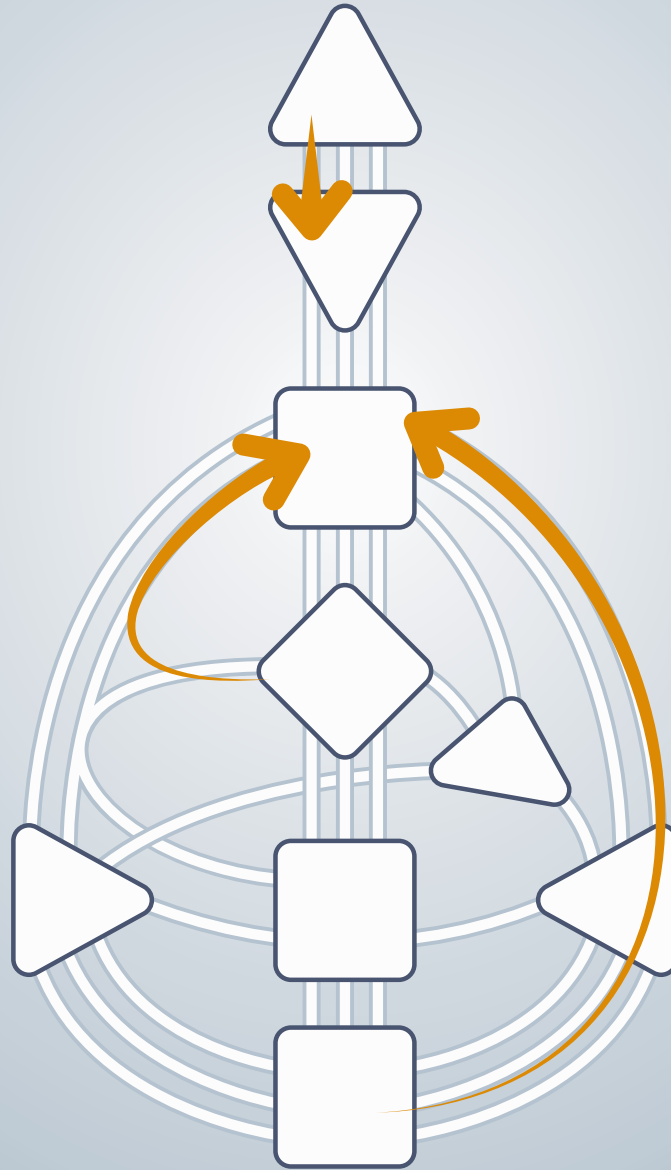


Human Design Analyst Training and Deconditioning Support Program

2025-2026 Syllabus



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Overview

This is a practical and comprehensive Analyst Training that aims to empower you with the ability to identify and clearly convey the most important narratives in the chart for several different types of readings. Our goal is to train you to deliver readings where your client feels deeply seen and able, if they're ready, to enter the Human Design experiment and relate to self and others with more acceptance.

James' Approach

Respecting your uniqueness

A Human Design reading is an art and a science. I will help you find your confidence and comfort in providing a clear analysis in your own way. I can only demonstrate my way, and my way will never be your way. Your fractal is different from my fractal, and they need your style of delivery. However, through my example, lightbulbs can go off that will unlock your potential as an analyst. Along the way, I will be mindful not to interfere with or undermine your natural approach, while at the same time helping you understand where you may be deviating into an interpretation that is no longer accurate. My approach to teaching design is nuanced and rigorous, but with an emphasis on what practically matters. So while I will guide you to be precise with your keynoting, my approach isn't pedantic.

Clarifying common misunderstandings

As a heretic with guilt motivation, I have endeavored to fix a lot of things that I felt were unclear, missing, or sometimes incorrect. I have invested extensive time in clarifying overly sweeping statements, vague direction, and gray areas that just confuse people and leave them in a disempowered place.

One of the greatest gifts of my design is to be an extremely thorough investigator (for many reasons beyond my 1st line profile). So if you're tired of people saying the same basic things about design, this is an opportunity to go deeper - to learn from someone who has truly digested the system over 11 years, and has the personal experience, eye opening examples, and new insights to enrich your understanding of the system.

I've never felt comfortable with Ra's penchant for hyperbole and black/white statements, leading me to flesh out gray areas and add more nuance to our understanding of the system. It's not uncommon for Ra to make grandiose and definitive statements about how a mechanic operates at one point in his career, and later contradict himself as his understanding shifted. For example, he went back and forth on PHS transference - not denying that it does, but downplaying the significance of bringing it into your awareness. PHS transference is actually one of the most demonstrable aspects of design and bringing it to your client's awareness is helpful. He also used to call the

Personality the Passenger. In no way is the Personality, which is just a machine, the Passenger. Then, after he started teaching substructure, he said that the Passenger is not to be found in the chart at all. Consequently, many teachers who did not continue with Ra into his later years of teaching substructure have an incomplete education. As a general rule, Ra's last word on the subject is his most accurate.

With all this said, I see myself as refining and expanding Ra's understanding of the system, not contradicting it or taking the field in a fundamentally new direction. Here's a few examples of intellectual distinctions that deviate from Ra's hyperbole that I have found to be more accurate:

1. **Throat gates:** There's a belief that we are only here to talk from the gates in our throat. For example, if you have gate 56, which says 'I believe,' as your only throat gate, and someone asks you if you own a car, it's preposterous to answer by saying 'I believe so.' We can't assume it's a Not Self trip about ownership (45) unless you're utterly preoccupied with talking about what you have. We're all actually talking about our entire chart. If you have the 19-49 consciously defined you're talking about people's needs. If you have the 18-58 you're talking about what you like and don't like under the guise of objective judgments. So we need to reframe our understanding of what's authentic vs. Not Self communication. It's too myopic to answer this by just looking at the Throat Center.
2. **Transcending the program:** Ra has what's called a Prime issue, a.k.a. a "seeing" issue. That means he sees the problems of life primarily outside of himself - the problem is with other people, the world, etc. This carries over into the way he frames the Program. Ra presents a world in which we can 'beat' or transcend the program through S&A. I have not seen any evidence of this. Instead, what we get is the correct expression of the program's conditioning, e.g., in Mercury retrograde you can re-evaluate the correct things for you as opposed to things your mind thinks you need to reconsider. But there's no escaping the fact that you'll be re-evaluating something.
3. **Sacral sounds:** One of the most egregious and pervasive myths is that Generators can only find their truth through a guttural sound. While it's certainly true Generators make guttural sounds, it's not the only marker they can track. And what they respond to is relative to the Channel(s) defining their chart, i.e., a 9-52 is going to respond to something they can understand through focusing and concentrating on logical patterns. It's important to direct a Generator to what they are consistently here to respond to. Otherwise they can become demoralized when they discover that they're not really responding to as much as they think they're supposed to.

