the "Blind Date" television series.

She presently writes a regular column titled "Love Buzz" for Century City News in Los Angeles. Anita is also the founder of Kinpathics®, Tantra Wisdom™, Feminine Evolution™ and WildDance™ and has been lecturing, presenting workshops and working with couples and individuals around the country for 20 years.

In 1966, she had her first awakening when she was hospitalized for six months with rheumatic heart disease at the age of nine. She learned when she opened her heart to her feelings that the healing began. She cultivated an inner wisdom that became part of the foundation of her being and her teachings. From then she experienced many other awakenings that led her to develop the Kinpathics approach to life solutions.

Born and raised in Philadelphia, "The City of Brotherly Love," Anita is now a resident of Los Angeles and Philadelphia and lectures and teaches on both the east and west coasts.

## Testimonials from Clients and Seminar Participants

I am very proud and fortunate to have met you. I am so proud and excited to tell you that after years of doing chemicals you were my inspiration to free myself. Your words "take advantage of the good things in life" simply put an end to this habit. You're awesome. I will treasure your words forever. I am happy and thrilled to have met YOU.

-RAY CARPIO

I'm not sure you know what you do for people, but I feel so completely different today. You're a gem. I feel lucky to have found you and that you agreed to help me.

-AMY TAYLOR

Whatever you said, "make love whatever you want it to be," it worked. Something about your words...I thank you very much for your inspiration and the new-found girlfriend that entered my life for the long term.

-CARL ALBERICI

Anita gave me one of the most edifying hours of my life in her tantric workshop at the Lightening in a Bottle, Burning Man event in Santa Barbara. There was an undeniable erotic power in her tantric yoga of a kind I'd never experienced before. She's right. This can SAVE the world. You made a convert, among other things.

-ROCK

It's because of you that I've become inspired to focus on the path of awareness, enlightenment and love...I honor you, love you and thank you.

-ANA V. RODRIGUES

I don't know what you did or what you said, but you're good. I am off of alcohol after 13 years. I feel healed.

-STEPHEN H.

You saved my marriage; you helped me to accept myself to deal with the everyday challenges. I am able to access more play and joy and express myself more openly.

-SANDRA CARUSO

Our meeting the other day really helped. I felt that I deserved to be treated special and that is exactly what happen. I realized that it is the love of my feelings that helped me see this through and that loving the self gets me what I want in life. Things are well with my partner...you have helped me so much. I even lost 15 lbs. after our first session.

-MECHELLE

## Appearances - Interviews - Published work

### TV, VIDEO

**BLIND DATE TV** - Anita teaches couples Kinopathics undulation exercises and anger management exercises. [blinddatetv.com](http://blinddatetv.com)

**FOX TV** - "Zona Zen" - Featured guest on health talk show in Brazil.

**MTV** - "The X Affect" - A reality show where Anita coaches a couple how to "recapture" their love. It worked! [www.mtv.com](http://www.mtv.com)

**THE NAKED SALON** - with host Audrey Philpot, (Featured interview). Discusses Tantra. [www.gotwebtv.com](http://www.gotwebtv.com)

**PLAYBOY TV** - "Sexcetera" - (Featured interview). An interview describing how Kinopathics techniques cured Anita as a child. Anita also does a sacred spot demo on a couple. [www.playboy.com](http://www.playboy.com)

**TANTRA AND KAMA SUTRA** - with host Francesca Gentilé, (Featured interview) Discusses undulation. [www.personallifemedia.com](http://www.personallifemedia.com)

**ADDITIONAL GUEST APPEARANCES** Rise and Shine, Zeus, Roseanne Barr, Entertainment Tonight, The X Show, Talk Soup, E Channel, X-Treme Dating, Inside Edition, 5th Wheel, Discovery and Vision.

