

True Treasure

"The world of humanity is submerged in a sea of materialism ... Strive so that the light of reality may shine ..." —'Abdu'l-Bahá

Do you own a sea of stuff? Is your room overflowing with the latest gadgets or a bunch of cool kicks? It's fine to have fun things, but if we're too attached to them or *constantly* want more, it can bring us down. We can sink into **materialism**, where we value possessions more than things that uplift our soul, like friendship or creativity. Materialism can create a dizzying whirlpool of unhappiness and anxiety.

You can break free from the monsters of materialism. If you want something new, try asking yourself *why* you want it. Do you think you need it to be happy? Could you borrow it from someone instead?

Make a list of activities that lift your spirit. Think about things you're thankful for. Mindfulness and gratitude can help you focus on the *true* treasures of life.

Match each materialistic monster to the positive creature that can help.

