



A Fact Appears When the Ego Collapses

A talk by Sydney Banks · the full transcript

Sydney Banks · San Francisco · 22 January 1978

The
Hidden Cause

Transcript version 1.0 · issued 2026-08-10

And this is why searchers all over the world have been the biggest joke on earth, because they search not to change their pattern in life. They're searching for something that is within their pattern that satisfies them, that satisfies the mind, something that they're accustomed to, so they'll realize they're looking for the unknown. And when the unknown appears, they say, "No way." I want truth but not that much. That's a fact.

I have no doubt at all that psychology will change. Psychiatry will change. Theology will change. They're all going to change. The whole world's going to change right now. You can see all over the world, it's happening all over the world. But the problem is they're looking for it in the same pattern. They're looking for it here. They're looking at it from the words from the past. The words from the past mean nothing. It's the same thing over and over again. What you've got to do is get yourself somewhere where somewhere along the line a voice says, "No. Halt. Turn about." And you turn about and you say, "Oh. Of course."

And all the words that you've ever read before will all take a different appearance. It'll be like magic. They'll become alive because you're no longer talking words; you're talking fact. And a fact is so simple. And it's so utterly simple you'd be totally insane to deny it. A fact appears when the ego collapses on a particular subject. And there's trillions of subjects. So the ego can never really leave you; you just learn how it works. And when once you learn how the ego works and it appears, you'll laugh at it because you know you're just playing a cosmic joke on life and here it vanishes again.

There's only one time—literally, there is only one time in a human being's life that you can totally leave the ego. And that is when self-realization, the realization of God or the great oneness appears, the great nothingness appears. They're all the same thing. Only then, for that split second. But you can't lose it because it's yours. It is you. It's only pretence to say, "Lose your ego." But that's the way it is because the pattern in life is a [corporate 03:34] pattern of thought. It's a pattern of thought and matter like Einstein's Theory of Relativity. This is a pattern on Salt Spring. Only the people are not talking about it; they've found it. Without trying, they're going back. They're finding their youth.

The teachers and the schools can't believe what's happening to the children. They're so beautiful. They're finding the happiness. Staff are leaving the hospitals. Things are happening. I know it sounds ridiculous. I know it sounds

absolutely totally ridiculous, what I'm talking about. But it's a fact, and that's why it's so simple to talk about. That's why it's undeniable. Nothing to do with me, nothing to do with Elsie, nothing to do with anybody else on the island. And this is just ordinary people. Don't get me wrong. It's not a groupie thing. It's just ordinary people: doctors, lawyers, architects, plumbers, painters, just people that happen to live on the island.

For one reason or another, they landed there. And for one reason or another started to hear the truth that was on the island. And all the people that were ready for divorces or separated, they're all like lovers, [honeymooners 05:20]. They've found the perfect partner. You see, everybody picks a perfect partner. They really do. They pick the perfect partner to play their game in life. But when they get fed up with their game in life and the partners are getting too much negativity, they're just overplaying it. Then this is where the problem comes in. This is where the divorce is or the troubles are in marriages.

But if you find a single, solitary truth, all of a sudden, you'll see your partner as a beautiful person because you'll start to see yourself. That's the important thing. You see through your own eyes. If you like you, you'll like the universe. And if you hate you, you'll hate the universe. If you feel or see negativity, that's your world. And if that's your world and that's what you want, there is nobody in the world, nobody has the right to say, "Quit it." You just simply wish them the best of luck, then ignore them because there's nothing you can do. There is absolutely nothing you can do.

It's really incredible sometimes to see really what's happening in Salt Spring and around about there. Because maybe say a year ago or six months ago, people come in and they argue. We don't argue anymore. We only argue until we got the proof, so we knew what we were doing. We weren't arguing. We're just playing a game in life because when this truth was first spoken, for ten months not a living soul—not a living soul—knew what was being said until the first one heard. And the change was so drastic and so beautiful, somebody else heard. And the change was so drastic in them, somebody came up and said, "What's happened to you? Whatever you've got, I want it." So it kept expanding and expanded from family to family, from parent to parent, from parent to child. And it just keeps expanding.

