

# Spirituality and a giraffe



## **Creating paper-mache animals for inspiration.**

by **Lin Shanti Goodman**

I am 62 years old, and I've had multiple sclerosis for 33 years. It's been quite a journey.

I've been living in an adult nursing home for the past six years. I go to physical therapy several times a week. I also go to art therapy, where I create paper-mache animals. A giraffe I created was featured in an art show at the nursing home, and the art room displays the many dogs I have made. The giraffe and an elephant share space atop my closet in my room. I've also made an owl, my spirit animal, and I plan to make a zebra and several other animals.

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I'm not religious, but I consider myself a spiritual person. Peace of mind is my priority. I've never seen myself as a victim. I've always seen myself as a fighter and that has helped get me through all these years with a positive state of mind. I live in the present moment. I hope that's an inspiration to others.

I am grateful for all the love and support I have. My father is 85, and he is an amazing, positive man. My ex-partner and I still share our love and our lives, and we recently celebrated 41 years of being a family together.

Life is good, and I am so grateful for that.

**Lin Shanti Goodman lives in Seattle, Washington.**