Why Thought has Everything to do with Everything

Thought, with Mind and Consciousness, is the common denominator of all experience. Seeing this as a constant restores our balance and freedom.

By Keith Blevens, Ph.D. and Valda Monroe

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IN BRIEF

- Sydney Banks had them look afresh at something they had lived with all their lives: their thinking.
- Thought in the moment is the basis of all psychological experience in the moment. It is an inside-out world.
- Like the earth being round, this can seem counter-intuitive, yet it always works the same way.
- We can't enjoy our freedom while believing something other than thought is dictating how we feel.

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

Sydney Banks forced us to take a fresh look at something we had lived with all our lives, our thinking. He showed us the value of understanding thought at a more basic and fundamental level. We began to discover the power and wisdom in realizing the fact that we think.

That we have the power to think is a constant. The paradigm of the three principles reveals that thought does not just have 'something' to do with our experience, but everything to do with it. It shows that thought, coupled with mind and consciousness, is the common denominator of all experience: all sensory experience, all spiritual experience.

Recognizing the totality of the power of thought and its inseparability from all experience creates a paradigm for understanding how human beings function. More accurately, it reveals that there is a pre-existing paradigm of how we function: thought in the moment is the basis of all psychological experience in the moment. We are always going to feel and experience our thinking in the moment because there is no experience that isn't thought-based. It is an inside-out world, and it always works the same way. This hasn't been visible

to us before as a constant, inescapable principle.

It seems counter-intuitive that our experience is always within this principled logic, but it is. It seems counter-intuitive that the earth is round and we're spinning in space and travelling around the sun, but it's true. Sometimes it looks and feels as if our felt psychological experience is coming from, or being caused by our past or future, but it is not. Our experience is only ever created in the moment via the principles of Mind, Consciousness and Thought.

When we factor in of our thinking in the moment as the only source of our experience, we regain our psychological balance and freedom. We are all free. But few of us enjoy much of it. We can't experience our freedom when we believe that something other than thought in the moment is dictating our feeling.

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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