

## HOW TO GET THERE?

Walking or going by your private vehicle to the Agyari you visit regularly is the best. Physical purity is the most important prerequisite for a holy visit. Even if you make a very good start from home with a proper bath, but have to come to a holy place by public transport, your bath would be brought to a naught as you rub shoulders with all and sundry. So, make the *Padyab-Kusti* as efficacious as possible.

For visiting an Atash Behram, Kusti done thrice is good. This is a suggestion and not an injunction from scriptures. But remember, the great Sages who wrote the scriptures and even our forefathers in India, up to the last century, have not faced the problems we face today.

In those days, few women went out to work if at all. Parsi women observed stringent menstrual separation. Today we face problems that we never faced before and so we have to generate unprecedented solutions for the same. Consider two hundred persons or more visiting Banaji Atash Behram, in the Aiwisruthrem Gah, on Mondays. Most of them come directly from work and regret the fact of not being in ritual purity.

Hence, the performance of Kusti three times. Kusti bestows purity on us. Doing it once is good and doing it three times is thrice as good. It gives you spiritual strength. You have everything to gain and nothing to lose by doing so. However, you do not have to wash your hands, face and feet three times.

Each performance of the ritual can be looked upon as paying homage, in thought, word and deed to the three holy fires, namely the Atash Dadgah, the Atash Adaran and the Atash Behram. Every Kusti ritual is an additional merit for the day.