4. Bringing awareness to Cognition early: Ra thought Cognition would not be discernible until people were sufficiently deconditioned, following Strategy and Authority, etc. While Cognition certainly strengthens and refines through deconditioning, it's not entirely absent pre-experiment. In fact, Cognition is another reliable indicator I use to rectify charts of people who have not yet entered the experiment.

These are just a few of many things I have corrected in my understanding. All of them are logical and verifiable. None of these corrections empower the mind to think it has control, none of them make Human Design sexier, or help me market myself. I just won't work with information that isn't rock solid, I feel very insecure in that situation (and risk being burned at the stake). So I had to resolve all of the things that didn't add up to find a more solid understanding that enabled me to feel confident and secure about what I was sharing.

Incorporating key elements of the substructure

I am also including additional information that I feel deserves to be shared early in the experiment, such as Cognition, the Motivation, View, and their respective Transference and Distraction. We live in a strange time when all of the information Ra taught is available at once, and people one week into the experiment are already talking about their Base. While this strikes me as information overload, I also feel it makes sense to bring in a few practical elements from the substructure, without going so far as to overwhelm the client. Projectors and Reflectors, in particular, need to be told about their Motivation and View at the outset in order to really enter the experiment and start the deconditioning process.

Respecting Rightness

Right minded people have a radically different learning style and needs from an educational program. It doesn't make sense to ask the right minded person to follow a pre-determined structure or sequence for conducting a reading as that requires a focused and strategic effort. The Right minded person's reading is more akin to a conversation.

I find it odd that legacy professional training programs just teach you to deliver a specific product, i.e., a Foundation Reading and to do it in an extremely specific way. They seem to focus too much on the style and the structure of the reading, rather than the content. Whereas, I feel it's more useful to empower everyone, whether Left or Right minded, with a deep understanding of each design element that can be turned into multiple readings of your own design.

What's The Deconditioning Support Program?

Early in the first round of the training in 2022, it became clear to all of us that it wasn't merely an Analyst Training, it was also a safe space to explore our own deconditioning. This is a natural extension of my design as an intimate (59-6) tribal leader (45-21) that's focused on practical (5th line) results. Merely teaching you how to analyze a chart accurately is not enough – to change lives you also need to live your design and have a clear grasp of your own conditioning and subtle mental traps. I'm reminded of something that Kumud Kabir said to me about her Foundation Reading with Ra in the late 1990s. She said "it wouldn't pass the standards of Analyst Trainings today, but it impacted me and got me into the experiment because of the radical authenticity of Ra's frequency." The point is that the knowledge is a key component but your frequency and embodiment matters even more.

I see Ra as an accurate messenger of this knowledge, but I also recognize he was not designed to support people through the deconditioning process. Consequently, many have unwittingly emulated his limitation, as the overwhelming majority of analysts don't support people through the deconditioning process. Surely, some are not meant to. In other cases, it may be that they haven't been permitted or trained to do so – they haven't seen that precedent from Ra or other senior analysts so it never occurs to them that it may be helpful. Furthermore, IHDS forces you to sign an agreement which prevents you from combining Human Design with other modalities. This is small minded, foolish, and it tells me they don't understand 7 vs. 9 centeredness. Nearly all modalities can be provided in a 7 or 9 centered way. It's rarely the modality that is inherently the problem, it's the approach. We explore this distinction throughout the course and empower people to use other modalities of interest in a nine centered way. Communities become distorted and unhealthy when they don't question their leaders. And remember, the old guard is on the way out as we approach 2027.

How we offer deconditioning support

1. The private group. This is a place to ask questions about topics from class as well as share your experience living with or observing a design element.

I carefully vet who attends this program to make sure they're not only someone I respond to supporting, but that they fit into the culture of the program. There's a good balance of head and heart in the NSHD fractal so you can trust it will be a safe space. This is in contrast to the excessive headiness in the public online spaces.

2. Contemplations. Throughout each semester contemplations are offered that will not only help you understand the concept intellectually but will get you better acquainted with your own chart. These contemplations ask you to not only deeply think through how that aspect of Design works, but to vulnerably explore the

implications of that in your own life, when relevant. While completing them is not a requirement, students who complete them usually have a better grasp of the knowledge and of how their Design operates.

Regardless of what your prior experience level is with Design, everyone I've trained so far has told me they were shocked at how much they didn't know about Human Design, and were stretched not just intellectually, but they also discovered many new dimensions of both their True and Not Self. **This included people who had previously completed the entire IHDS analyst training.**

3. Somatic support sessions facilitated by Teresa Brenneman. As we step into the role of an Analyst, it's not just our minds that are learning — it's our bodies, too. These weekly sessions are designed to support the somatic integration of what you're taking in intellectually. Human Design touches deep layers of identity, perception, and history, and these sessions offer a space to slow down, notice how the material is landing in your system, and process any activations that may arise.

Each session will include:

- A guided somatic practice (e.g. orienting to safety, being with a charge, titration, pendulation)
- Space to name what's coming up in your process — emotionally, energetically, and somatically
- Opportunities for peer dialogue and shared reflection, with light facilitation
- Tools to support your personal deconditioning journey as you grow into your own authority as an Analyst

These sessions are not about “fixing” anything, but about resourcing ourselves to meet what arises as we study, reflect, and more deeply understand our own and others' designs. Expect a gentle space where your body is welcome and where your capacity can grow over time to be with what is arising.

Prerequisites

The Analyst Training Program is designed to teach you how to identify both major and subtle themes of the chart and assemble the different elements into an accurate, coherent, and compelling story. Along the way, I will add dimension to your understanding of the elements of the chart so that your story can be that much richer. However, in order to comprehend the course it's necessary for you to already have a solid grasp of the basics. Remember, if you're Right minded, you won't know if you do or not until you see your knowledge get pulled out socially, or pulled out through a creative project. I'm also not holding 1st line standards to everyone, and yet there is such a thing as readiness or not for all designs. *But how you get ready and*

how you know you're ready are different per design. If you've been in the experiment for several years and have completed Rave ABCs and Rave Cartography, you probably have enough knowledge for this training. If you haven't completed these foundation courses but have dedicated yourself to learning the Bodygraph on your own, you also may have enough knowledge for the training, but you are required to set up a meeting with [James](#) to discuss.

If you have any questions or concerns about your readiness for the training, please contact James to set up a 1-1 Zoom meeting to discuss. In any case, **if James hasn't worked with you previously he will need to have an introductory meeting to ensure it's a good fit.**

A response to working with you means James is committed to supporting your understanding through the duration of the program. A meeting with Teresa is not necessary but can be arranged at your request. James discusses these meetings with Teresa and we have so far always been aligned about who feels correct for the program.

