

Human Design Analyst Training and Deconditioning Support Program

2027 Syllabus

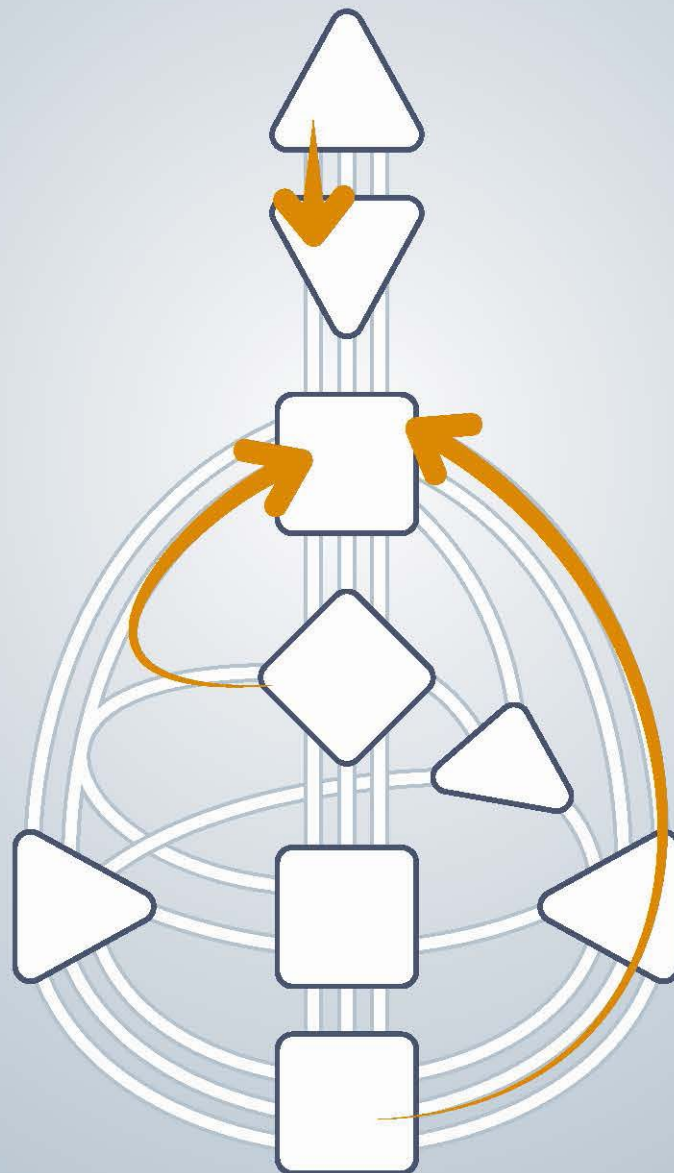


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Overview

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. We accomplish this with an extremely comprehensive, multi-faceted, program that seeks to empower you with precise knowledge, a safe container for your own deconditioning, and complimentary skills to succeed and set yourself apart professionally.

Get to Know Us

"I never understood it until James explained it." – nearly every NSHD student

If you're unfamiliar with NSHD and our approach to working with Human Design, our podcast, *Nine Centered*, is a great place to start. In every episode we go deep into a topic, offering grounded perspectives that push the boundaries of conventional understanding in the space, yet staying true to the foundation.

Some of our listeners say each episode is like a class unto itself. You'll get a sense of how deeply James has digested the system and added important nuances that practically matter, both for seasoned analysts and those just looking to experiment with the system in their own life.

It's an opportunity to experience the dynamic between James and Teresa and how they compliment each other in both the masculine and feminine, Leftness and Rightness, offering a more complete picture and transmission of what it is to live a nine centered life.

Nine Centered is for those who have unanswered questions, who sense there's more to say, another angle to uncover, new discoveries to be made, and clearer explanations, as much as preserving and honoring the potency of Ra's transmission.

If our frequency, dynamic, and explanations resonate with you, you're in the right place.



