



A Glimmer of True Knowledge

A talk by Sydney Banks · the full transcript

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The
Hidden Cause

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I wanted to hear how you feel about that. My sense of it is, is that you've totally embraced one another. There's a knowingness about it.

That's right. That's right. There's a tremendous relationship goes on with you and everybody. And everybody. Because you start to understand that this oneness is really a fact. When you start to realize facts, it cuts down judging, analysing which in turn cuts down anger, jealousy, hate, envy, and you get rid of all these things, this is what creates the mental stress, the mental sicknesses, and a lot of physical sickness. It leads to physical sickness.

The second you start to see a fact, all those states, all those negative states, start to vanish. And all that's left is me and you. And you're playing the same game as me. And I found out what I found out about life. You found out what you found about life. We're both on the same path, and maybe you're here and I'm here. And somebody else is just there. We just look at each other and you just know. And if you say to me, "Syd, you're an absolute idiot. You're talking garbage," I say, "Fine," because that's the truth. And that creates a nice relationship. It really does.

Because there's no argument. And it's good for you too because if I say, "Fine," and I refuse to argue the point because I know it's worthless. If I do that, then the person is left holding the baby so to speak. And what are they going to do with it? They're going to have a feeling inside that's saying, "Ooh, maybe I shouldn't have said that. Ooh." There's a bad feeling. Facts will guide you. If you've got that bad feeling, you know there's something wrong. When you get the good feeling, you say, "Ah, that's nice. I feel good today."

So what you do is you look for those negative feelings. And you don't try and figure out why you did it. That's another trick of the mind. You accept the facts, the simple fact that "I don't feel right, what I said." And if you can honestly accept it, it'll go.

What do you recommend to do when you're in that space, at that moment in time when you actually experience the negative or an uncomfortable feeling? Is there a way to handle that?

No. Otherwise, I'd be [unclear 2:35] richer. Just keep listening to truth. It seems so ridiculous to say that. If anybody had said that to me four years ago, I'd have looked at them and said, "You're crazy. Totally crazy." But that's all you have to do. See, we go after information to bring us the wisdom. And in actual fact, you should go after the wisdom to bring you the information because the

wisdom is the already known. It's the powerhouse that lies deep in your subconscious state. It's the powerhouse.

It is a spiritual reality. And what I mean by spiritual—I'm not talking about religion or human religion. When I say spiritual, it's something that's intangible. You can't grasp it. You can't write it. You can't talk it, but it's there. It's spiritual. It's the unknown from your mind. When you touch the unknown and the unknown starts to manifest as known, this is wisdom coming forth via you, something that you've known—here it comes—even before your birth. Because in death, that's what death is. Death is the dissolving of the body, but it's got nothing to do with you. You know what I mean. You? That inner you. You never die. You can't die because you are a spiritual being. It's only with the clothing, the [unclear 5:05], the body.

But the more you can find about you now, that's going up those higher level of higher levels of conscious state to go into the spiritual, this unknown. The more you get now is the more you're going to have on return journey. And if you can find yourself now, truly find yourself, this is what they call a spiritual death. A spiritual realization of self or realizing god. Call it whatever you want. It's realizing life, realizing life. And that is quite unexplainable. This is what leads to a bunch of talking nobody can understand. And they go away and say. I just don't understand. And that's good, honest. Believe me, it's good.

I just want to acknowledge a feeling of what you say. I do get it.

Thank you.

Syd, what do you mean when you say that when you don't identify with your ego and you just see things as they are that everything is beautiful? I think I heard you say that.

Right.

Because to me a lot of times it seems that the world is exquisitely beautiful, and at other times, it seems to be a very vivid experience of mine that it's exquisitely tragic. It's hard in some aspects.

It's both.

So I get confused when you say when you see things as it is, it's beautiful.

That's right. It's both. You see? You've got the spiritual reality which lies within, this super conscious state. This knows that this is the illusion and the insight is the true reality. If you're looking from a true reality, from inside, you see everything is perfect, even though it's in a mess. Because everybody has a free will and a free mind and free life and we create life as we see it. Like, whatever life is now, total, absolutely total what life is now, is a combined effort on everybody's conscious state since the beginning of time.