Why Our Schedule is Different than Legacy Schools

There is a presumption in IHDS that they are justified in staggering the program out across 3–4 years to ensure the analyst has sufficiently deconditioned before giving readings. This process made sense decades ago for the first generation of students, many of whom were trained before they had begun experimenting with S&A. However, today, there is no correlation between the number of years someone is in their experiment and when they start the Analyst Training. Then, after the very long, challenging, and expensive process of becoming an analyst, IHDS restricts what you can do with the knowledge. For example, they prohibit you from combining it with other therapeutic modalities under the blanket assumption that all other modalities are 7 centered which is definitely not the case. I don't know anyone happy with this arrangement.

A no strings attached program

A lot of training programs are structured in a way that locks you into a long term investment. I don't think this respects your authority or life's ever changing circumstances. **However, if you know you're on board for the whole experience, you can pay in full upfront or commit to a 15 month subscription in exchange for extensive bonus content that can radically enhance your education.** More detail on that in the pricing section. Therefore, this isn't an all-or-nothing program — you can stop after any semester. However, you can't participate in semester 2 without first doing semester 1, or semester 3 without doing 1 and 2. This is for your own sake as the knowledge builds from prior semesters.

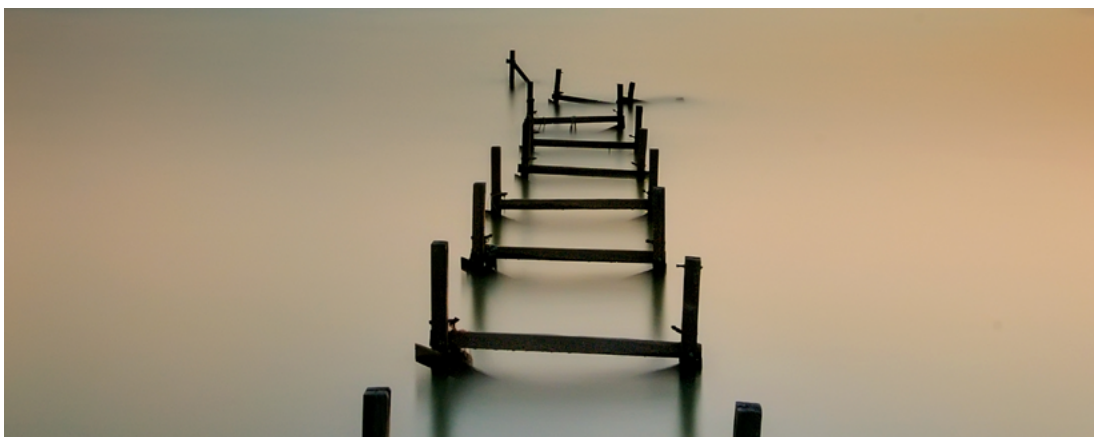
An immersive 15 month experience

I have found that over approximately 15 months you can learn to provide the following core readings, and various spin offs of your own design. Of course, while you'll have all of the information needed, your readiness after 15 months depends on many factors.

1. Foundation reading
2. Not self reading
3. Relationship reading
4. Cycle reading

Bonus Classes for Students Enrolled by August 29th

Those who already know it's correct for them and can pay by Friday August 29th will get access to two lives classes (September 1st and 8th) with Teresa and James where we will do live chart readings with somatic support.



SEMESTER 1

Building the Story of the Conditioned Self



Start date: September 29th, 2025

Human Design classes:

Classes are 90-120 minutes
12 classes meeting 2x a week
Mondays and Thursdays

10 am PT

1 pm ET

5 pm GMT

3 am AEST (next day)

Somatic Support sessions:

60 min 1x a week on Wednesdays

12 pm PT

3 pm ET

7 pm GMT

5 am AEST (next day)

Includes

- Distortions of the definition
- The hierarchy of conditioning
- Splits and bridging gates
- The core wound of each Aura Type
- Finding the story by connecting elements
- Each line's challenges, distressed voice, coping strategy, physical correlates, interpersonal needs, and mature expression
- How we somaticize stress
- How we get triggered and defend ourselves interpersonally
- Identifying if your client has a Prime or Epsilon issue and understanding the respective deconditioning journey relative to each
- Implications of missing circuitry
- Using recurring themes and/or tensions in the chart to build a narrative
- Exploring the psychological tension within each profile
- Personal and transpersonal harmonic influencers
- Understanding gates in the not self expression
- Motivation and Transference
- View and Distraction
- Synthesizing the Motivation and View, and the Transference and Distraction
- Tying together the substructure and the surface
- Working with Neptune
- Keynoting the Not Self practicum



SEMESTER 2

Building the Story of the Differentiated Self



Start date: February 2026

Human Design classes:

Classes are 90-120 minutes
12 classes meeting 2x a week
Mondays and Thursdays

10 am PT
1 pm ET
5 pm GMT
3 am AEST (next day)

Somatic Support sessions:

60 min 1x a week on Wednesdays

12 pm PT
3 pm ET
7 pm GMT
5 am AEST (next day)

* times may shift one hour earlier or later.

Includes

- The core elements of a Foundation Reading
- Approaching the reading in a way that works for you
- Quickly and clearly explaining Human Design and Strategy and Authority to newcomers
- The implications of conscious and unconscious elements
- Explaining openness vs. definition
- Key messages for each Aura Type
- Definition
- Exploring the true and not self expressions of each Profile in the context of Type
- Cognition and Sense
- Quarters
- The Nodal Journey
- Approaching Reflector readings with confidence
- Tracking tensions and recurring themes in the chart
- Using tensions in the chart to build a narrative
- When to incorporate line text into the reading
- Keynoting the True Self practicum
- Understanding the Planets
- Understanding Leftness and Rightness
- How the Motivation and View express correctly when following S&A
- Live demos showing how to weave together a holistic story with all of the elements
- A deep dive on each inner authority, addressing common misunderstandings, adding clarity to vague direction, and providing somatic clues that are relatable



SEMESTER 3

Relationship Analysis



Start date: July 2026

Human Design classes:

Classes are 90-120 minutes
12 classes meeting 2x a week
Mondays and Thursdays

10 am PT

1 pm ET

5 pm GMT

3 am AEST (next day)

Somatic Support sessions:

60 min 1x a week on Wednesdays

12 pm PT

3 pm ET

7 pm GMT

5 am AEST (next day)

* times may shift one hour earlier or later.