The Three Pillars of the Program

1. The Human Design Analyst Training

Taught exclusively by James, the core of the program is taught through pre-recorded classes and then practiced live with student charts twice a week (3-4 hours per week total). Check out the course contents per semester later in the syllabus to see the scope of content. The formatting of this portion of the training has greatly expanded as James previously taught the content live on Mondays and Thursdays and the practicum portion of the semester consisted of several classes at the end of each semester. This new structure allows us to drip the content to you at a slower pace, empowers you to digest it in your own timing, and take more time to practice with the lessons live before progressing to new concepts. In other words, instead of James teaching concepts live for 3-4 hours a week with less time for live questions, James is available for live questions and practice for 3-4 hours a week based on what you're learning in your own time.

2. The Deconditioning Support Program

These weekly sessions are designed to support the somatic integration of what you're learning 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. These sessions provide a space to name what's coming up in your process — emotionally, energetically, and somatically. They are opportunities for peer dialogue and shared reflection, with light facilitation. 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.

3. Nine Centered Practitioner Skills

Throughout each semester Teresa will be offering several classes in addition to her weekly deconditioning support sessions. These classes will be dedicated to helping you become a well rounded coach and analyst with additional skills to help differentiate and empower your work. These bonus classes will be scheduled once the semester begins. If you are unable to attend live you will have lifetime access to the recordings and can ask Teresa questions about their content via the private online group. See the Nine Centered Practitioner class contents.

The Program Schedule

This is an intensive 12 month program for both your mind and body. We approximately align each semester with a quarter of the wheel. Sometimes we'll start a week or two earlier than a quarter begins, and sometimes we'll start a week or two later. However, we want to align with the themes of each quarter which are generally supportive of the subject matter.

Quarter of Initiation: Semester 1, Building the Story of the Conditioned Self

Quarter of Civilization: Semester 2, Building the Story of the Differentiated Self

Quarter of Duality: Semester 3, Relationship Analysis

Quarter of Mutation: Semester 4, Life Cycles

Learn How to Provide the Following Readings for Both Beginners and Advanced Clients:

1. Foundation reading
2. Not self reading
3. Relationship reading
4. Life Cycle readings
5. Various specialized readings delving into one of the many topics from the course

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 12 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.

James' Approach to the Analyst Training

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. 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 occasionally incorrect. I have invested extensive time in clarifying overly sweeping statements, vague direction, and gray areas that just confuse people and disempower people.

One of the greatest gifts of my design is to be an extremely thorough investigator. So if you're tired of people saying the same basic things about design, this is an opportunity to go much deeper and learn from someone who has truly digested the system over 12 years, 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.

As a general rule, Ra's last word on the subject is his most accurate. 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 My Clarifications:

1. Throat Gates Don't Exclusively Determine Verbal Content: 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 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. Sacral Sounds Are Not the Generator's Only Marker: One of the most egregious and pervasive myths is that all 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. Some Generators can rely on their sacral sounds more than others. Afterall, there are many different Generator configurations. Furthermore, what a Generator responds 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.

3. Sacral Sessions Don't Work: The concept of a sacral session, where you ask a Generator a series of yes/no questions to help them find their truth is a highly flawed premise. First of all, it's a contrived scenario usually sought after by people in a rush to get answers ahead of life's timing for revealing those answers. Secondly, the Generator will already have mental biases and preferences for what they wish to be the case. If the questions don't arise naturally the Generator participant will most likely not be relaxed and present enough to respond naturally and trust what's coming through. Typically they will be more like a deer in the headlights, frozen and disconnected from their body's immediate truth. Generators need to trust that the life circumstances and interactions will arise organically that allow them to discover what's correct for them.

4. Cognition Deserves to Be Mentioned Early On: Ra mistakenly thought Cognition would not be discernible until people were sufficiently deconditioned. 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.

5. Bringing in More Psychological Context: With their closed aura, Manifestors are not as conditioned socially as the Yin Types (Generators and Projectors). Like Reflectors, their Yang counterpart, they're more affected by the transit field. The implications of this is that they are less concerned with, and capable of, understanding people than the larger forces shaping their lives.

Manifestors can assess who is correct for them via their cognition, internal determination, and inner authority. However, they are not assessing psychological well-being in the way a Generator or Projector can due to their closed aura that blocks such information. Their closed aura is why they're hard to read, but it also means they struggle to read others. This is a big topic we've explored in one of our Manifestor podcast episodes.

