

## Self-Sacrifice



I am a woman.

“Once there were ten people who were in danger.

There was a flood or something like that.

A rescue team has arrived, and they came with a helicopter.

They drop a rope.

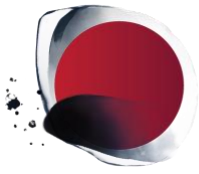
And the ten people grab the rope.

Nine of them were men and there was only one woman.

The helicopter started to rise and lifted into space.

As they go higher and higher,

The rope was not very strong, and the pilot called out that the load was too heavy,



'One of you will have to sacrifice.

Soon the rope is going to break!'

Everybody looked at each other and finally the woman said:

'I am a woman, and I am used to sacrificing.'

She was willing to practice self-sacrifice anywhere.

'We are known for that, so I will sacrifice my life.'

And all nine men clapped their hands."

## References

As told by Anam Thubten

Anam Thubten grew up in Tibet and at an early age began to practice in the Nyingma tradition of Tibetan Buddhism. Among his many teachers, his most formative guides were Lama Tsurlo, Khenpo Chopel, and Lama Garwang. He is the founder and spiritual advisor of Dharmata Foundation, teaching widely in the U.S. and occasionally abroad. He is also the author of various articles and books in both the Tibetan and English language. His books in English include *The Magic of Awareness* and *No Self, No Problem*. To view Anam Thubten's teaching and retreat schedule, please visit [www.dharmata.org/events](http://www.dharmata.org/events). Through the essential wisdom of Buddhism and his personal experience on the spiritual path, Anam Thubten brings alive the timeless teachings and invites everyone to participate.

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