



A Little Piece of Tape I'd Like to Give You

A talk by Sydney Banks · the full transcript

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recording.

The
Hidden Cause

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Well, hi folks, here I am again. Isn't a little piece of tape I'd like to give to you, and I know that you people are trying to help as many human beings as possible, and I thought this would be kind of nice for you. You know, for twenty years now, I tried to give out this psychological knowledge that I found, and after the weekend in Vancouver, I realized my mission was accomplished. And now I'd like to try and help in a deeper way the people that made this possible.

And to do this, I have to tell you to go beyond psychology as it's known today. Go to the spiritual side of life. And when I say that, what I mean is look within your own soul. Look within the very depth of your own consciousness, and this is where you'll find the answer. And when you find it, you'll find innocence, love, and gratefulness, and that's what you're looking for. You're looking for love for each other. You're looking for a new life without the old, old haunting you.

And if you go back in the past and go through all your trials and tribulations, all you're doing is repeating history. The wise have always told us, look within, and that's what you have to do. Because, see, what you're looking for is you're looking for the connection between Mind, consciousness, and thought. Now, when I say mind, I mean spiritual mind. I mean universal mind. And that universal mind is God. You look for consciousness. Consciousness and soul are one and the same thing. You're looking to enhance what the religious people would call your soul, or what psychology calls consciousness.

You're trying to enhance your consciousness, your ability to see life better. And this is done via what is called thought. Now, I'm not talking about your thought, my thought, their thought. I'm talking about a universal power called thought. This universal power called thought is the catalyst from which you see, feel, taste—your five senses all come alive via what you call thought. So you have to find the connection between mind, consciousness, and thought. That is the spiritual connection. Once you find this, believe me, you will find the happiness you seek.

You know, the wise have always said love is the answer, and that's very, very true. Because when you find love, you find a beautiful feeling, and that's what you're looking for, is a beautiful feeling. You're looking for a feeling that will take you through life. You're looking for a feeling that will bond you to your spouse even deeper than you ever thought possible. And when you find this, it doesn't dissipate with time. On the contrary, it gets stronger and stronger. And

I'll tell you right now, again I tell you, you will never get it by going back in the past and rehashing old experiences.

That's not what it's at. That's where, you know, the Eastern philosophers are always talking about the now. Well, that's what I'm talking about. You have to find it now, not anything else from the past. The past, you disconnect yourself from the past. I know you will always in your mind and your memory, you will always remember it. But that's not what I'm talking about. If there's bad things happened to you in the past and you still remember them, the beauty is when you see them in a different light, when you see them with an understanding that what you went through all happened in innocence.



*“Because, see, what you’re looking for is you’re
looking for the connection between Mind,
consciousness, and thought.”*

Rightsholder unknown. Transcribed by The Hidden Cause.

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