



Exploring the Spirit of Maine: A Seeker's Guide

Karen Wentworth Batignani

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Exploring the Spirit of Maine is a unique travel guide and reference book for those seeking either traditional or non-traditional options for spiritual and/or inner development. Author Karen Batignani reveals Maine's rich and varied religious history along with contemporary spiritual offerings: an ashram in Industry, a yoga retreat in Island Falls, Franciscan Friars in Kennebunk, two schools for shamanism and one that ordains high priestesses are just a few of the surprises Batignani found while mapping the spiritual landscape of Maine. In her travels, she discovered non-mainstream religions, Eastern traditions, spiritual communities, schools, retreats, and sacred architecture. The result is a selection of 45 interesting offerings that are covered in enough depth to satisfy the spiritually curious and enable those who are seeking spiritual community to fit right in. Batignani includes contact information for each entry, along with a summary list of recommended readings.

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Belinda Bridges:

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