And the people that put the resistance up—beautiful people, really. Truly, truly beautiful people that are all out to help the world as much as possible, they resist it and they run away. And when you see them six months later, it looks

like they've been steaming through time so fast it's incredible. They're getting so old. And you look around about you and the other people are young. It's like breaking the time barrier of evolution. You see, evolution really isn't time; it just appears like time. Evolution, true evolution of mankind is when this conscious state rises.

Everything that has ever been given to this universe brand new has evolved through a super conscious state which appears via mankind. It's like the electric lightbulb. The first person to ever even consider [the thought 09:16] of electricity or the electric lightbulb, you can rest assured that didn't come from his mind. Take all your geniuses from the past, they'll tell you it is not from the mind. They'll tell you. They don't know what it is, but it was just an insight because, you see, they're taking something that is totally unknown to the world and manifesting it. But where did it come from? It's the unknown being manifested. So it literally must come from the original mind. And when the original mind shows it, the mind of mankind simply builds it.

But the important thing is to find the newness, and it's the same in the growth movement. And it's the same as the growth movement. The growth movement throughout the world is stuck in a pattern and you try and break that pattern, you'll see the negativity that those who break out of it will find what they're looking for. That I guarantee.

People say we're too positive. People say we're too sure. I really mean that. It has nothing to do with me, nothing to do with Elsie. It is absolutely positive. It's a fact that we have the answer. And it is absolutely—it's just a simple fact. If you only knew how simple it was. And here's where all your happiness lies. The [trips 10:56] start to drop away. This is why when truth comes it creates an imaginary fear in people. They think it's real because, you see, in this world today there's thousands and thousands of methods. And you have all different kinds of ideas. If you have sexual problems, you have sexual problems for teenagers, middle aged, old age, etc., etc. You have problems with how to raise schoolchildren. You have different kinds of awareness groups on everything. Find that one truth. And you don't fix out there. You come this way, and when you get it, the answers are there. You have no problems. They'll all be taken care of because you are the creator of your own illusion.

As long as you hear truth, you don't have to understand it. You can't understand it. You just listen. Maybe something happens. All of a sudden, you start feeling good. And that feeling, that positive feeling is packed with the

knowledge that the wise men and the books have written for centuries, that's the answer. It comes in a feeling. Find that beautiful feeling and you've raised your level of consciousness because you've touched the state meditation which has given you knowledge and the knowledge will come. See, true knowledge and a state of meditation are exactly the same thing. And when you sit down and look for it, [unclear 13:07] when you listen. But when you sit down to try and find it, it's not the true state of meditation. It is just a form. It's a belief. It's a concept that you can find it that way. You can't. You can't.

If you look back in time and you find an original zen master, they'll tell you there's nothing to find. There's nothing to do except live and do whatever you're looking for. Let them be happy. You say, "I can't do that. I've got to find a lot." They don't want to live happy. It's a tricky thing. It might even be the trickiest thing in the world because it is the world. And you've got to break through this world that you know now to see this inner world, to find the answers so that you can beat the ego before it starts.

There isn't one hassle in the universe that isn't created through the ego, not one. Everybody searches in their perfect way. Everybody. All paths lead to the way. But it's not until you give up your path that you find the way. The path is the illusion. It's the path that when you see eventually and that beats you because eventually it's non-existent time. It's a never-never land eventually. You'll never find it. So what you do is you give up your path. Find a way. And the way is simplicity. The way is understanding. But you'll never understand it I swear. I still don't. I know what it is. I wouldn't even consider trying to figure it out. It'd be totally [unclear 15:29]. Have you back [unclear 15:40] and again.

It's learning to accept what is and what is, is what we see of life. And what is, is created from the allness of all things. And this allness of all things is this great nothingness, being manifest into form by the mind. They're both the same thing. And the mind is just as big an illusion as the universe you see now. And this is all you have to [unclear 16:13] into that it is the illusion. Then the beliefs change the facts. The belief is only a concept. The truth is a fact. Everybody's belief is true to them because it's their reality. And because you have a free will and a free mind, this means to say that we fight with each other, trying to prove our own individualized, little truth.

