



A Divine Dream

A talk by Sydney Banks · the full transcript

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The
Hidden Cause

Transcript version 1.0 · issued 2026-08-10

Some people have asked me to talk about a quiet mind, a silent mind. What do I really mean? Because they get quite concerned when I say a silent mind. Now, don't get me mixed up by thinking that what I mean by a silent mind is a mind that has no thoughts, because that is an impossibility. There's no human being on earth who has consciousness that doesn't have a thought. A thought is an ongoing thing. It's perpetual, providing us consciousness. So you don't have to worry about that.

All I'm talking about is a quiet mind or a silent mind is a mind that's not contaminated by negative thoughts from the past or the present. Now, let me try and explain to you what good this does, and how simple it really works. And it works on us every day, but we don't know it. But once you spot it and you see it, then it starts to make sense, then maybe some understanding will come to you. Now, when I talk about a quiet mind, let's put it this way.

If you have a job to do, you're at work, and you are really upset, and your mind's going about all your little problems or your so-called problems or your past thoughts of somebody else, it's all negative, then you can rest assured that day at the work is going to be awful. It's going to be boring. Everything's going to go wrong because that's the kind of world you're seeing. Now, on the other hand, if you walk into your work and you have a clear mind, and you have a job to do and you really get into that job, then you enjoy it. You ever wondered that some days, you know, you maybe walk into the work and a challenge comes and you think, Wow, I'll get into this challenge.

You've got maybe a deadline for a particular job and you get into it. Well, when you really into it, you're enjoying it because you're fulfilling something in yourself. But the point is, while you're doing that, you don't have all those negative thoughts behind you. You've forgot all about it, and that's what forgiveness is, is forgetting. Now, on the other hand, let's leave the work and come back with the same positive feeling in your head, eh? Well, this is how it's going to react to the home life, to your spouse, to your children.

Because, you know, I see a lot of people and they get quite upset with their kids, and they're not really upset with the kids at all. They're upset with their own mind, their own thoughts, their own negative thoughts, and they start seeing a negative world, so they take it out on the children. But if you have a relaxed mind, a mind that's not contaminated with all those thoughts that you say your parents put in you or someday society put in you, stop making

excuses. All they are are thoughts from the past, which are ghosts that haunt you.

That's all they are. It's past negative thoughts are like ghosts that haunt you. There's no common sense can come out of it. No matter how hard or how desperate your negative thoughts are from the past, these are the thoughts that get you into trouble now. These are the thoughts that create the alcoholic. These are the thoughts that make people go deep into drugs. These are the thoughts that turn child against parent, parent against child, spouse against spouse. It's all negative thought. It's only thought. Now, please remember this.

That's all it is, is thought. Now, if you want to go deeper, we can go deeper. We can see what is life. If you want my philosophy, life is a divine dream suspended in time. Now, once you start to realize what this really means, you start to realize that time also is an illusion. It is a man-created thing. It is created via our own thoughts. Life, as we see it, is governed by our own thoughts. It is all thought. If I dislike my parents from the past, it is only thought.

It is not a reality. Probably it was a reality when I was a child and my parents, I didn't like them or whatever they did or whatever. But that was then. Now, if I've got to carry scars all the way through my life, then I'm carrying a sickness which no longer really— It's alive. It's only a ghost. It's a thought. The worst thing in the world that married people can do is to hold negative thoughts against each other, and we do that. We see it's natural. Well, perhaps it isn't natural.

Let's go beyond the natural to a superior state where we can disregard those ghosts from the past, eh, that control us now, that control us in a marriage. And believe me, as far as I'm concerned, the most important thing in the world is a good marriage. Because if it's a good marriage, then the children will benefit from that good marriage. And what creates a bad marriage? Always, always is negative thoughts. We all hold negative thoughts against each other, and we know where to put them and who's button to push.

So I know I could get my wife angry any time if I said certain things, and she could get me angry saying certain things and griping my insecurity, eh. You know what insecurity is? That too is only thought. If I say to you I am insecure, then I have created an insecure person, myself. And all I have to do is change my thought, just a thought, nothing else. Change thoughts, you'll change your

marriage. You'll change it from good to bad, from bad to good. You can change it any way you want, because it'll be governed by your thoughts.

Only your thoughts. You must learn to forgive. And to forgive is to forget. And to say to your spouse, Tell me what happened fifteen years ago. Please tell me. I won't—I'll forgive you, but just tell me, then you're not in a forgiving mood, because if you really are in a forgiving mood, it doesn't... it really doesn't matter. You should take your spouse, whatever they are right now, whatever they are. And this is where, if you start to do that, then you start to trust in each other.

And it's not—I'm not talking about the hippy days, the love, where it was all... ah. It was turned into a sexual thing, eh? True love and sex have got nothing to do with each other. There's no argument there. But that's what happened in the hippy days, and they thought, Oh, we'll love everybody, and the flower children, et cetera, and that. They didn't really know what they were doing. They were innocents. They left their work. They didn't help society. They went against society. Well, if you go against society, you must have a negative thought.

And those people were, although they said they were working via love, they were actually full of hate, because they were full of negative thoughts towards society and life in general. Never do that. Look for the positivity, and there's only one way you can find that, and I swear it's true, is look within yourself, because deep within yourself lies the secret to all psychological knowledge. Deep within you lies the secret of life. Deep within you lies the secret of all things, because somewhere you are connected to the consciousness of the universe, because it's all the same consciousness.

You see, without consciousness, there wouldn't even be life. There just wouldn't be. But because life is divine consciousness, and we are created from this divine consciousness, then we have a connection. We have a direct link. And this is what, from the beginning of time, people have been searching for, something very spiritual, very special, and we go in many ways, and they call this religion. But look within yourself, and all those main religions will tell you the same thing. Look within yourself for the answer, and the answer, when it comes, will come via what some people may call an insight, some people may call a revelation, some may call— An extreme deep understanding.

There are many, many names you can call this, but all you're looking for is understanding. And you cannot see or feel understanding until you get a positive thought, because it all comes via a feeling, a positive feeling. That is how the world is uncovered to humanity, is via a feeling. Now if you were in Hawaii, you would call it the aloha feeling. Now here we just call it a positive feeling. We don't have any other word for it, I know of, except a feeling of love.

And a feeling of love and a feeling of understanding both go together. You can't have one without the other. That's why you see some old lady or some old man or young person is really full of love, they're always full of understanding. They're not ready to condemn. They're full of understanding because they have simply lifted a veil in their own consciousness, which has eliminated the negative feelings, and in its place comes this feeling of love and understanding. That's very important in a marriage. It's just a feeling of love and understanding, and not trying to outdo each other, because then there's a fight, see?

There's a competition in a marriage. There should be no competition in marriage. When I see my wife accomplish now, makes me really proud of her. Whereas in the past, I would have been afraid. But that was my weakness because I had insecure thoughts, only thoughts. But the second those thoughts go away and you see the beauty of your spouse, you see how clever your spouse is, it gives you a feeling of pride. A feeling of pride is something really valuable. It's a beautiful feeling because there's no insecurity there, and that's what you get to your spouse.

You know, I hope this has brought a little bit of understanding to what I mean by a quiet mind. And if not, well, I remember I put a little piece of tape called The Quiet Mind, and I explained it in detail. Maybe perhaps you just missed any what I was trying to say, but that's the difficulty with trying to give away truth, or whatever you want to call it. It can't be given away verbally. It is you that must realize it. It must come from you. You are the sole owner of all wisdom.

Thank you very much, and I hope it helps you.



*“There’s no human being on earth who has
consciousness that doesn’t have a thought.”*



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