All this to say, psychology is conspicuously missing from the field and I attribute this to Ra's ignorance of psychology due to the limitations of the Manifestor Aura. At NSHD, we are not incorporating Freudian or Jungian (or any other school of psychology) into our teachings, but we are going to teach you extensively about the psychology of the Aura Types and the Lines/Profiles. For example, we all know 2nd lines hermit, but do you know why? The answer isn't just because it's a mechanic and it has to be that way. Ra himself admits in one of the classes on Motivation that if humanity wasn't so transferred at the color level, the lines would behave differently, and he specifically says that 2nd lines would not have to hermit. So this begs the question of why do they? The answer I've discovered, corroborated by source material, is because they're feeling overexposed and/or interfered with. They are opaque to themselves and transparent to others. All the feedback about who they are and what they can do, and should do, with their natural talents can be draining and compel them to retreat.

As another example, consider a 3rd line's need to break the bond. Again, this isn't just a behavior that occurs without specific triggering conditions. The triggering condition is that they've adapted to the other person or situation to a point where they've lost their own perspective, and they need to take some space, a temporary pause, not necessarily a permanent break, to gain awareness via that space and then potentially return to the situation, when correct, with a restored sense of self.

These are just a few of many things I have corrected and expanded on in my understanding. All of these points 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 have 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, Sense, 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 set of 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.

About the Deconditioning Support Program

Early in the first round of the training in 2022, it became clear to the students and I that it wasn't merely an Analyst Training, it was also a safe space to explore our own deconditioning together. 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 a mentor 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 knowledge is a key component but your frequency and embodiment matters even more.

I see Ra as a messenger of this knowledge, but not someone designed to support people through the deconditioning process. Consequently, many have unwittingly emulated his limitation, as the overwhelming majority of analysts don't know how to support people through the deconditioning process even if they would like to. 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 Online 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 element in your own life, when relevant. While completing the contemplations 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 Human 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.

Sessions Will Include:

- 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.

Nine Centered Practitioner Skills

Throughout each semester Teresa will be offering several classes in addition to her weekly Deconditioning Support Sessions. These classes will be dedicated to helping you become a well rounded coach and analyst with additional skills to help differentiate and empower your work. These bonus classes will be scheduled once the semester begins. If you are unable to attend live you will have lifetime access to the recordings and can ask Teresa questions about their content via the private online group.

Semester 1: Nervous System Education

These sessions will provide you with basic nervous system education to help your own deconditioning as well as empower you to support your clients at the nervous system level. This is not comparable to an extensive program about trauma and the nervous system such as what you would receive from a Somatic Experiencing program, but it will provide you with a useful foundational understanding.

Class 1: Understanding Trauma, the Nervous System, and Activation

Trauma can keep us locked in survival mode, making it harder to connect with our Inner Authority. In this class, we'll lay the groundwork for understanding trauma and how the nervous system responds to stress. We'll introduce essential vocabulary to deepen your familiarity with foundational somatic concepts and explore how Primary Health System (PHS) and cognition can serve as tools to restore balance. Through simple somatic practices, you'll learn to notice and shift your state, using your unique design as a compass for grounding and alignment.

Class 2: Orienting to Safety and Tracking Sensation

Learning to tune into a felt sense of safety and tracking sensations in our bodies is essential for embodying our design. In this session, we'll practice orienting to safety, a simple yet transformative act of using the senses to anchor in the present moment. Through sight, sound, and touch, we'll ground into the environment, inviting the body to soften and settle. From this place of stability, we'll track physical sensations to distinguish between a trauma response and a clear embodied 'yes' or 'no.' The practice includes mapping sensations as cues, using titration and pendulation to cultivate a felt sense of safety that serves as a reliable compass for navigating decisions and aligning with Inner Authority.

Class 3: Working with Our Triggers

Triggers can reveal where old patterns and Not-Self strategies are still present, bringing activation to the surface. In this session, we'll explore how to recognize and work with triggers in the body, using somatic techniques to stay present and uncover the conditioned responses beneath the reaction. By tracking these patterns, we can discern where the Not-Self is influencing our behavior and get curious about what our triggers are trying to show us.

Class 4: Building Capacity and Understanding Coping Mechanisms

As we reconnect with our bodies and Inner Authority, we become more aware of our coping mechanisms. This workshop will offer tools to notice and work with these patterns, expanding our capacity to hold more sensation without collapsing or numbing out automatically. We'll explore auto-regulation, co-regulation, and self-regulation to build capacity. We'll also look at how the Not-Self can drive certain coping strategies and how to use somatic practices to build greater resilience.

