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The Mystery and Wonder of Exploration

H. LUIS VARGAS

Editor

We shall not cease from exploration, and the end of all our exploring will be to arrive where we started and know the place for the first time.

-TS Eliot, *Four Quartets*, 1943

Exploration may be tempered by the known or the familiar. Whether traveling on an established long dirt trail that traverses remote areas or a short gravel trail in an urban park setting, exploration, when restricted, is limited to confirming or disconfirming what is thought to be known. When bounded, the mystery and wonder of exploring is stifled. On the other hand, when unrestricted and unbounded, the process of exploring embraces the unknown of mystery and wonder while simultaneously remaining open to vast possibilities.

The contributors to this issue engaged in the exploration of self or others in a way that allowed them to stray from the well-trodden trail. Through the use of unrestricted access, unqualified hope, unbounded questioning, extemporaneous co-discovery, paired investigation with illumination, and unfettered discernment, the authors of this issue were open to boundless possibilities.

Alexa Ashworth allows access to a collection of raw, untamed poetic thoughts from her experiences as a Youth Treatment Counselor. Ashworth's aim for peace through unrestricted access to inner turmoil is courageous and inspirational.

Charles L. Dunlap, II, takes the reader on a journey of unqualified hope. Dunlap explored the black bile of depression and submits that by exploring and staring into that infamous abyss of depression, may we seek to populate it with stars.

Mark Karris shares his journey of having engaged in unbounded questioning as a therapist and ordained pastor who chose to leave the comfort of his religious beliefs and faith community. Karris details vital lessons learned throughout his journey.

Mark Karris and Katarena Arger illustrate the clinical value of engaging extemporaneous co-discovery using attachment-focused narrative interventions with religious couples of Abrahamic faith who are dealing with the effects of infidelity. Karris and Arger detail how attachment-focused narrative interventions may help couples re-story their relationship with each other and with God.

Joanna Sturhahn Stratton and Randy D. Gallamore describe how they paired an illuminative supervision style with an investigative mind to promote clinical growth. This narrative essay highlights how Gallamore reached the next developmental stage of learning as he encountered a patient with a complex medical condition and a new mental health diagnosis. Stratton and Gallamore share how both the patient and intentional systemic supervision fostered professional growth.

Ellen Wimmer embraces unfettered discernment in order to integrate imagery, metaphor, and personal reflection within her article. Wimmer explored what we may anticipate by sitting in soulful silence and shares the phenomenological and spiritual implications of soulful silence. Wimmer suggests one must first become intimately familiar with their own soulful silence to experience growth, beauty, and wisdom.

Together, the contributors of this issue show how when we go beyond anticipations and expectations, we may find mystery and wonder – what may be the wellspring of hope. As Editor of the Scholarship Review, my hope is that the articles in this issue inspire exploring where no footprints exist.