So imperfection—we have created a mess. If you're outside—this is where the ego has created the mess. If you're outside in the ego, it's a god-awful mess. It's really a shame. It's pitiful. It's disgusting. You can call it whatever you want. But if you stay here and try and fix a little part in this disgusting mess, that's what you're going to be in. But if you can see a fact and you go beyond that to the spiritual reality, this inside, this super conscious state where the ego starts to fall away and you see what is, instead of the mess what isn't, then you're clear. You're clear. You're not contaminated by the outside. And when you're not contaminated by the outside, then you walk outside and you show people the way.

Just let me [unclear 8:48].

That's okay. You've got to ask.

This is the place that I get stuck a lot. For instance, I've had a lot of things that have happened to me that seem very tragic, but as I've kind of grown, I've seen how they've assisted me to grow. So that in a sense, they no longer seem to be so horrible and tragic.

Right.

I'm talking about deaths of people who have been very close to me.

Right. [I agree 09:14]. That's beautiful.

But like yesterday, I just happened to pick up Newsweek, and I was reading an article about what's happening in Cambodia. And they were talking about how tens of thousands of people have been killed in the most brutal way under this particular political regime. And I read one particular story where a village was trying to escape from the forced labour that they were being required to do, little babies and older people. And as they were trying to escape to Thailand, they were machine-gunned down. Just wholesale slaughter. And there's no sense in which I can get the perfection of that or the beauty of that.

No, no. I'm not saying the beauty of that. I'm saying the perfection of that, but not the beauty of that. That to me is totally disgusting. Total insanity. Now, just suppose you and I decided we were going to go and fix that. And we've got machine guns and over we went and we just mowed everybody down who was doing all these rotten things. And we saved the whole country. Then you and I would be the same as they are.

We would be recreating that.

Recreating it. See? So first of all, what you're going to see is what created this situation. And it's our—our—level of consciousness that the universe is in today. Raise the level of consciousness, and these things won't happen. And to raise the level of consciousness, you, personally you, must have the courage to look inside this super conscious state and see spiritual facts which will assist you to see the perfection. Then you go out, once again, and you help others. And this helping others raises the level of conscious state so those things don't happen. You see?

I come with you all the way until you say see the perfection. Then I get stuck again.

Right. Because you don't see it. Because you're trying to change the world. In your own little mind, you're trying to change the world. And in my own little mind, I tried to change the world. And everybody else, their little minds—when I call them little minds is the outside, seeing the outside. We all fall into the trap of trying to change the world. And if you try to change the world, all you're doing is creating more problems because nothing can change—I swear. Nothing can change but the mess or the level of conscious state. You have a choice. If you try and change the mess, you create more mess. Because it's the mind that created the mess that's trying to unwind the mess.

It creates a mess with a messy mind. Is that what you're saying?

That's what creates it.

You can't clean up a mess with a messy mind.

Right. All throughout the ages, the wise men, sages, Buddha, all those people, they've all said the same thing, "Go inside." And that's where it's found. I swear, that's where it's found. People that have found it, they'll say, "I never understood what you were talking about. It sounded ridiculous." But once you start to realize what insight is, here's the freedom. And you can honestly help,

but to help at all, you must help yourself first. I know it's ridiculous to say the world is perfect, from the mind. Totally ridiculous. Totally ridiculous statement to say the world is perfect right now, from the mind. It is only perfect because this is what it is.

Now, as the level of consciousness changes and people like you that are into helping others, you help others to change and all of a sudden there's a [calm 13:49]. And those imperfections will fall away, and with it, the mental sicknesses. There'll always be mental sicknesses, but there'll be less and less and less. As man evolves, all these things will start to die away. But man involves such a microscopic little bit. Incredible. And a lifetime, [snap 14:20] that. Find a fact. And instead of taking a lifetime, you'll find it in a second.

Find two facts, you'll go through two lifetimes. Find a lot of facts, and you go through 1000 years in minutes. I really mean that. You'll evolve your conscious state. You'll break the barrier every time. And with it, will come anything you want, your youth, anything. According to the level of consciousness that you found. Don't forget that. Go little or big. All at once. Just a microscopic bit.

Don't let your mind try and figure it out. Honestly, you'll never do it. You've got to realize you already know the answer. And when you get it, you can't give it away. All you can do is guide. Of course, that's it. That's what you're looking for. That's what'll make your job—no matter what your job is. No matter what your job is, it'll make it easy. All you're looking for is a placid mind, a mind that is happy, a mind that's content. And everybody'd say, "Well, not really. I could never be happy and content unless I had a million dollars. Or, unless..." There's not such a thing as unless because happiness has nothing attached to it. And the money can't comprehend that. Happiness has nothing attached to it. Happiness is a state of being. It's a feeling.