Includes

- Learn a simple, comprehensive, four step process for composite readings
- Understanding composite definition (9-0, 8-1, 7-2, 6-3, 5-4)
- Assessing compatibility by cognition, color resonance, type, profile, definition, lines, circuits
- Electromagnetics, companionship, dominance, and compromise
- The stories we tell ourselves when we meet electromagnetics and compromises
- What is each partner looking for?
- The implications of conjunctions in relationship
- Learn how to assess each individual's capacity and inclination for relationship
- Is your client genetically designed to want emotionally intimate relationships?
- What is the basis of the client's intimate relationships?
- What is the basis of the client's platonic relationships?
- Exploring the Not Self themes of the composite chart
- Love gates and their implications
- A deep dive into sexual and caring gates
- The role of Venus in relationship
- Understanding triggers and interpersonal conflict styles via PVenus and PMars
- Exploring the 7 centered ways we attempt to meet our needs via the other



SEMESTER 4

Cycle Analysis



Start date: Fall 2026

Human Design classes:

Classes are 90-120 minutes
5 classes meeting 1x a week
Mondays

10 am PT

1 pm ET

5 pm GMT

3 am AEST (next day)

Somatic Support sessions:

60 min 1x a week on Wednesdays

12 pm PT

3 pm ET

7 pm GMT

5 am AEST (next day)

* times may shift one hour earlier or later.

Includes

- Solar Return
- Saturn Return
- Uranus Opposition
- Chiron Return
- How we're maturing and what we're learning in each cycle



Benefits of certification:

Beyond facilitating your own deconditioning process and empowering yourself with in-depth knowledge about chart mechanics, becoming certified through NSHD offers many additional benefits.

1. Employer reimbursement or local compliance

- Certification is necessary for students who are having their employer pay for the training. Yes, some people have had their employer pay for this training! Explore if that's an option for you.
- Certification is necessary to sell a service in some countries.

2. Reputation

There are enough people in the field who recognize that learning from James means you're going to get a very accurate, thorough, and practical education.

3. Referral

You will be listed on the NSHD website with your bio, qualifications, and link to your website and socials.

4. Community

Teresa and James are both tribal. And James is a tribal leader with his 45-21, so it should come as no surprise that we've naturally built a tribe of like minded/spirited individuals that are ready for the new, post 2027, kind of tribalism – a gathering of individuals, where individuality is encouraged and honored. Yes, we know you're not all designed to be supportive, and that's okay...but if you're in our tribe, we're here to support you in some way. While you don't need us to facilitate friendships and collaborations with anyone you've trained with, we are providing ongoing opportunities to build relationships within the NSHD network of students. My existing clients and students are a network of highly intelligent and talented individuals who are grounded in source material but not afraid to ask difficult questions or use other modalities in support of their client's wellbeing. A lot of the online Human Design spaces are seriously lacking in integrity and quality content. Further, the public online spaces aren't truly safe places to be vulnerable. This is a place where you can share your experience and ask difficult questions without judgment. It's also a space where you're welcomed and encouraged to explore how Human Design compliments other modalities. We are obviously excited about the power of combining Human Design with Somatics, but there are many other modalities that can also compliment Human Design analysis.

5. Join a leading edge conversation

Together, simply by doing good work, we will demonstrate a more mature and effective way to live and work with this knowledge. We are the fractal that is expanding, clarifying, and refining source material towards greater truth and practical application. There are still many questions to answer and a lot of potential to synthesize Human Design with other modalities that support deconditioning, and we all benefit from exploring these questions openly together.



Course includes:

- Live Zoom Human Design classes with lecture and Q&A
- Live Zoom Somatic Support Sessions with somatic guidance
- Weekly contemplations
- Access to a private group for questions and sharing
- Lifetime access to the recorded classes
- Access to future Analyst Trainings if, and when, significant content changes occur

Students who pay for Semester 1 upfront, and commit to a 15 month payment plan for the whole course, or who pay for the entire training upfront, **get Rave Mandala 360 for free**. See details in the pricing section.

Contingency

The course requires a minimum number of students and will not begin at the proposed time unless that minimum requirement is met. However, the days of the week and time of day will not change.



Pricing

Per semester (1-3): \$1,800 USD

4th semester: \$600 USD

Four payment options available:

Not only do you get access to the recordings for life, but purchasing the Analyst Training gives you access to **all future analyst trainings** if there has been a significant revision or expansion to the content. In other words, if you purchase the first two semesters, you're entitled to get access to the recordings (not live sessions) of the first two semesters down the road if/when it has been significantly updated.

1. **Subscribe a la carte per semester** (\$600 deposit, and 3 monthly payments of \$400)
2. **Pay in full per semester: 10% discount (\$1620)**
3. **Pay in full for 1st semester and subscribe to the entire course.** After paying in full for Semester 1, pay \$280 a month for 15 months. **Includes bonus course: Rave Mandala 360 (\$1,599 value)**
4. **Pay in full for the whole training.** (\$6,000) **Includes bonus course Rave Mandala 360 (\$1,599 value) + three one hour sessions with James or Teresa (or a combination) to be used any time throughout the course. Total bonus value of \$2,199**



Payment deadline

To participate fully in the live classes payment for Semester 1 is due **Monday September 22nd**. However, we will have open enrollment throughout Semester 1 for people who recently discovered the training and need time for their process.

Those who already know it's correct for them and can pay by Friday August 29th will get access to two live classes (September 1st and 8th) with Teresa and James where we will do live chart readings with somatic support.



Refund policy

Since there is plenty of free content available demonstrating both James and Teresa's expertise and teaching style, you should be able to know in advance of the start of the course if this is correct for you or not. However, you can cancel before the second class for a full refund. Thereafter, the refund will be pro-rated. We're also sensitive to unforeseen emergencies and events that could affect your participation in the course. If such an event arises please contact us to work out a fair solution.



About James Alexander

Founder, Director of Education



Human Design found me in 2014. I was initially overwhelmed by the information and vocabulary, but could decipher enough truth that I was intrigued to schedule a reading.

A few months later, I had that initial reading, and was left shaken by how clearly I was seen. In a mere hour a complete stranger unpacked the major themes of my life...from the innate potential I could sense to the mental stories and challenges that kept me stuck. I relistened to the reading again and again, each time gleaning new insights about my design, slowly reminding me of who I really was.