Class 5: Exploring Boundaries and Continuing Embodiment as We Decondition

Boundaries are essential as we align with our true selves. In this final session, we'll explore how boundaries feel in the body, how to track and communicate boundary violations, and how to anchor in our design as we continue to decondition. We'll practice recognizing when boundaries are aligned with our Inner Authority versus when they are driven by the Not-Self.

Semester 2: Right Minded Analyst Guidance and Demonstration

Teresa will offer several sessions of guidance and live demonstration around what it means to be a right minded analyst: meeting what emerges in your client sessions with fluidity and trusting your Rightness rather than following a script.

Sessions Will Include:

- Learn how to put down your script and trust your receptivity and what emerges in dialogue with your clients
- Learn how to deepen the conversation in a natural way that helps your client open up and reveal what's most pressing for them in that session
- Recognize how to feel, in your body, that the conversation that emerges is often exactly what the client needed to hear in that moment.
- Practice with live demonstrations on one another

Semester 3: Creating a Safe Container for Working with Couples

Semester 3 asks you to hold two nervous systems in the room at once, so these sessions offer space to notice your own activation as it arises in the middle of someone else's relational dynamic, and to process what that stirs up in you.

Sessions Will Include:

- Recognizing and working with countertransference
- Noticing the state of your own nervous system as you enter the session
- Becoming aware of your own relational triggers
- Learning how to facilitate compassion and acceptance with the couples you work with
- Recognizing your own biases so as not to project them onto your clients and inadvertently take sides

Semester 4: Nine Centered Business Practices

As we bring the course to a close, Teresa will help you approach your Human Design business in a way that reflects the new Global Cycle programming and your nine centered nature.

Sessions Will Include:

- Identifying your conditioned 7 centered assumptions about marketing and business that undermine your fulfillment
- Getting clear about what kind of services are right for you, including what's your unique value proposition?
- Ways to combine Human Design with skills you already have
- Brainstorming ways to market your business that are aligned with your design

Who is the Program For?

Anyone interested in deeply understanding Human Design both intellectually and somatically. This program always operates on these two tracks in parallel – new concepts are introduced and then personal contemplations and group discussions are available for exploring that concept in your direct experience. Weekly guidance is available to help both identify the patterns of your life and connect with your design somatically. Useful distinctions are made to help you discern important subtleties such as the difference between a fear story and a somatically informed fear.

You do not need to have professional goals with Human Design, although many students do. What is required is the maturity and readiness to look at yourself honestly. If you can bring an attitude of humility and curiosity you'll discover you're in a safe space to get better acquainted with yourself amongst a high caliber group of students going through their own deconditioning process.

Therapists, coaches, and healers of all kinds tend to thrive in the program and have a head start in working with clients professionally. Human Design can then differentiate and enhance their current services. For example, a therapist who uses Human Design will not only understand their patients exponentially faster but significantly increase the efficacy of their approach and generally improve the client experience.

Who is the Program Not For?

Anyone not prepared to do deep inner work and to immerse themselves in human design learning and experimentation for the duration of the program. The program is specifically contra indicated for anyone diagnosed with any personality disorder, especially, but not limited to, Cluster B disorders (antisocial, borderline, histrionic, and narcissistic). If you have been diagnosed with a personality disorder we recommend you work with a qualified therapist who specializes in that disorder.

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, and you have a reasonably solid grasp of most gates and channels, you probably have enough knowledge for this training. If you haven't completed these foundation courses but have dedicated yourself to learning the system 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.



SEMESTER 1

Building the Story of the Conditioned Self



Start date: Monday February 1st, 2027

Human Design classes:

Classes are 90-120 minutes

12 live demo classes where we work with concepts from pre-recorded material

Meets 2x a week on Mondays and Thursdays

1pm Eastern Time (USA)

Somatic Support sessions:

60 min 1x a week on Wednesdays

3pm Eastern Time (USA)

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: Spring 2027

Human Design classes:

Classes are 90-120 minutes

12 live demo classes where we work with concepts from pre-recorded material

Meets 2x a week on Mondays and Thursdays

1pm Eastern Time (USA)

Somatic Support sessions:

60 min 1x a week on Wednesdays

3pm Eastern Time (USA)