And within this happiness is a state of feeling once again like what we've been talking. This is where the knowledge you seek is. It's hidden in a spiritual reality, and you've got to bring it alive. And once you bring it alive, it starts taking care of itself. But you just keep going always to your speed. But your courage becomes more because life becomes more beautiful and more easy and more [unclear 16:42] and more simple and good luck comes. Everybody says, "He's unlucky today." It's not really luck. If you start to see how the mind acts, you create your own. You really do.

Now you could come into Cambodia and say, “Now, what about those people?” But you can’t figure that out, honestly. The only thing you can do is raise your level of consciousness and you’ll help those people. You’ll help those people. It’s simple.

Do we have any purpose beyond happiness and contentment?

Nobody can give a purpose for life. It just is. We try and figure out a purpose for life. You just can’t. Because it’s non-existent in the first place. Just an illusion put there by thought. I know it’s real to us. There’s two realities. There’s two facts. This reality is truly a reality. I know if I get I’m going to bleed. If I get hurt, I’m going to feel sad. It’s true reality. But there’s another reality. There’s this one we’re talking about. And it’s not spiritual hocus-pocus. It’s just a simple psychological fact that psychological beyond the mind. And you’ve got to dig it out. And it doesn’t want to come out because the mind and the ego is enjoying its misery.

The more you start to see it you know [unclear 18:50] absolutely bonkers. And there’s nobody in the world that isn’t absolutely bonkers. Really. We’re all absolutely bonkers. But we don’t see it. And to see other people’s... You see, it can be more harmful than good to see other people’s faults rather than your own because it’s a very simple thing to see his fault or her fault or your fault or whoever’s fault because that’s easy. It’s their fault. You can see their thing. But what this leads to is judging and analysing and going around saying, “Oh, that guy’s got this fault. Yeah. He did this and she did that.” And you get yourself all confused, and you get yourself all frustrated because it’s their damn fault.

But if you can see yours from inside without the ego, it’s like a blessing. It’s just freedom flying from you. Ah, gone. And when you start to see how you work, not as a person, but as a spiritual reality, if you can start to see how you tick, then you’ll honestly see how the world ticks. And when you see that, there’s no judgment. There really isn’t. That doesn’t mean to say that you’re not going to say to a person if he really asks you and he says, “What do you think you of me?” And you say, “Well, I think you’re a proper ass.” Just plain, simple math.

But there’s still no judgment. There’s just a simple, little fact. You’re doing this. You’re doing that. But very, very rarely do we ever say to anybody “this is what you’re doing” because they won’t hear you. If they knew it, they wouldn’t ask you. They would know it because they already know it. So all obviously if they’re asking you, they’re ignoring the fact that they already know. So there’s

no sense in telling them. So what you do is you tell them a story. You tell them anything else like that picture on the wall. Talk about anything. But they get the message if they want it. And if they don't want it, they haven't evolved enough in conscious state yet.

Or maybe it's just... [unclear 21:25] go for tonight and meet tomorrow. What time would you like to meet tomorrow? I'll leave it up to you. Eleven? Okay. Because you might find your head spinning. Don't try and figure it out. Really. Just have a good time because whatever you heard you will not bring it back with your mind. Just enjoy it. Look at television. Do anything you want. Go and see a comical show. I know I'm saying that, and I know you'll talk. Just part of life. Some day you might realize that you stopped talking about it, and when you stop talking about it there's nothing left but to enjoy. Just live it.

I really feel good about you people coming here. Really good. People are always surprised that all of a sudden the people that are talking to you are changing. And if you see that happening, look at yourself. Maybe you've changed. If you find yourself talking different. Maybe you're clicking into a glimmer of a spiritual fact. And you find yourself talking differently. You're finding your happiness. You're finding your tranquillity. You find that state of meditation. Maybe not. We'll get together tomorrow at eleven, then.

[unclear 23:41] that couldn't make it today. Telling you about a dozen people.

Well, you can talk until 11. No, we'll fix that up. We'll be here. And we'll just talk to them.

What time?

Eleven o'clock.