But the truth that I'm talking about is beyond the truth of mankind's mind. It's from the original mind where everybody's truth is the same because it's that center of the cosmic consciousness called life or what the Bible would call

God. Just get a glimmer. Just a glimmer, a glimmer of a fact. It'll turn your whole world upside down. It'll bring you the happiness, the contentment for your work, for your marriage, for life. And it covers all things. But don't ever think you've stopped your journey. No man can stop his journey. Your journey's endless as time itself because everything comes from nothing. And nothing has no ending and no beginning. It just is. And from this nothingness, everything can appear just like the electric lightbulb.

Elsie's a very high person. Whatever she said to you, you can rest assured it is true. Guarantee, Elsie can guide you to what you're looking for. But if you feel resistance, that's fine. It really is. But you're missing it. I can quite easily see this spreading and changing psychology, psychiatry. Because what's happening is beyond us, and it's spreading so rapidly. And it's not another trick. It's not another belief. It's actual facts that are happening. Even from the [tape 19:39]. There's no difference. They're no different from sitting here right now. Absolutely no different. From all over the world, it's happening. Way beyond that. Way beyond that.

Would you like to take a little break, maybe? If you find yourself trying to figure it out, give it up. Don't try and figure it out.

Are you going to take questions?

Yeah.

You said yesterday [unclear 20:28 to 20:41].

You're trying to figure it out. You're trying to figure it out. I really, truly refuse to... It's not that I refuse. I'm just showing you the way. If you get caught up in negativity and trying to explain, you can't do it. It's a cosmic joke to try. And people say, "I've got to find out." They don't. All they have to do is listen, and the feeling will bring them all the answers. I swear. You know all this is happening right now is just as much a surprise to us as it is to people that are hearing about it. Because four years ago, if anybody had said I was even going to be into anything like this, I'd have said they were totally insane.

Personally, I would've been so scared I would be in the middle of the jungle somewhere hiding. There's no way. But truth brings you the protection that you need. It brings you the knowledge that you can talk without preparing which would make it much, much easier for people like this that are here today who are giving talks theoretically and lectures and talking to six people.

All you have to do is open your mouth. That's all you have to do. But we don't believe that because it's the beliefs that mess up your world, that create the illusion. And everybody's trying to figure it out. "Oh, just one more question." But, please, if you want to ask questions, do you know a good question to ask? If you have to it's—your own spiritual identity. What is spiritual? What are you? Not what are you as a little person, as an ego, as a human being. Not that. That's a small pattern in your life. That's where the illusion is. And that's where a big mistake is. You're trying to fix a small pattern and all its problems instead of going to where the small pattern came from. Then, all of a sudden, it's okay because you've got it.

The mind doesn't believe it. So the mind always wants something to do. Give me something to do. Give me something to think about and if you can't give me something to think about, this is [unclear 23:47] to do. So they all join hands and jump up and down or they sit down. See, meditation's a beautiful thing. I wish everybody in the world meditated. I really do. But don't get caught up in it, in the rituals. When you want to meditate or try to meditate, I should say, you want peace and quiet. You want to tranquilize your mind. Instead of taking a pill or something, sit down on a chair, get yourself nice and comfortable or take a slow walk someplace where you think is really pretty or just sit under a tree or do anything you want. But don't get into a ritual because the very ritual itself is denying the absolute fact.

Would you say that if you do you have a technique that what you just described as technique is just to see, to hear, to allow yourself to open up?

No. Any kind of a regular technique, you're going to miss it. Just do whatever happens. That was only three things I said just for the [matter of the 24:58] talk. You could stand on your head if you want. You could—anything. Just anytime, anywhere. And when you want rest, just go and take your rest. It's very valuable that the mind takes a rest. Otherwise, it causes mental sickness. This is what the mental sickness is; it's a mind that's lost. It's lost in time. It's lost in the illusion of life and it doesn't know what's going on. Quite often, the sicker you are, the more you're convinced that you're sane. It's really a very, very tricky thing. You can't explain it.

