# Supreme Command

*Read together at every Dharmacakra*

THE TEXT

**Those who perform sádhaná twice a day regularly, the thought of Parama Puruśa will certainly arise in their minds at the time of death; their liberation is a sure guarantee. Therefore every Ánanda Márgii will have to perform sádhaná twice a day invariably; verily is this the command of the Lord. Without yama and niyama, sádhaná is an impossibility; hence the Lord's command is also to follow yama and niyama. Disobedience to this command is nothing but to throw oneself into the tortures of animal life for crores of years. That no one should undergo torments such as these, that everyone might be enabled to enjoy the eternal blessedness under the loving shelter of the Lord, it is the bounden duty of every Ánanda Márgii to endeavour to bring all to the path of bliss. Verily is this a part and parcel of sádhaná, to lead others along the path of righteousness.**

*Source: Shrii Shrii Ánandamúrti, the Supreme Command, as printed at the front of Ananda Marga books*