* 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
- PHS and Transference
- Cognition and Sense
- 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: Summer 2027

Human Design classes:

Classes are 90-120 minutes

12 live demo classes where we work with concepts from pre-recorded material

Meets 2x a week on Mondays and Thursdays

1pm Eastern Time (USA)

Somatic Support sessions:

60 min 1x a week on Wednesdays

3pm Eastern Time (USA)

* 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 channels
- The stories we tell ourselves when we meet electromagnetics and compromises
- Identifying what each partner is 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? Platonic relationships? Both? Or neither?
- 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
- 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

Life Cycle Analysis



Start date: Fall 2027

Human Design classes:

Classes are 90-120 minutes

4-6 live demo classes where we work with concepts from pre-recorded material

Meets 1x a week on Mondays

1pm Eastern Time (USA)

Somatic Support sessions:

60 min 1x a week on Wednesdays

3pm Eastern Time (USA)

* 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:

1. Employer Reimbursement or Local Compliance

- Certification is often 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

James has built a reputation for providing a very accurate, thorough, and practical educational experience. Many people working with Human Design professionally don't have more insight to offer than you can find in the books. This training will differentiate your offerings with unprecedented depth and scope of understanding. We invite you to listen to some of the student testimonials from any of the prior cohorts. There are plenty and if you watch a few you will hear distinct patterns across various student's experiences.

3. Referrals

You will be listed on the NSHD website with your bio, qualifications, and link to your website and socials. We promote our certified analysts from time to time each year.

4. Community

Teresa and James are both tribal, plus they have The Channel of Community as an electromagnetic. 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 complement 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:

- Pre-recorded classes teaching the concepts and analysis techniques. Approximately 18-24 hours of pre-recorded content for each of the first three semesters (approximately 60-70 hours total). Semester 4 is approximately 8 hours of pre-recorded content.
- Live Zoom Human Design classes for Q&A and demo of each concept and technique
- Live Zoom Somatic Support Sessions with somatic guidance
- Contemplations for each concept
- Access to a private online group for questions and sharing
- Lifetime access to the recorded classes
- Access to any future content additions to the analyst training if/when significant content changes occur

Students who pay for Semester 1 upfront, and commit to a 12 month payment plan for the whole course, or who pay for the entire training upfront, get our course, **Bringing the Gates and Channels to Life 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 individual semester (1st, 2nd, 3rd): \$2,300 USD

For the 4th semester: \$1,000 USD

Total price for the training: \$7,900 USD

Four payment options available:

1. Pay in installments per semester: \$950 deposit, and 3 monthly payments of \$450 autocharged. Semester 4 can be paid in two payments of \$500.

2. Pay in full per semester for a 10% discount: (\$2,070). There is no discount for paying for semester 4 in full as the price is substantially lower. Semester 4 can be paid in two payments of \$500.

3. Pay a \$2,500 deposit and subscribe to the entire course: After paying a \$2,500 deposit, you'll be autocharged \$450 a month for 12 months.

4. Pay in full for the whole training: (\$7,900). Includes bonus course **Bringing the Gates and Channels to Life + four one hour coaching sessions with James or Teresa** (or a combination of both) to be used any time throughout the course. Total bonus value of \$1,600.

Payment Deadline

To participate fully in the live classes payment for Semester 1 is due **Monday January 25th**. However, we will have open enrollment throughout Semester 1 for people who recently discovered the training and need time for their process.



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.