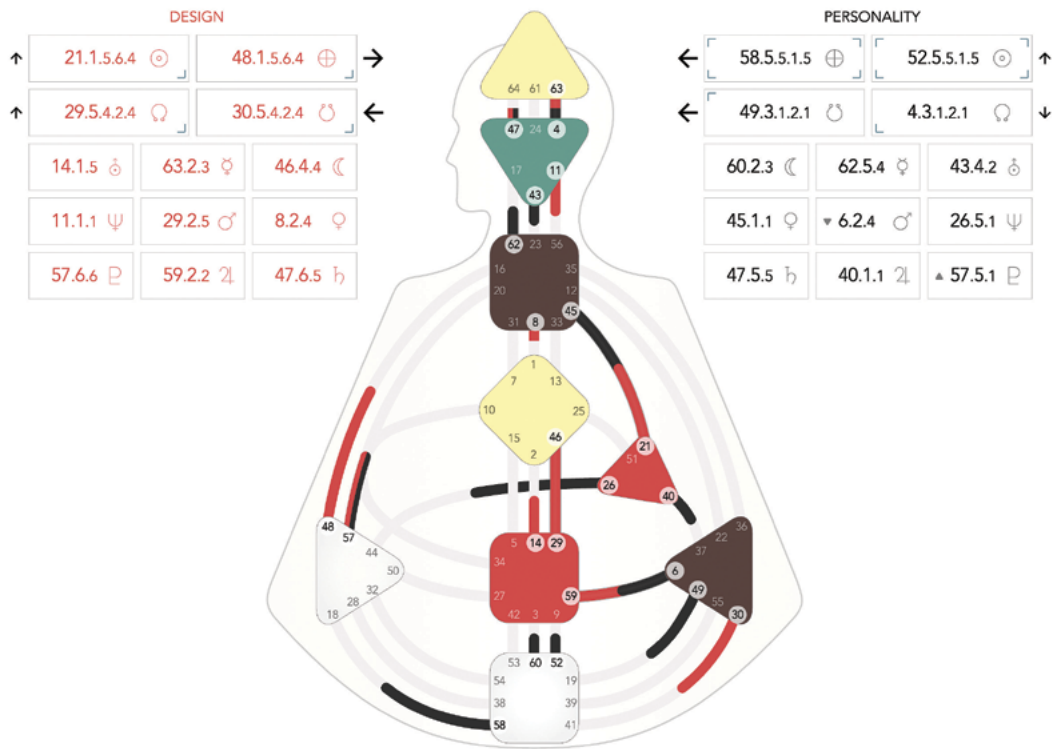
Even after many years on the awareness path, the depth of Human Design wasn't immediately accessible to me. Despite heart openings, glimpses of non duality, psychotherapy, emotional catharsis, and years of cutting edge inner work, I was still fundamentally frustrated, trying to live up to an idealized version of myself, navigating life by mental principles rather than my body's intelligence. As is so often the case, my body wasn't a safe place to live – it was like a foreign land, alien to me, filled with anxiety and overwhelming sensations.

Surrendering to my body's intelligence was a gradual process that required supplemental trauma release work. It often felt like two steps forward, one step back. Finally, catalyzed by a personal crisis, I had a shift in which I found an even deeper relationship with myself, and a single minded focus on trusting my own inner authority. I was finally able to fully receive Human Design. **This is why I'm so passionate about Somatics and Trauma Work**, because I experienced firsthand how somatic awareness and nervous system regulation are the preliminary step to recognizing inner authority and reading the body's many other navigational signals.



Along my path I've had the pleasure and good fortune to learn from many of Ra's students. I was trained as a Living Your Design Guide by Mary Ann Winiger. I did extensive experimental work combining Human Design with aspects of art and psychotherapy with Rosy Aronson. I also completed the year long Transformation Course with Dharmen and Leela, where I was guided through experimentation and observation of each of the Four Transformations. I studied keynoting with Alokond Diaz in PTLI. And I received my professional Analyst Certification from the Austrian school, where I was taught by Martin Grassinger, Susan McMurray, and Ilse Sendler. And finally, and of most significance, I have spent over 100 hours of deep 1-1 work with Kumud Kabir.

With this range of experience, I offer a thorough understanding of the system from the surface to the substructure. I haven't just studied it, I've lived it, been guided through what I've experienced by many experts, and carefully observed the mechanics in all areas of my life.





About Teresa Brenneman

Director of Community



My path to supporting others professionally began in 2015 as a personal trainer and gradually evolved into bodywork, energy medicine, somatics, and coaching – each step guided by my curiosity about the body’s role in emotional and spiritual transformation.

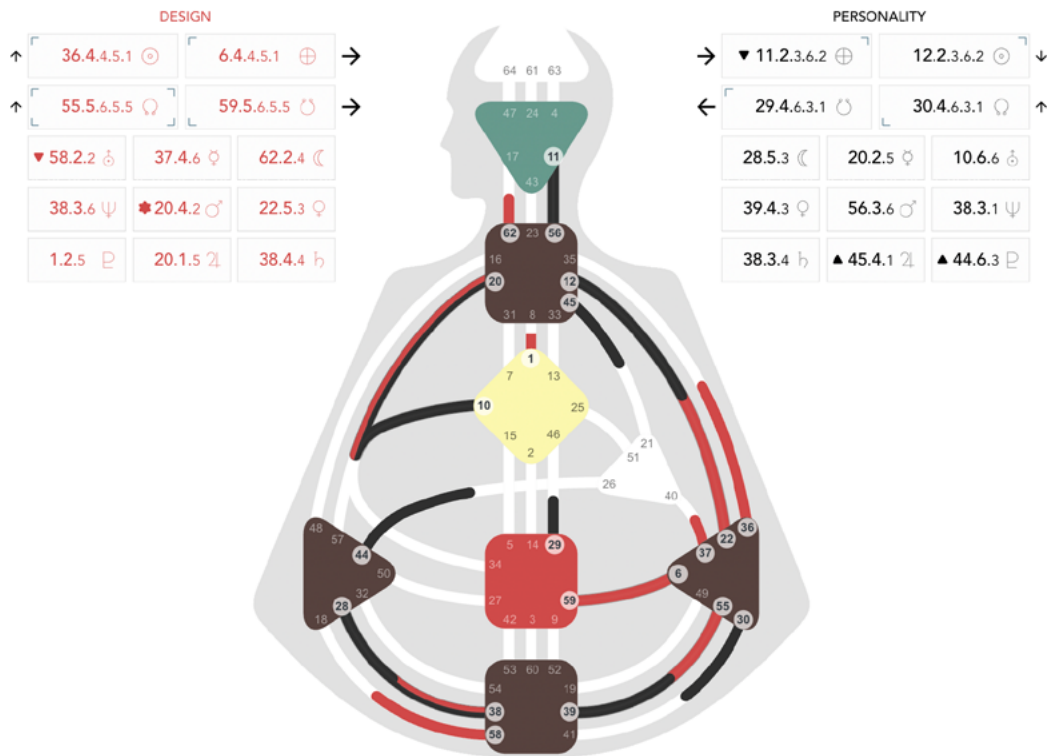
In 2017, I discovered Human Design and immediately resonated with the concept of Emotional Authority. As someone with significant emotional definition, I’ve always felt things deeply – often intensely – which, for much of my life, felt overwhelming and unpredictable. Understanding my Emotional Authority was a turning point, but it wasn’t until I began working with the nervous system that I could truly integrate that awareness.

