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"If not now, when? If not me, who?" Hillel

"In Case of an Emergency, Place Your Oxygen Mask First and Then Your Neighbor"

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When the airplane is about to take off, the flight attendant's instructions are: "Fasten your seat belt and in case of an emergency, place your oxygen mask first and then your neighbor's".

What is the purpose of this instruction?
Why do you think you should do it first and then your neighbor?
Could it be interpreted as a selfish instruction?

Sticking to the example of the stewardess and the plane, if at some point the cabin loses air pressure and you lack oxygen and can't breathe, you have to fix your problem first otherwise you won't be in a good position to help or protect others. This simple statement can be applied in different circumstances of your life because only when you feel comfortable in your own skin you will be able to provide efficient help to others.

When you take care of yourself, of your personal growth and your welfare without harming others, you are not being selfish. In the contrary, you are paying attention to your world and priorities in order to find balance in your life, and like a snowball, you will be ready to offer the best to others.

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