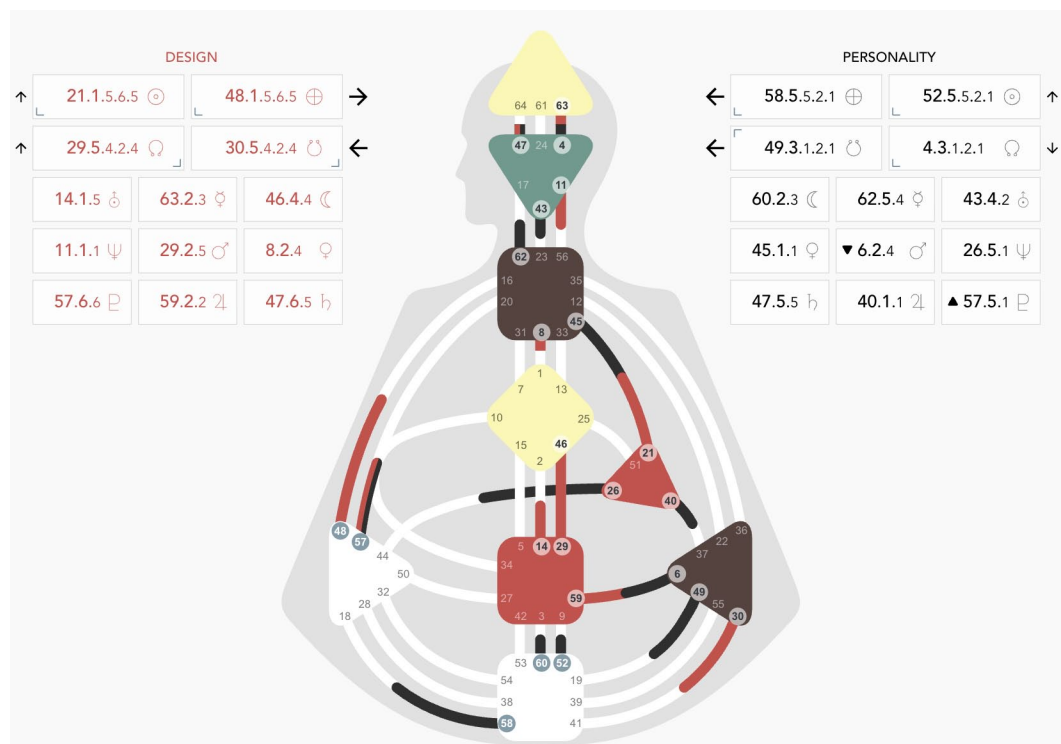
Even after many years on the awareness path, the depth of Human Design wasn't immediately accessible to me. Despite heart openings, glimpses of non duality, psychotherapy, emotional catharsis, and years of cutting edge inner work, I was still fundamentally frustrated, trying to live up to an idealized 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 learned 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 Alokonand Diaz in PTL1. 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.

My Human Design education began with IHDS in 2020 and the Human Design Collective where I completed the foundation courses. It continued with James in 2022 where I was a part of the first cohort of his analyst training. I have since completed the NSHD Analyst Training twice and have been personally trained by James extensively over the past three years since we began working together.

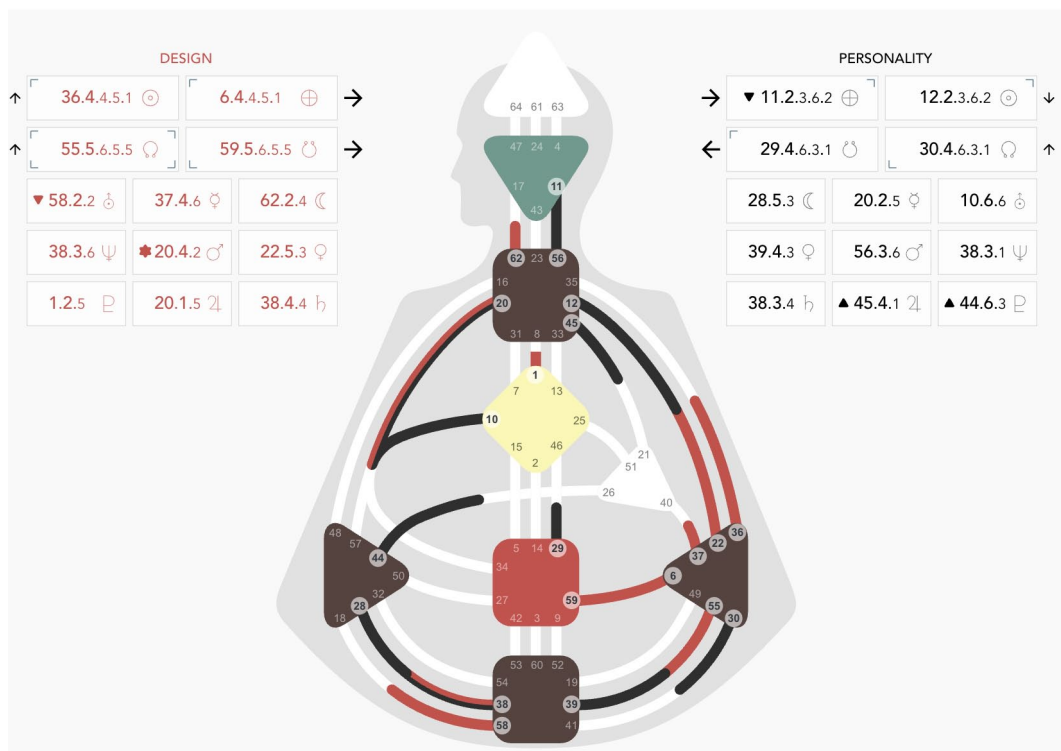
My somatic and nervous system education comes from a variety of organizations and somatic therapists and practitioners. I completed the Integrative Somatic Trauma Therapy Program with The Embody Lab and the 7 week Foundations of Nervous System Regulation course by Luis Mojica of Holistic Life Navigation. I am currently in training with The Focalizing Institute with Nick Werber and Jo Miller where I am learning to work more deeply with the effects of trauma.

