Insight – Our Evolutionary Potential

Why Sydney Banks put so much weight on insight, and how insight into thought in the moment moves us in an evolutionary direction.

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IN BRIEF

- What we learn through insight is custom made for each of us and isn't limited by time or experience.
- Through insight, humanity evolves beyond what it currently knows.
- A woman saw her lifelong judgement of someone was repetitive, then saw compassion as the only logical response.
- Seeing what is true also shows what isn't, and that quiets the mind.

Drafted with AI and checked by The Hidden Cause. The article itself is as it was written.

> *Never underestimate the power of an insight… Sometimes one genuine insight is worth all your previous experiences in life put together.*
>
> Sydney Banks, *The Enlightened Gardener* · © The Estate of Sydney Banks

Sydney Banks was tenacious about the importance of insight in understanding what he was pointing to. Insight is an extremely leveraged way to learn. Because each of us is unique, what we learn through insight is custom designed to be relevant to us. Insight has a feeling of vitality and wisdom that keeps us interested in learning more. This interest is not self-created. The deep impersonal feeling of insight reminds us of our unlimited potential for new thought. We all have the capacity for new thought in any given moment.

Not limited by time or experience

Insights are not limited by time or experience. They do not run on a time or experience based continuum. There is always deeper in life, for everyone. No one is exempt. It is always through insight that humanity evolves when we go beyond what we currently know. There is no limit to how far beyond our existing knowledge we may go.

Evolution is inevitable for anyone who has an insight into the way their actual reality is being created from thought in the moment. In considering where our feelings are coming

from in the moment as a constant, we find ourselves in the insightful and reflective territory. It is uncommon for us to encounter knowledge with such transformative power.

Another way to think about this

There was a woman who, before she understood the true nature of psychological experience, felt justifiably judgmental and critical whenever anything happened that was unfair. She came from a family that talked about unfair things openly. They never considered there could be another way to think and feel about such circumstances. As she was learning about the nature of psychological life she had an insight about something unfair that had happened to her years earlier. As she had insight about her thinking, she realized this memory was repetitive. She had never thought about this incident and the other person involved, in any other way except judgmentally and critically. This insight came to her in the form of a question, “Do I know another way to think about this?” The answer, was “No”.

Three days later another insight came to her. The other person had made a mistake! At the same moment, she had a further insight that she too had made mistakes her whole life, and would unintentionally make them for the rest of her life. Previously, judgment and criticism had been a perfectly acceptable way to think. At that moment, judgment and criticism became illogical to her, and through the realization that she too would always make mistakes, compassion was revealed as the only logical response. This insight unavoidably evolved her as she experienced freedom from previously held beliefs. This deep and powerful insight remains with her to this day.

An evolutionary direction

As we start to see something deeper about the way we all actually psychologically work, it starts to change us. There is a direction built into the logic of how we psychologically and spiritually work. It funnels us in an unavoidable evolutionary direction. As we continuously evolve through insight about what is true, we simultaneously learn about what is not true. This takes a lot of thinking off our minds. Our minds are quieted through logic and insight. It is hard to comprehend how valuable this is.

> Sydney Banks’s words are quoted with gratitude to his family and estate, who hold the rights to his books and recordings. Please quote him briefly, always with credit, and go to his books and talks for the whole.
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ABOUT THE AUTHORS

Keith Blevens, Ph.D.. Keith Blevens was a clinical psychologist who met Sydney Banks in 1977 and was mentored by him for more than thirty years. He was Clinical Director of the Minneapolis Institute of Mental Health before giving his working life to the Three Principles, teaching alongside his wife, Valda

Monroe, for more than forty years. He continued working until he passed away in February 2026, and passed his work on to his daughter, Mattie Blevens.

Valda Monroe. Valda Monroe met Sydney Banks with Keith Blevens in 1977, and they taught the Three Principles together from then on. She brought no degrees to the work, but a love of logic and order, and created a way of teaching Syd's understanding as a paradigm that has been used in hospital systems, leadership training, coaching and counselling. Valda retired in 2022.

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