



BELOW THE SURFACE
A Course on Tracking, Trusting, and Relating
From Our Emotional Authority

 **JAMES
ALEXANDER**

Course Background

We've all heard it before: there's no truth in the now for the emotional being. We shouldn't make decisions at the high or low end of our wave, and we need to patiently wait for clarity.

But what's clarity?

Finding out you have emotional authority is a bit like being dropped in a foreign city blindfolded, unable to speak the native language, and tasked with navigating your way to a specific destination. Ra has said that having splenic authority is almost like having no authority at all. But the same could be true of the perpetually shifting, murky, terrain of the solar plexus. It doesn't yield crisp, definitive, answers like the spleen or sacral, it requires interpretation of moving sensations, sensations which are sometimes best understood through simile and metaphor.

Needless to say, training our awareness to track our emotional authority and recognize clarity is both an art and a science. It can take years to get familiar with our emotional process. And while Ra's guidance for emotional beings is helpful, it leaves a lot of questions unanswered.



Course Objective

This course is an opportunity for emotionally defined people to grasp their emotional process beyond the limited information from source material and to expedite the process of getting familiar and comfortable with their emotional terrain. In this course we will answer questions such as:

- Where can we track our emotionality in our body?
- How can we get more in touch with our emotions?
- What can we do when we're emotionally overwhelmed?
- What does clarity feel like? Or does it not feel like anything?
- Is clarity the same as neutrality?
- Can the mind set off a wave?
- What's the role of the mind throughout the wave process?
- How do we honor our timing in a world that's always in a rush?
- What are the specific behaviors and mental stories in your design that make waiting a challenge?
- How do the different types of waves (ratchet, crash, spike) work and what sets them off?
- Why do some people with a defined solar plexus not seem very emotional?
- What are the implications of having a conscious or unconsciously defined solar plexus?
- How does the solar plexus work with splenic definition? How can we honor both?
- What does it mean to generate, manifest, or guide from emotional clarity?

If you have any of these (or your own) questions, then we invite you to join this three month journey into the depths of the emotional world. James and Teresa will guide you from their many years of experience charting their own emotionality and helping clients trust and track their clarity.



Course Facilitators



James Alexander

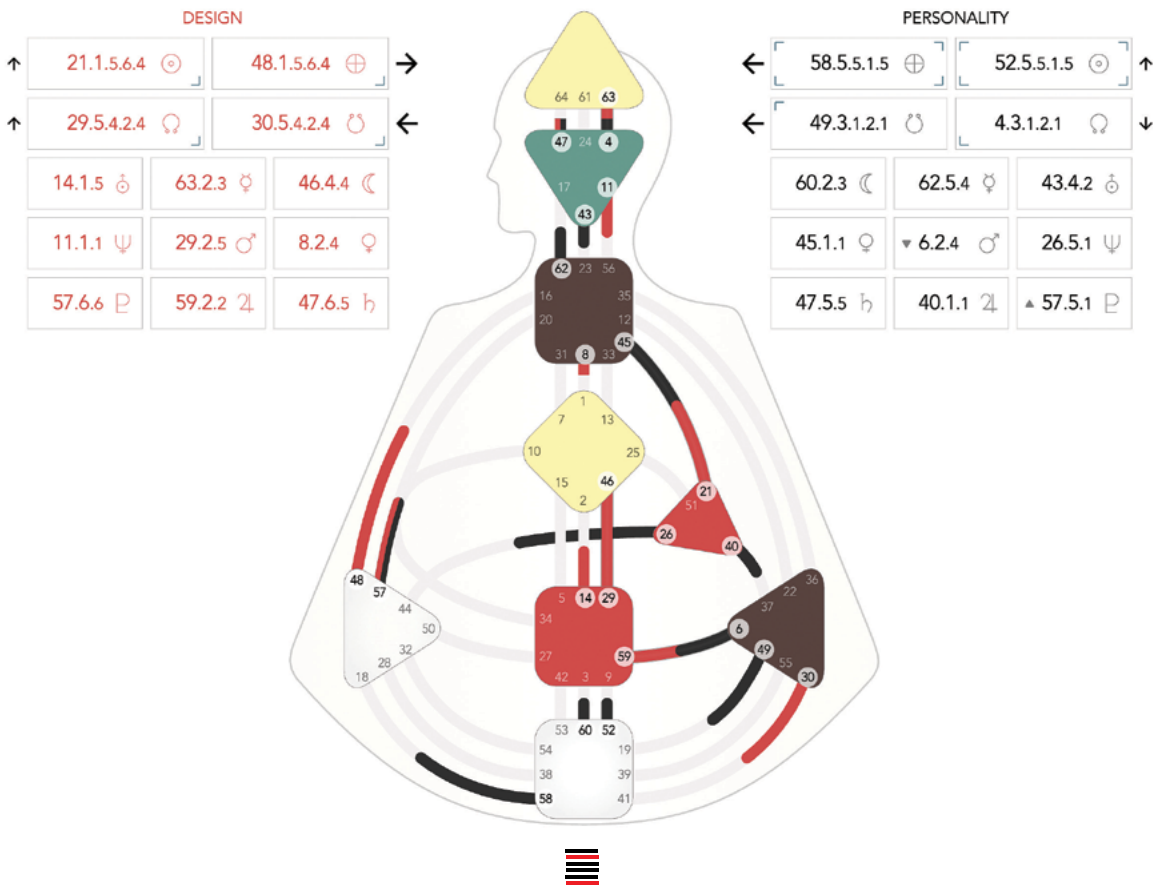
James is a trauma-informed Human Design coach and teacher who blends somatic awareness with Human Design analysis to empower his clients to connect with their body's intelligence. Since entering the Human Design experiment in 2014, his educational journey includes professional training with many of Ra's students, including Alokand Diaz, Kumud Kabir, Dharmen and Leela, Mary Ann Winiger, and analyst certification with Ilse Sendler, Susan McMurry, and Martin Grassinger in

the Austrian School. With his precise and nuanced approach, James is known for clarifying misinformation in the field and helping people connect more deeply with their designs, from the surface to the substructure.

