

## Introduction



Welcome to a new and courageous view of yourself and those around you. I hope you receive insight from this inventory, to use it not only to help yourself, but also to help others where you have been helped. Treat this inventory lightly and please don't just accept these models without testing them out. The map is only a good fit if it makes sense to you personally. Some pages will resonate with you more than others and some will help you set up questions of enquiry about yourself and an intimate partner, your relationship to the world, and your spirituality. This inventory is both detailed and simple and is to be used by practitioners called to service as well as for personal enquiry.

This work stands and builds on the shoulders of giants and uses the gems of contemplative spiritual traditions and contemporary psychological, philosophical and scientific schools of thought. My aim has been to bring together this vast historical body of knowledge and create a consolidated piece of work in a user friendly format which addresses some of the unanswered questions that have contributed to our age-old levels of anxiety and depression which has awaited 21<sup>st</sup> century collective resolution.

I encourage you to question these diagrams, tables and questionnaires and discover whether they are true for you (Ethos), and don't let them get stuck in the head as intellectual conversation pieces (Logos). Feel into the work (Pathos) and apply an integral life practice to know yourself in the fullest sense. The *SAVE* relationships inventory will help you do this.

Based on the works of Kabbalah, and our/my contemporary teachers Carl Jung, Ken Wilber, Helen Fisher, Harville Hendrix, Stan Tatkin, Robert Masters, Jun Po Denis Kelly, Puran Bair, Halko Weiss, Bert Hellinger, Martin Ucik, John Gottman, Alejandro Jodorowsky, David Keirse, Ned Herrmann and Carolyn Myss to name a few, this inventory synthesizes a fresh and novel application. This inventory is based solidly in 4 quadrants, underpinned by temperament (genetic) and attachment style (acquired) factor research. The colours used are drawn from Judea/Christian temperament studies. When we begin to use our '*tetrahension*' (*thinking in groups of 4, 2<sup>nd</sup> printout*), we can then open up to a self which is no longer caught by itself. The aim of the inventory is to firstly find the ground of one-self. The second aim is for you to discover more freedom. The *SAVE* relationships inventory is a journey toward peace with yourself and others.

My eternal gratitude to Dr Tania van Megchelen for her wonderful editing support and to my wife, for unwavering love in its many forms, her grounding, encouragement and co-conspiring. Stay tuned for the accompanying inventory manual titled ***The 4 faces of Love***.

Thank you for joining me on this journey  
Warm regards,

A handwritten signature in black ink, appearing to read "Nic Morrey".

Nic Morrey