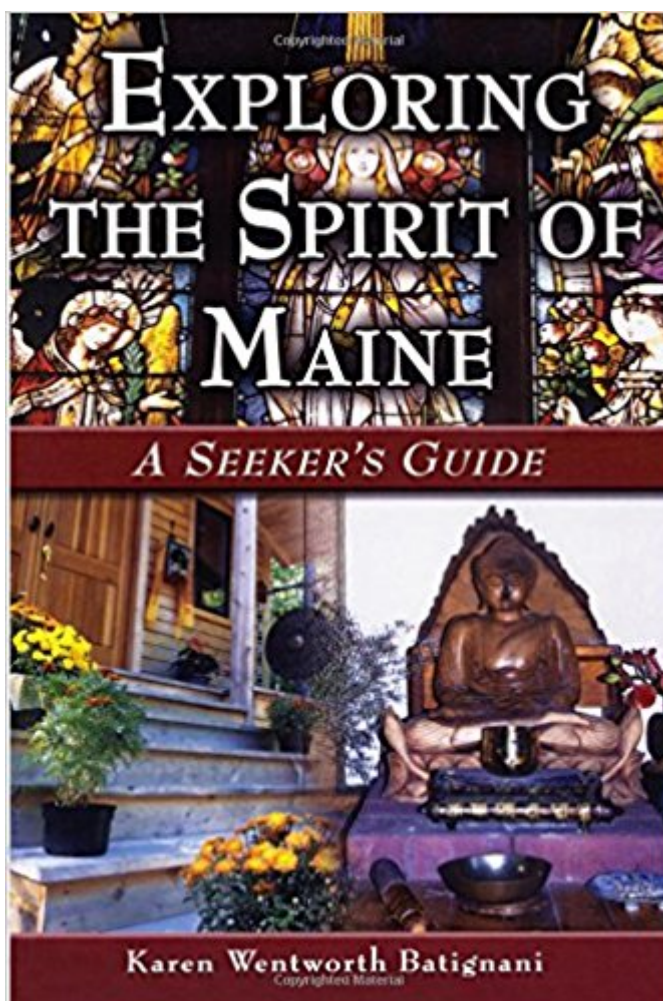


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# Exploring The Spirit Of Maine: A Seeker's Guide



## Synopsis

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.

## Book Information

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## Customer Reviews

"Extremely valuable in the light it sheds on an abundance of Maine [spiritual] offerings." -- Bangor Daily News, Bangor, Maine

Karen Batignani is a former educator with interests in research and history. Currently working toward a doctorate in ministry, Karen has also worked as a fashion designer and owner of a Greek and Italian specialty food store. She lives in Kennebunk, Maine.

Exploring The Spirit of Maine was a very disappointing expose of spirituality in the State of Maine. It

totally disregarded any Mainline Protestant religions and there ARE such churches in Maine. Instead it focuses on alternative beliefs including witchcraft. There are many Roman Catholic churches in Maine, yet one would think that the majority of people attend alternative gatherings.

This small book is not only a very friend tour guide to the institutions and locales of the spirit in Maine, but also provides a thorough and entirely readable overview of contemporary faith life downeast. The author's contemplative, yet conversational writing style, particularly in her explanations of some of the more esoteric, obscure, and overtly theological aspects and concepts, is perfect for such a work. The reading experience was not unlike many a friendly discussion of metaphysical concerns over tea and toast. Whether explaining the intricacies of Bahai or Spiritualism or examining the simplicity of the Amish and the Shakers or describing the life affirmation of Zen or Kairos the prison ministry, the author is spot-on in her exposition and narration. There's tons of fascinating trivia here as well, such as that the model for the painting AMERICAN MADONNA, which serves as the altarpiece at the Cathedral Church of St. Luke in Portland, was Robert Frost's sister Jeanie. As someone who is moving to Maine in the near future, the book presented me with lots of ideas I'll want to explore once I get there. As the subtitle A SEEKER'S GUIDE suggests, this is vital information for any seeker, native or newcomer. Celestially highly recommended.

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Seeker's Call (Seeker's Trilogy Book 1)  
Seeker's Revolution (Seeker's Trilogy Book 3)  
Spirit Seeker: John Coltrane's Musical Journey  
Maine Mountain Guide: AMC's Comprehensive Guide To Hiking Trails Of Maine, Featuring Baxter State Park And Acadia National Park (AMC Hiking Guide Series)  
Deliverance From Python Spirit: Powerful Prayers to Defeat the Python Spirit - Spirit of Lies, Deceptions and Oppression. (Deliverance Series Book 3)  
The Allagash Guide: What You Need to Know to Canoe this Famous Maine Waterway/ Winner of "Legendary Maine Guide" Award  
Maine Coon Cats - The Owners Guide from Kitten to Old Age - Buying, Caring For, Grooming, Health, Training, and Understanding Your Maine Coon  
In the Maine Woods: The Insider's Guide to Traditional Maine Sporting Camps (Revised and Expanded)  
Maine Mountain Guide, 8th: The hiking trails of Maine featuring Baxter State Park  
Your Maine Lands: Reflections of a Maine Guide  
Backcountry Skiing Adventures: Maine and New Hampshire: Classic Ski and Snowboard Tours in Maine and New Hampshire  
Stand Firm  
Ye Boys from Maine: The 20th Maine and the Gettysburg Campaign  
Mountain Bike America: New Hampshire/Maine: An Atlas of New Hampshire and Souther Maine's Greatest Off-Road Bicycle

Rides (Mountain Bike America Guides) Nature Walks In Southern Maine: Nature Rich Walks along the Maine Coast and Interior Hills Maine with the Maritime Provinces: Regional Map & Travel Planner; Including Maine, New Brunswick, Nova Scotia and Prince Edward Island (National Geographic Close-Up Maps) Maine Fishing Map Book: Lakes and Ponds (Maine Fishing Map Books) Daytrips and Getaway Weekends in Vermont, New Hampshire, and Maine (Daytrips & Getaway Weekends in Vermont, New Hampshire, & Maine) Maine to Greenland: Exploring the Maritime Far Northeast The Wisdom of Yoga: A Seeker's Guide to Extraordinary Living

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