

"Man shall not live by bread alone, but by every word (subtle energy or aum, om, amen) that proceedeth out of the mouth of God."

-Matthew 4:4

Man's body battery is not sustained by gross food (bread) alone, but by the vibratory cosmic energy (word or aum – amen). The invisible power flows into the human body through the gate of the medulla oblongata. This sixth bodily center is located at the back of the neck at the top of the five spinal "Charkas" (Sanskrit for "wheels") or centers of radiating life force.

The medulla, the principle entrance for the body's supply of universal life energy (aum, om, amen) is directly connected by polarity with the "Christ consciousness" center (kutastha) in the single eye between the eyebrows: the seat of man's power of will. Cosmic energy is then stored up in the seventh center, in the brain, as a reservoir of infinite potentialities (mentioned in the "Vedas" as the "thousand-petaled lotus of light"). The Bible refers to "aum" as the "holy ghost" or invisible life force that divinely upholds all creation. What? "Know ye not that your body is the temple of the "holy ghost" which is in you, which ye have of God, and ye are not your own."

- I Corinthians 6:19 - Yogananda