[Resumes 24:23]

That's about the creation of life, very source [unclear 24:26] a few of you here today that didn't hear it. And it was really very interesting because it was a feeling. The feelings yesterday were beautiful. They were tranquil. And this morning, the feelings were opposite because what we call insanity has taken over again. And don't be insulted when I say insanity because everybody in the world is insane to one degree or another. And all insanity is—you've lost your true identity. And when you lose your true identity, you start to get lost. It's the most natural thing in the world. There's nothing wrong. And this is what you've got to start to realize is there truly is nothing wrong. There truly isn't.

And there's only one way that you can find what you're seeking and that's through positivity. If there's any negativity at all, feel the feeling and make up the decision of what you want. Do you want a good feeling or do you want a bad feeling? And anybody that resists positivity is resisting truth. They're resisting the very thing they're searching for. It's a comical situation where the person that's looking for something, and, when it appears, he doesn't want it. And this is most everybody in life because everybody in life truly searches for the identical, same thing. They're searching for themselves. They're searching for something, a super conscious state that lies within each and every one of us. And this super conscious state—when you go deep enough, you realize it is what the Bible calls God or what you call Buddha, true self, cosmic consciousness, It. Call it anything you want. It's just a word. It means nothing.

If you listen to what I'm saying now, you'll listen to fact. If you're listening to the words I'm saying, you're missing the point. That's why all you have to do is listen. Not to the words, but beyond the words. Because it's beyond the word that the truth lies. And all it is, is a spiritual awakening which happens when you hear or see for the first time. And anybody that ever hears or sees for the first time will never again argue with truth because there's nothing to argue about.

The only person that argues is the mind, the mind of mankind or its own ego. And this is why the world today is in such a mess, because our ego is running rampant. We've lost our true identity. Therefore, we have lost the way. We really have. Yesterday, we talked about helping mentally sick people. We're talking about how to help the people that are under stress and strain which creates nervous breakdowns which, in turn, creates more physical problems.

We talked about how do you fix the children. They're going to psychiatrists and psychologists, and there's no hope for them. Because, even today, with all the knowledge that we have, we can't fix it. So we seek and we seek and we seek. There's one little problem: we seek within the realm of our own mind. And it's within the realm of our own mind that created this super conscious mess in the first place. So what you have to do is to learn to raise your level of consciousness. And when the level of consciousness rises, the super conscious state within you is touched. And you start to see with clarity another reality which has existed there all the time, but you hadn't seen it before. And it is only when this occurs will all your problems start to vanish.

It will not vanish with the memorization of words, religious concepts, ideals. This is the mind playing the perfect game of life. Listen to what I'm saying: the perfect game of life. Beyond the realm of the mind lies yet a better state of perfection. Here is where you find it. When truth arrives, there's nonbelievers that appear. And I'll tell you what a nonbeliever is. A nonbeliever is a person that sees something and can't see it. He sees it with his eyes. He hears it with his ears. And he can't see it, because it's non-existent to him because he hasn't evolved enough in life to see what a spiritual fact is or what it does.

And what a spiritual fact does—it doesn't give you another concept or another belief to believe in to help you through your problems with your marriage, your social problems, totally. Please, believe me. Totally, all your problems. This is what religion is supposed to do. But religion is lost. We have hundreds and hundreds of different kinds of religion. But all they are, are echoes of the original mind. The original mind knows the way. The original mind is the way. The original mind is all things. When the original mind speaks, it speaks this perfect psychology, psychiatry, theology, philosophy. It speaks in perfection because it is all those things.

When the original mind speaks and it is heard from the mind of mankind, what happens is the mind with its free will hears it, condenses it, analyses it, and comes out with its own concept. It is put down on paper, and it is called religion. It is not religion. Religion can only be found one place and one place only. And it is not from me, not from anybody. It's from inside yourself because inside yourself lies the secret, the secret, to the spiritual reality that you live in. Here the illusion is seen for what it is, the illusion of the mind called life. And inside lies the true reality. Here is the power. Here lies the knowledge to guide you people who are working with the sick and the needy.

Here lies the knowledge to guide them back to sanity, back to health. Here lies the knowledge that will literally, literally, clean up the world's mess. It is the only way. When truth appears, nobody can say, "This is my truth," because it belongs to nobody. But when it appears, you'll see it, if you have the courage to look, if you have evolved enough in consciousness to see it. But only you, once again, can create this courage.