Through trauma-informed somatic training with Luis Mojica of Holistic Life Navigation and further studies with The Embody Lab, I learned to track my internal state, build capacity for emotional waves, and cultivate a deep sense of inner safety. Regulating my nervous system gave me the spaciousness to feel without reacting, to access clarity beyond the moment, and to experience my emotions as sacred messengers rather than obstacles. It allowed me to trust my inner authority in a more embodied, grounded, way.



I'm passionate about helping others access the deep wisdom our bodies hold. While Human Design is an incredibly potent system, it remains intellectual until it's felt and integrated through the body.

My work weaves together Human Design, somatic parts work, energy medicine, and Tarot as tools for self-inquiry, deconditioning, and nervous system restoration. I support clients in building emotional capacity, cultivating self-trust, and meeting themselves with curiosity, compassion, and presence.





About Carina Dusseldorp

Teacher Assistant to James



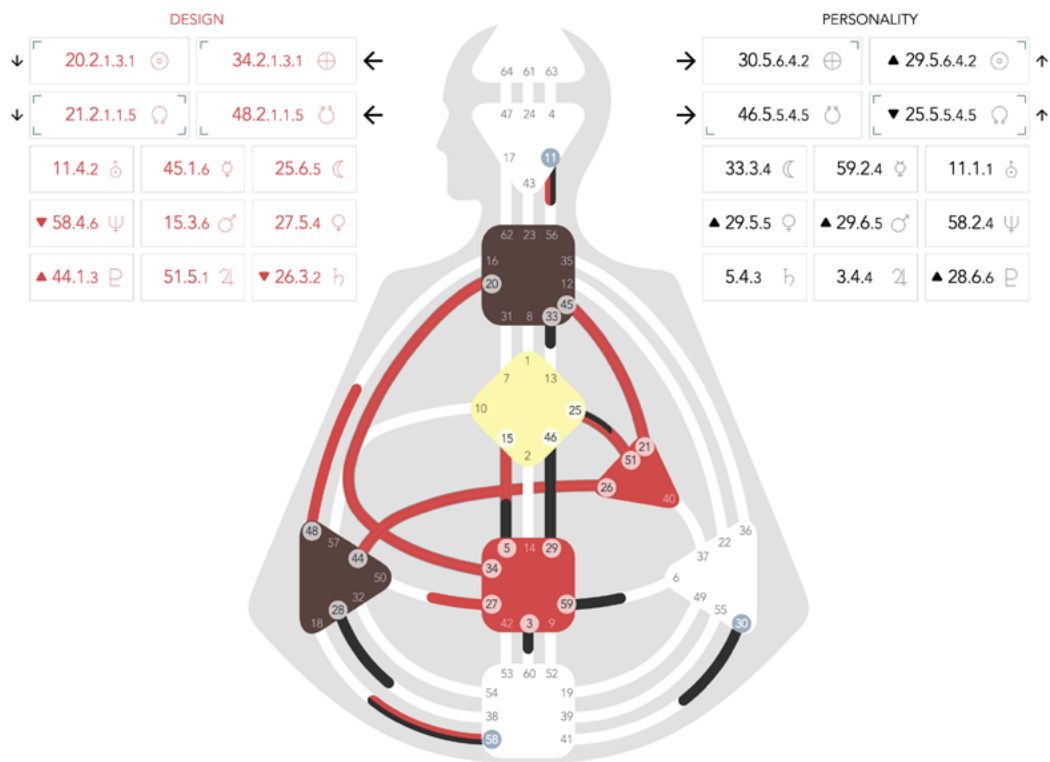
Carina currently works as a Human Design Analyst and coach in the Netherlands and helps her clients discover their true being through this powerful system. It is amazing how accurately Human Design can indicate how to deal with your environment, your own energy, making choices, sleep rhythm and much more. In addition, she guides her clients in releasing non-serving (limiting) beliefs through the method, The Work. Integrating this in her Human Design Coaching contributes to the deconditioning process. It helps individuals to create clarity and awareness of their Not-Self in action and serves as a practical tool to question the self-sabotaging stories that keep playing on repeat. Not necessarily to “fix” or get rid of the stories, but to transform them into “just stories” that don’t hold any power over you or your decision making.

Carina’s motivation to do this work comes from her own experience. For years, Carina lived cut off from her body and went through life purely on willpower. She used to call herself a ‘walking head.’ Since puberty, she suffered from vague issues and in the years that followed, stress took over her entire system. Completely unaware of the signals and not knowing that stress had the upper hand in her system, it was inevitable that she would run into trouble. Carina’s body forced her to her knees and made it pretty clear she could no longer function and live the way she did.



The past 7 years have been marked by a healing journey inward. A journey from head to heart, from mind to body. A journey in which she discovered that her body is her inner guide and always tells her what is right for her. She has immersed herself in the world of yoga and consciousness and is trained as a yoga teacher in Vinyasa, Yin and Nidra. Her Human Design journey started in 2020 with a foundation reading that initiated her into the own experiment right away. Since then she has followed multiple HD workshops in the Netherlands, has been educated in Living Your Design, Rave ABC and Rave Cartography, and completed all semesters of James Alexander's Analyst Training.

The core of her work is to give people insight into their unique energy, to bring them (back) into contact with their inner wisdom and learn to trust it. She offers readings in both English and Dutch.





About Tegan Parkinson

Teacher Assistant to Teresa



I offer the potential for healing through understanding of self, others, and the world. Through this understanding I can support you to break patterns, bring cycles to a close, and create space in your life.

I am passionate about holding a safe, loving, non-judgemental and supportive space for healing and to lovingly and compassionately guide people to meet the truth of where they are at and who they really are.