### PUBLISHED WORK

**ADVANCE MAGAZINE** - "X-Ray Visions" - This was a monthly column on the insights of x-ray technology and body health. [www.advance.com](http://www.advance.com)

**CENTURY CITY NEWS** - "Love Buzz" - A weekly column on relationships, love and human behavior. [www.centurycitynews.com](http://www.centurycitynews.com)

**HEALTH AND FITNESS** - "Body Talk" - Article about the undulation and health of the body. [www.healthandfitness.com](http://www.healthandfitness.com)

**SHAPE MAGAZINE** - "WildDance" - This article discusses WildDance™ work and how Anita presented it to Bally's gym in Los Angeles for eight years.

**TV GUIDE** - "Blind Date" - Article discusses undulation work and WildDance™.

**WOMEN ON TOP MAGAZINE** "On the Move" - Articles on health. [www.beverlyhillstimes.com](http://www.beverlyhillstimes.com)

**YOGALIFE MAGAZINE** - "What is Tantra?" Article. [www.yogalivingmagazine.com](http://www.yogalivingmagazine.com)

## The Kinpathics Approach to Physical, Emotional and Sexual Wholeness

Kinpathics (*ki ná path ics*) comes from the Greek words *kinesis* meaning bodily movement and *pathos* meaning feeling/disease. Kinpathics is a method to explore the mind connection to the soul. It is designed to teach one to regain mastery over their life, their emotions and spirit.

To do Kinpathics is to strive for the truth, to continually become a better person, to seek out your desires and to contribute to the life you share. It is the study of the self, a teaching of one's inner beliefs, a journey to end the cycle of suffering.

### KINEPATHICS TEACHINGS

*The Relationship to your Feelings, Self Discipline, Breath Alive, Body, Mind, Sexual Awareness, Communication and Liberation-WildDance™.*

- 1) The Relationship to your Feelings (*Real Self*)
  - Forgiveness
  - Love Thyself
  - Honor Thy Body
  - Develop Giving and Receiving
  - Harness Aloneness
  - Acceptance
- 2) Self Discipline (*Creative Self*)
  - Developing Willpower
  - Healing Your Losses
  - Getting Beyond your Boundaries
  - Valuing Relationships
  - Flowing
- 3) Breath Alive (*Impulsive Self*)
  - Orgone Energy
  - Breath of Fire
  - Animal Breath
  - Fire Orgasm
  - Decrease Fears, Defenses
  - Developing Trust
  - Developing a Spontaneous Self Resistance
- 4) Body, Mind, Sexual Awareness (*Intuitive Self*)
  - Unlock Yourself
  - Sexual Energy
  - Sexual Heart
  - Sustaining Energy
  - Connective Fascia Tissue
  - Primal Fluid Undulations
  - Touch and Isolation
  - Control
  - Tantra Wisdom™
- 5) Communication (*Confused Self*)
  - Developing Respectful Communication
  - Developing Clarity
  - Opening your Heart to your Feelings
  - Eye Gazing
- 6) Liberation (*Acknowledged Self*)
  - Sexuality-Spirituality-Sensuality
  - Make Love to All That You Do
  - Freedom within Structure
  - Create the Change
  - Puja
  - WildDance™

## Frequently Asked Questions

- 1) What is Kinepathics?
- 2) How did you come to this?
- 3) You talk about “loving thyself” in the first section of Kinepathics. Can you describe why that is important in Kinepathics?
- 4) What is it about the breath that is trusting?
- 5) In your book you talk about your heart hospital experience and being the only white child among African-American children. What was that like?
- 6) In your book you mention “hydrotherapy treatments.” Can you talk more about that?
- 7) You’ve had so many experiences, what was the most enlightening?
- 8) Lets talk about “undulation.” What does it do?
- 9) How do we get away from the suffering?
- 10) How does one awaken into love?
- 11) What is liberation?
- 12) What is Tantra Wisdom ?
- 13) How does one move from romantic suffering to authentic love?
- 14) What steps are necessary to move beyond the boundaries?
- 15) How can one understand the concept of giving and receiving?
- 16) What is it about forgiveness that is sacred?
- 17) What is sacred spiritual love?
- 18) What is sexual wholeness and how does one achieve this?
- 19) How do we get to the edge of love and open as nothingness?
- 20) What is the yoga of detachment?
- 21) How did you overcome being raped by six men? What did you do to heal and get on with your life?