If you go and try and explain what insanity is or what mental sickness is, you get caught up in the mind. And the mind comes in and says, "Aha. But I read in this [unclear 25:49] textbook that that's not so." But if you talk about the original mind and it, as the person hears, they've already got the answer. And

they know they've got the answer. They don't think they've got it; they know they've got it.

But then they realize there's a lot more. To find what is called knowing, it doesn't mean you know everything. It simply means you know the secret to life. That's all. You know the secret pattern. You know what it is. And I want to take the second and after that one second, you could literally fill every library in the world with book after book because there's nothing to write. You just write. There's nothing in it. You keep saying the same thing over and over again. You keep saying the one thing over and over and over and over again. Then you disguise it with words, and it looks like psychology. And you disguise it with some other words and it's called psychiatry. And you disguise it with some other words and it's called philosophy. Then you disguise it with some other words, and it's called theology. Then you disguise it with some other words, and it's called mystical. But they're all the same thing.

It's just whatever you want. Whatever the person wants to talk about. If they want to talk about religion and get it their way, then you talk about it. But you don't talk about the past. You must talk now. You see, the second you put a name on from the past, suppose I said—three weeks ago in Salt Spring, somebody came and said to me, “What do you think of Jesus Christ?” And I said, “As far as I'm concerned, he was one of the highest beings ever to roam the face of the earth.” Right then and there he wanted a big argument because he figured Buddha was better.

Now, they're both saying the same thing. One was maybe evolved more than the other, but that doesn't matter. There's no human being could possibly comprehend what most of them are talking about. They're always wanting the best, one better. You forget that there's more than one. It's all over the place. I guarantee if you walk into any Safeway store on a busy day and walk up and down the aisles and stand at the counter and you'll hear people telling the secret to life all the time and they don't know it.

The adverts on the TV for [unclear 29:08] or whatever are all [unclear 29:12] are telling you the actual secret to life and they don't know it. Your books are full of it. And your Bibles, all the religious books from the Far East. They're all full of it. But the mistake is there's a ritual. Man wrote it. There's beliefs, concepts, ideas, and this is more important than the actual words. My advice is to take all the beliefs, the concepts, the ideas, and it doesn't matter who did what to who 1000 years ago and five hundred years ago or this enlightened

person. It's got nothing to do with it. Just listen to the very essence of the words of, say, Christ, Buddha, or some mystical leader. The essence, the very essence of what they're talking about. And once you find it, once you find that fine line, believe me, it's like magic. All of a sudden, your world will change.

All of a sudden, the answers you seek will come. Even today, if you can find a connection between us talking theology and psychology, you've got it. You might not get it all, but you've got to get one insight. And you'll probably get more than what some people will get in 1000 years. See, mankind, the way it's evolved in conscious state is absolutely, almost zero in a couple of 1000 years. Almost zero. Still doing the same thing now as we did then. They're still killing each other. They've still got wars, still got riots, still fighting. They're still sick. There's still insanity, neglect. There's everything. They haven't changed.

The disguise changes. To change a disguise is just a laugh. Like a lot of people go into high awareness, and the next thing you know they're wearing a turban. Or they're wearing big, long clothes to show that they're different. They've changed their disguise. That's [unclear 31:38]. And the second you change the disguise you show the world you don't know it. You really have. We've had people come out over Salt Spring who even refused to talk to us because we didn't have a turban. I swear that's true.

A what?

A turban. That's true. We've had the biggest comics you've ever seen in your life. The idea is to become ordinary. Be yourself.

I haven't got a question. I just have a statement. In my life, I feel I'm, on a scale from one-ten, about a seven or eight of happiness. I think I'm a very happy person. And for me it's going that two or 3% more, it's the fear of what might happen as the result of doing that. Do you see what I mean?