It's like on Salt Spring Island and various other places in BC right now, there's things that are happening can't be seen by the public. Literally, they can't be seen. There's brain-damaged children that are all of a sudden healed. Nobody's even spoken to them. Nobody's said a word. You don't have to. It's a spiritual

reality. It's [unclear 34:50] start to hear. The spiritual rising inside them. The conscious movement inside them. The child will be in the same conscious state, will pick it up. You can't give truth away. You can't give truth away. But find it, and your children will find it. The children you're working with will find it because a child is closer to the true reality of life than an adult, unless the adult is super high. All children.

There's children who go to psychiatrists [unclear 35:42] who couldn't even go to school. Their parents heard, and now they're B+ and A students. It seems unreal. It seems impossible. There's people dropping all their sicknesses all over the place. There's psychiatric patients that have literally been condemned for life, and even had papers to prove that they're incapable of work, are leading prosperous business and are way beyond the mind of anybody I've ever seen or heard of in my life. I'm saying that I've ever heard of in my life. They've all found a glimmer of the way.

You see, if you ever find truth, even if you've never read the Bible, even although you've never heard of Buddhism, and even although you've never heard of psychology, psychiatry, if you hear truth, if you hear that absolute, that second you know it all. And the second you know it all, you realize you know absolutely nothing. It is beyond you, and you've found out where it's coming from and you let it happen. And here is where the perfect guide is because it's not you. It's something is a spiritual reality. You see, that's what life is. It's a cosmic reality. It's a spiritual thought.

It's a dream state which is called reality. As you wake up from a dream state, you find the true reality and you become the dreamer. And you guide. With all the love that you muster, you guide, but not caring a damn if anybody heard it or not truly. You see, we get our egos involved in our life and we go around proving and the proving leads to jealousy, hate, anger, frustration, sickness. When you start to realize that you own this [heart or part 38:47] and you are caught up in the illusion of life, you drop the insanity. And the relief that goes with dropping the silly, little, petty, [unclear 39:03], you will never find it.

If you take it into your workshop, look. It may be difficult because you have that feeling, that not so good feeling. You look at it, and you face fear. The most natural thing in the world because you're facing your own ego. But when you face it, the relief and the understanding and the feeling that comes with it is what you're seeking and only in a state of meditation can this be found. Because when you find true knowledge, that microscopic second you find a

glimmer of true knowledge, you are in a state of meditation. That's what an insight is. Flash. Just words.

Literally, everything we've talked about today is non-existent. It's a bunch of words describing the same thing. I know you don't understand. If you're understanding what I'm saying, I'd say you're not understanding. But if you hear, then you'll really realize what's been said. And, believe me, you'll know it. Find the positivity. Find those positive feelings because there's where the secret lies. There's where the unfolding of the superconscious state that lies within, this is where it is found is in the positive feeling.

The mind is so tricky. It even tricks us. The ego even tricks us to believe that positivity is nice and negativity is nice. This is why the world is like a boiling pot of negativity. This is why there's war. This is why there's [lies 41:30]. This is why there's all this unrest, why all the mental sickness, all the stress is because of negativity. And we don't know how to get rid of it. So what we do is we go out there and we spread ourselves all over the world, trying to look for this magic potion that will give you the secret to rest and happiness and understanding. And that's the same mistake. There's no place to go. You go inside. You go inside.

Like when [words 42:02] say there's no place to go, you think, "Well, maybe if I went to India," and I say there's no place to go. And they think I mean just the idea. I'm not saying that. I'm literally saying there's no place to go. You can travel. There's places to go and travel, physically. But there's no place to go in reality. The secret is already there, the state of meditation unfolds it. You've got to find the secret between the mind and the very essence of life itself and its relationship to what we are. And the beauty is you don't have to do anything. All you have to do is listen. I swear. All you have to do is listen.

You see, truth is so powerful. Even all those things that I was telling you about what's happening in Salt Spring to the children and everything, and it's so powerful that it is hidden from the mind. Even the relatives of some of those people—remember the mother and the father of the son or daughter, they've lost twenty years. They look young. They're happy, vivacious. Their sicknesses are vanishing, but their [parents don't 43:46] like it because it's changing the pattern of life. And this is why searchers all over the world have been the biggest joke on earth because they search not to change the pattern in life.



*“There’s one little problem: we seek within the realm
of our own mind.”*



Rightsholder unknown. Transcribed by The Hidden Cause.

Sydney Banks’s words are unaltered.

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