

THE SUDREH

SUD means (Good 👍 / Bad 👎) and **REH** means (Path/ String)

so the word *Sudreh* means **Good Path** and with your *sudreh* on you, you are always on the good path of Ahura Mazda.

The *sudreh* is also called the Garment of the

(Good 👍 / Bad 👎) (Mouth  / Mind ) and it is the armor that protects you from the forces of evil.

The first time you are religiously made to wear the *sudreh* is during the

Circus  Navjote  ceremony.

The priest doing your navjote, places the *sudreh* over you when reciting the word SHYAOTHANANAM during the **Y___TH___ A___ V___I___Y___** prayer.

- The *sudreh* is made of _____ parts. The _____ parts represent the **9000 years** that Ahura Mazda said he would fight Ahriman for in the Creation Story. This is the period that every Zoroastrian experiences from birth to growth and finally to death.
- Every time you wear the *sudreh* you are reminding yourself to use the Good Mind or **V___H___ M___N___H** and follow the laws of purity.
- The *sudreh* is always (Pink / Red / White / Green) in color and is made of Muslin (mul mul) or pure cotton.
- The (GIREBAN / GAME) or front pocket of the *sudreh* represents the past that a Zoroastrian has lived. The (GUMMY / GIRDO) or the back pocket represents the future and the wearer (that is YOU) represents the present time in which the garment of the Good Mind is to be used to stay on the path of Ahura Mazda.

Remember:

A *sudreh* which is torn or stained and cannot be cleaned, needs to be discarded. Before discarding the *sudreh* you should cut the neck seam with the Girdo and the Gireban attached to it while reciting 5 Yatha Ahu Vairiyos and 3 Ashem Vohus and then roll the neck seam and place it in a metal box in your cupboard.

THE KUSTI

- The **K**___**S**___**I** is the sacred cord tied over the ( ).

It is made of (5 / 72 / 100) strands of white



wool.

The color white in Zoroastrianism stands for **purity** of thought word and deed.

- The (5 / 72 / 100) strands represent the 72 chapters of the Y___S___A . (The Yasna is a very important Zoroastrian prayer recited during the Yasna ceremony when the hom nu pani is made or when an Atash Behram is being consecrated.)
- The *Kusti* is divided into _____ sections of _____ strands each. The 6 sections represent the 6 (Amesha Spentas / Water Buffalos/ Candies) - Sky, water, earth, plant, animal and fire. Human beings who wear the *Kusti* is representative of the 7th creation – **S**_____ **Mainyu**.
- The 12 strands represent the 12 words of the **A**_____ **V**_____ prayer.
- The 6 strands (3 at each end) represent the 6 **G**___**H**___**M**___**A**___**R**___ and are linked to the 6 creations.
- The inner part of the hollow *kusti* represents the inner Spiritual or **Ahura M**_____’s world and the outer part of the *kusti* represents the Physical world where (You / Aliens) live.
- Your *kusti* is your **direction finder** – it directs you on to the good path or path of **A**___ **H**___.
- The *Kusti* should be done at least (1000 / 500 / 5 / 2) times a day; A traditional Zoroastrian performs the *Padyab Kusti* ritual many more times a day!

Remember!

When you have a problem you talk to your parents or your friends, but now learn to talk to Ahura Mazda on this special chat line which is your Kusti!