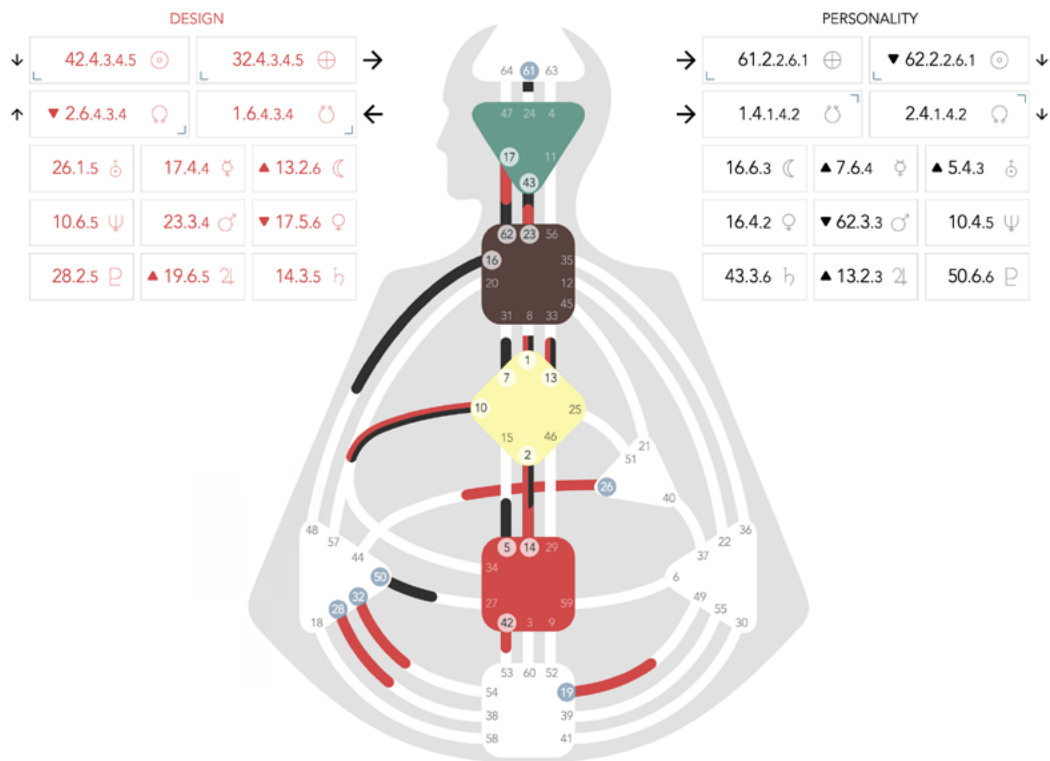
I believe in slow and gentle healing and the importance of building a deep relationship with your body. Not only because this is much more nurturing and supportive to your nervous system but because it creates space for you to start to feel the things you have kept bottled up inside. To me, learning to feel (which happens through the body) is one of the keys to healing.

Before coming into my work as a healer I was a primary school teacher. Throughout my 12 years as a teacher I extensively studied mindfulness, trauma, trauma informed practices, mental health, and wellbeing. These studies along with my own mental health struggles with anxiety and depression, combined with physical health issues, was really what kick-started my own healing



journey. It was a journey that began in 2014 and one that I still work on every day. There were times when it was hard as hell, but I am so grateful to the version of myself that had the courage to continue to sit in the discomfort as I wouldn't be who I am now without that. I see healing as a life long journey of exploration and understanding, it has no end point, only continued growth and expansion.

I love that now I get to share the tools and modalities that have had such a positive impact on my life with others.



Written Testimonials From Former Analyst Training Students

// People come to James when they have tried a lot of dead ends and then finally realize that **there is someone in the field who is delivering something of extraordinary quality and depth** – something that’s been synthesized. James has digested this information in his own body, mind, and life, and therefore, when he teaches the material, you can feel the transmission of how deeply he has understood it, and how sophisticated his awareness is of so many aspects of the system – mostly the really practical ones. James is invested in helping people, he’s invested in truth, and in bringing people to see the truth in themselves.

- Jenni Crowther, Class of 2024–2025

// James brings the spirit of the independent artist into this educational program he’s compiled, and to me, that’s incredibly impressive. I’ve never seen anything like it. It’s not something I could’ve done myself; I don’t have a lot of detail gates in my chart. But the level of depth, the integrity, and the care he’s taken to preserve this kind of knowledge – it really stands out. **Even when I listen to Ra directly, I might sit through a whole lecture and only take a few notes. But with James’ material – even if I already know the content – I find myself constantly engaged.** Everything is so concentrated, so rooted in the source, and yet delivered with nuanced clarity that gives it new life.

- Singh, Class of 2024–2025

// I’d been studying Human Design on my own with different teachers before I found James, and it was all well and good – but it was very surface-y. James goes deep, and I love that. I also love the space for questions, for answers, and even just to listen. There were so many times during class when I’d write in my notes, “Listen back here!”— because something James said triggered a feeling, a realization, like, this is one of those missing pieces. **He’s connected the dots in ways I never had access to before. For anyone who really wants to go deep – especially if you’re a 5/1 like me – this is deeply satisfying to the soul.** As a Projector, it also makes me feel like I can be successful in this way. It just really resonates.

- Wendy Baird, Class of 2024–2025

// Anyone who really wants to know Human Design should consider this Analyst Training. **James offers more depth and nuance than most people even realize exists in the system.** In that first semester, even after taking foundational trainings, reading the books, and doing other Human Design courses, he was immediately teaching things I’d never encountered – like understanding the Personality Venus line or how Neptune comes into play. All of that helped me understand myself more deeply and gave me a much more holistic view of the system. **It really showed me how much more there is beyond what shows up on social media, and it humbled me in the best way.** If you’re going to take on this complex system, you want to make sure you’re learning it accurately. It’s incredibly complex and yet can also be so simple. This training captures the big picture while also breaking things down clearly. It’s the best training you could ask for.

- Katie Swim, Class of 2024–2025

// The Analyst Training was incredibly informative — packed with wisdom and depth. James is an amazing teacher. He's direct and clear in the way he teaches, but there's also a kindness and grounded support that runs underneath it all. As someone who can be a bit of an overthinker, I appreciated how well-structured the course was. The way the content was built over time helped me stay engaged without feeling overwhelmed. It supported my own journey as we moved through the material. **Both James and Teresa are such incredible teachers. Having Teresa's presence throughout the training made a huge difference for me. Whether I needed to unpack something I was going through or just get an extra tip to help when I was feeling stuck, she was there with care and encouragement.** The content of this training touches you in such a deep and meaningful way — and having that kind of support made all the difference.

- Tegan Parkinson, Class of 2024-2025

// What I realized early on in the analyst training was James' ability to translate complex mechanics into practical language that really lands in the body. It's not just intellectual — it's embodied. That's where the real experiment begins. Coming from a breathwork background and doing deep trauma healing, I really appreciated the focus on somatics, body safety, and how the system shows up in us. There was no pressure to show up a certain way, and each person's pace and rhythm was truly honored. The deconditioning support sessions with Teresa were especially powerful. The somatic element she brought in added a depth I'm excited to keep exploring — not just in my own experiment, but in how I share this work with others.

- Silvia Polderu, Class of 2024-2025

// What really differentiates this training is that both James and Teresa have been involved with the legacy schools and have experienced that approach firsthand, along with other ways of working with and teaching Human Design. **They both know what needs updating and what's just fluff. The way they've combined the information keeps it practical, but also allows space for nuance** — something that the more traditional, rigid, approaches to teaching Human Design didn't always leave room for.