I think if you did you would find out that your two or 3% is maybe 2000 or 3000%.

That's right. It's sort of like I'm looking at you and I'm looking at Elsie, and I'm wondering... I see them as really happy beautiful people and all that and how to change your every-day life.

In every way. In every way.

That would be a tremendous fear for me.

Did you hear what... To be happy.

Depends what you're looking for.

Depends what you're looking for. If you're looking for happiness, then you're going to be scared because you don't want to be happy.

Obviously. But, see, I am happy.

Now, listen to what you're saying. Listen to what you're saying. No, listen to what you're saying. You listen to what you're saying.

Either I am or I'm not. Is that right?

That's right.

Well, if I had to make a statement on that, I would say I was.

Then you're not looking for anything because you're perfectly happy.

I don't know. Somehow, I feel like...

I know people that are perfectly happy, like my wife. You couldn't get a more vivacious, incredibly happy person who used to be a total mess: physical and mental. And now she's the most—her body is absolutely gorgeous. Her happiness is incredible. Her wisdom is unbelievable. And yet, at one time she thought she was happy. But she knows now that she hasn't even started the journey. She knows she hasn't even started her journey. She's maybe put her big toe in, and she's got her whole body to go. And when she gets her whole body in, she finds out once again she hasn't even got her damn toe in. And she moves her body again, and she finds out more again.

Because, you see, we're not looking for beliefs and change in your ideas. This is what I've been saying all the time. You're actually looking for a separate reality. You're looking for the world that lies within. It really exists. It really exists. And insight—if you see a fact, there is no way that you can have the unhappiness. It's only because of the ignorance of the mind that you've got the unhappiness and the fear in the first place. But once you see it, it vanishes. Because you start to realize that all fear is is thought. The same as everything else—it's thought.

Okay. Let's just [settle down 35:23]. The first time I heard a fact I was forty-three years of age. And I thought, like everybody else, I was pretty good. I was pretty happy. My ego was [unclear 35:47]. And I didn't realize that I was really

sick, mentally and physically sick. Then all of a sudden, we're having a lot of trouble with our marriage. And we went to two workshops. Then I found it. And everybody said, "That's impossible." I know people that go twenty years, thirty years, fifty years. I don't give a damn how long we've been going, I'm telling you I've found it.

And the first time I heard a fact it was the most incredible thing I'd ever imagined in my life. Here I was, I was totally out of it. I really was. And I'm telling this fellow all my problems. And he's telling me all his problems. We were going to help each other. Two problems trying to help each other. And I'm telling him how insecure I was because I left school when I was 14. Poor me. And, poor me, I didn't get an education. Poor me. And, poor me, I had a lot of trouble in life. Poor me. And, poor me, I was really sick when I was a kid and when I was growing up. And just, poor, me, I had a horrible job—because you know why?—because I didn't have that education. And, poor me. Poor me. Poor me. Poor me.

It didn't appear like that to me. It was real. And that's why I truly realized that everybody's sickness is real. It doesn't matter if it's an illusionary sickness; it's real to them. You've got to realize that. But anyway, he told me a similar story. But I'm saying, "Well, you're lucky. You've had the education." And off we went and we went into this. So two nights later, what happened was he and his girlfriend and Barb and I, we went a walk along the beach. And we're all talking and we're all absolutely bombed right out of our minds. We're all helping each other with this negativity, telling each other all our sadness and our problems. And what in actual fact we were doing was spreading insanity.

So we went back to this lodge, and we had a cup of coffee. And all of a sudden, out of the blue, this fellow turns around to me. And he wasn't religious, so don't get me wrong. All of a sudden, this fellow turns—because no way would I believe in religion. God, religion, to me was just taboo. Just bull from beginning to the end. This fellow turned around to me and he said, "Do you know, Syd, Moses went up the mountain to talk to God. And God said to Moses, 'Go down and tell those people anything you want, and they'll believe you.'"



“It’s really incredible sometimes to see really what’s happening in Salt Spring and around about there.”



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