Through my somatic education I have 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. In turn, it has allowed me to deepen my experiment and 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 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.

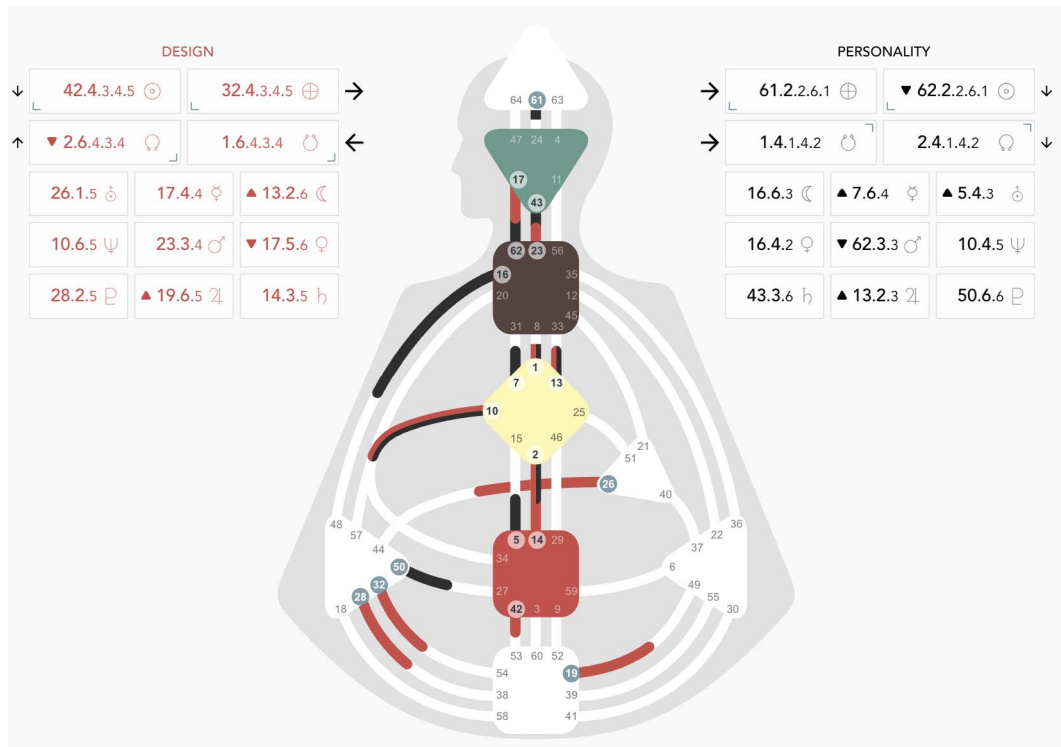
I believe in slow and gentle healing and the importance of building a deep relationship with your body. Not only because this is much more nurturing and supportive to your nervous system but because it creates space for you to start to feel the things you have kept bottled up inside. To me, learning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

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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

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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**

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*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 all previous cohorts.

Ready to take the first step?

If it seems like this program is what you're looking for, please fill out this brief **questionnaire** and James will be in touch within 48 hours to let you know if we should schedule a 1-1 Zoom. The Zoom meeting isn't an interview, but just a casual conversation to learn about each other and ensure your participation in the program is a good fit.