- Sara Merino, Class of 2024-2025

// This analyst training will give you everything that you need to be an excellent analyst. If becoming an analyst is not a part of your journey, this training will still give you so much insight into the people around you and into the way the world works. It will help you integrate the awareness that we are souls in a body, and it is the body that is in charge, and it's the body that is experiencing everything. I love that this is the nuance that sets the New School of Human Design apart — to have embodied awareness is the whole point.

- Carla Unger, Class of 2024-2025

// If you're looking for a Human Design course that offers depth, flexibility, and down-to-earth learning, this is the course for you. **Whether you're wanting to deepen your knowledge or you've hit a roadblock and don't know what the next phase looks like, this training will take you there. It gives you the tools — and then some — to move past the stuck points and continue your journey.** One of my favorite things about the course is the flexibility and the no-pressure approach. James really understands that not everyone learns at the same pace or in the same way, and the course is designed to honor that. I found that incredibly helpful. As far as what value Teresa brings, I love her ability to give real-world examples. Whenever something is being explained, she always has a way of showing how she's seen it play out in real life, which really helps you synthesize it for yourself, because you can actually see it and feel it.

- Dee Marafioti, Class of 2024-2025

// James shared a lot of very important things that were not presented in other trainings. And I feel like he explained them in a way where I could implement them. **It was a pure transmission through a very different angle. He was talking about things that others weren't talking about.** He's going through all the source material and including things that were not traditionally put forward, which I really felt was a game changer for the way I do readings now.

- Andrea Gershman, Class of 2024-2025

// After 6 years in the Human Design experiment I sought out James to rectify my birth time after I heard him discuss rectification using HD in an interview. And although my birth time rectification was minimal and did not change the surface of my chart, the time varied some deeper aspects of my design, which I suspected were there but didn't know how to rationalize my 'knowing.' I followed up with a PHS analysis with James, which was excellent as he was able to identify some somatic issues I had been experiencing for years that were attributable to my Design, and I'm thankful for his recommended solutions to alleviate the issues.

After experiencing James' HD analysis ability, it was a very easy S&A decision to invest the time and money to join James' Analyst Training as I recognised his mastery of the HD System. **True to his aligned 5/1 profile, James presented very thorough, grounded, practical knowledge and direct application of HD that I crave from a teacher who can fulfill my enquiry and application of Human Design.** James earned my respect through his impactful and masterful delivery of these sessions, the impact of which continues beyond the live classes."

- Linylle Syntageros, Class of 2022-2023

// When I first met James Alexander in person it was at the 2022 HDHD Conference. To be completely honest with this testimonial, I didn't have the best impression of him, but I sat in on one of his presentations and realized that he had a wealth of HD knowledge; knowledge that felt true to source material but with new esoteric depths that I hadn't gotten to yet. I left that conference knowing that I wanted a reading from him.

When he announced his upcoming class, I reached out to see if I should pay for a reading or the class, and he said the class would not only be like a thorough reading of my own chart but give me greater capacity to read all charts. He was 100% correct.

I've warmed up to James a lot during this class not only for his wealth of knowledge, but also for the ways he's shown his heart and for how he's consistently been in service to our classes (and sometimes still hilariously human, if we're allowed to laugh at ourselves). This man has allowed himself to be guided for many years by a wise elder projector (Kumud Kabir) and many others who are deep in the field. He has done his research and continues to do the work, and it shows in his presentations and the heart he brings to class.

His platform holds space for others to shine so I've gotten to know many other beautiful souls in this process, too.

Long story short, I knew that this would be informative, but every class has blown my mind and I continue to rewatch the recordings for deeper insight. You will absolutely get your money's worth. Thank you, James!!"

- Jess Haskins, Class of 2022-2023

// I did level 1 & 2 of the Human Design Analyst training with James and I truly loved it! James is an amazing teacher and I was blown away by the depths of his knowledge. I had studied Human Design mostly by myself for 3 years and thought I already had a good foundation of knowledge. **But learning from James, who delivers his knowledge in a very precise, clear, and also practical & tangible way, was such a different experience for me. It feels like the wisdom of the Human Design system could sink even deeper and was absorbed not only by my mind but by every cell of my body.** The knowledge I gained in James training is not only extremely valuable for my professional work but also for me personally. I learnt so many new aspects about my own chart, discovered whole new levels of myself and felt like I was able to go even deeper into my own Human Design experiment.

Learning and studying with James was very nourishing for my mind, soul, and also the body. Even though the training was online, the container James created felt very intimate, warm and loving. I enjoyed the exchange with the other students not only during classes but also between classes in the Facebook group. That was a perfect addition to the live sessions.

I also really loved doing the contemplation assignments. By reflecting and contemplating the content of the classes it was able to sink even deeper.

I highly recommend studying with James - he is one of the best teachers I've ever had and his knowledge of the Human Design System is truly remarkable!"

- Linda Strangmann, Class of 2022-2023

// I had been independently studying human design for years when I was introduced to James. When I learned about his course, I knew he was the teacher that I had been looking for. **James' mastery of the subject is inspiring, and his teaching style makes you fall in love with the material in a whole new way.** James takes great care in discerning the nuances within the system of Human Design and he approaches each subject with a deep curiosity for the material that is infectious. James truly lives the experiment, and it was refreshing to be in an environment that respects each and everyone's uniqueness when it comes to learning styles, etc. I look forward to continuing my studies with him!"

- Julia Schoen, Class of 2022-2023

// I have had the serendipity of receiving Human Design analysis and insights from James, whose unique approach and remarkable skills have made a significant impact on my journey of self-discovery. **His insights are characterized by a nearly perfect blend of subtlety and practicality, making his analyses not just informative but directly applicable to everyday life.** James' emphasis on the pragmatic aspects of information transmission has been instrumental in helping me recognize and integrate the mechanics of my design.

His ability to decode the Non-Self is remarkably accurate, adding a refined touch to his already insightful readings. James is, without a doubt, an outstanding Human Design analyst, and I highly recommend his services for a supportive, transformative, and personalized experience.

What really marked me is his ability to read the Non-Self with exceptional precision. His insights into the layers of authentic self-expression versus conditioned behaviors are not only insightful but also incredibly accurate. His refined understanding of the Non-Self adds an invaluable dimension to his analyses, providing a profound and transformative experience.

Having worked with several Human Design analysts, I can confidently say that James' approach is both unique and effective. His readings are not only informative but also actionable, making the exploration of one's Human Design an engaging and empowering process. James' dedication to translating theoretical knowledge into practical wisdom is evident in every aspect of his work."

- Michel Schwab, Class of 2022-2023

Please [visit the course page](#) on our website to see video testimonials from students in both previous cohorts.