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Course Facilitators



Teresa Brenneman

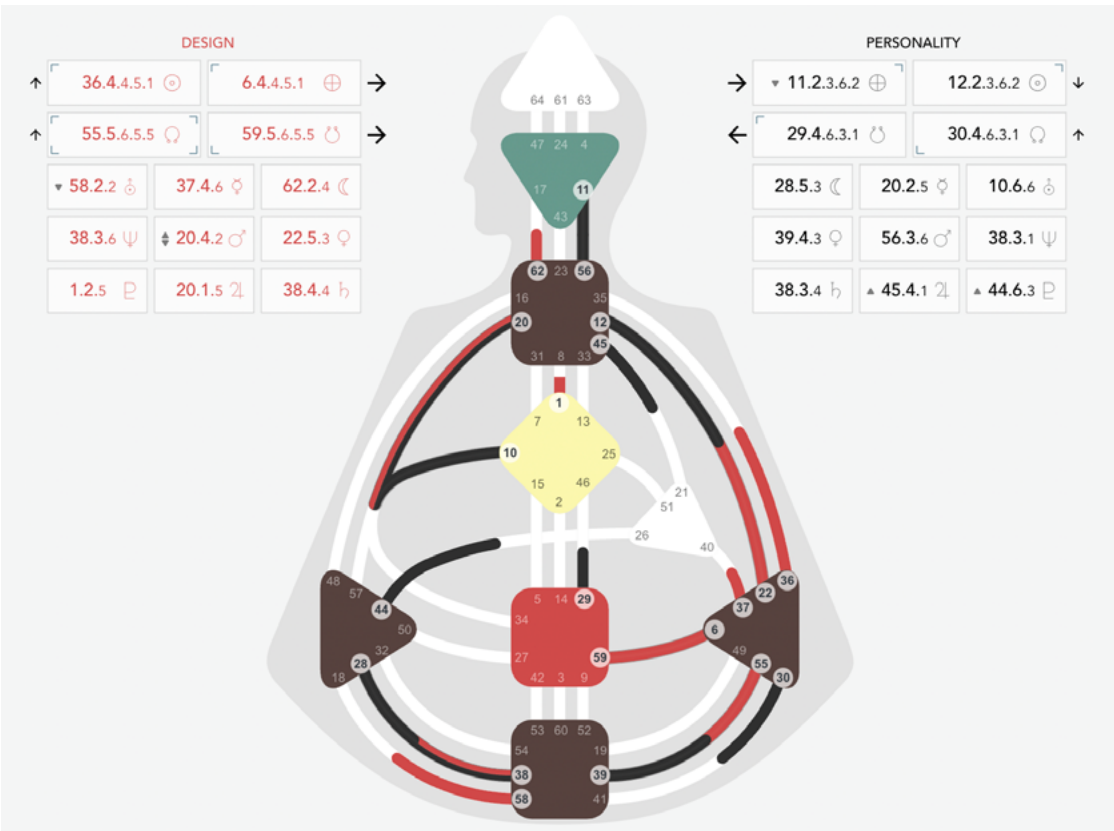
Teresa Brenneman is a Human Design coach known for her commitment to helping individuals discover their authentic selves and embrace the complexities of the human emotional experience. With certifications in Voice Dialogue, Inner Child Healing, Reiki Level 3, and Somatic Attachment Therapy, Teresa offers a holistic approach that uniquely integrates these modalities in her client work. Since embarking on her Human Design journey in 2017, she has completed foundational courses with Human Design America and Human Design Collective, and also had the privilege of learning

directly from James Alexander, deepening her expertise in this transformative system. With a reputation for fostering a nurturing and supportive environment, Teresa has become a trusted guide in the field of Human Design and holistic wellness, offering her clients a safe space for exploration and self-discovery.

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Course logistics



The course includes:

1. Eight 90-120 minute live classes on Zoom
 2. Personal guidance and feedback
 3. Lifetime access to recordings of the live classes
 4. A PDF journal for tracking and expanding awareness of your emotional process
 5. Private Telegram group for Q&A, sharing, and guidance from James and Teresa
 6. 15% discount on 1-1 coaching (not formal readings) with both James and Teresa for the duration of the course
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Class Schedule:



Winter 2023-2024. All classes are tentatively scheduled for 1pm EDT. This is subject to change based on participant's timezones. If the adjusted time does not work for your schedule, you will be fully refunded.

Class one: Shifting our awareness from the mind to the body.

Class two: Giving ourselves the time we need.

Class three: The Not Self themes that can challenge our process.

Class four: Tracking our triggers.

Class five: Our role in interpersonal dynamics.

Class six: Finding clues in our emotionally charged stories.

Class seven: Presencing difficult emotions.

Class eight: Final questions and reflections.



Cost: \$699

- Payable in full via Paypal or Venmo for \$699 (contact James for details)
 - Payable in three installments of \$233 at www.jamesalexandercoaching.com
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Contingency:

The course requires a minimum number of students and will not begin at the proposed time unless that minimum requirement is met.