



A Science Must Have Main Principles

A talk by Sydney Banks · the full transcript

The
Hidden Cause

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You know lately I've been asked my philosophical views on the connection between thought and consciousness and our everyday life. First of all, we couldn't possibly function without thought. All mental process, all mental functions must come via thought. That is why I say thought is the missing link the psychologists have been looking for, for many years. It's a missing link between mental sickness and mental health. I've said before thought is one of the main principles behind all mental functioning. Without it there would be no reality. This is why it's so vastly important to understand the power of thought. Without the power of free thought, life as we know it right now wouldn't even exist. It is always via thought that all rules and regulations are created thought the world, why society makes its rules via its own thoughts, the way they think. This is why one culture has different rules and regulations than another. They have different religions, different ways to function. They think differently.

And you think according to the way you've been brought up, so if you're brought up, say in an Asian country, you're going to think completely differently say than it being in Britain. It's two different ways of functioning, two ways of thinking, but it's always via thought. All religions, theories, all sciences, literally all behaviour of humanity come via thought. This is where the secret to mental health lies: in thought connected to consciousness. Now not too long ago I heard that someone argued that you couldn't really prove that consciousness existed, but that's rather a flimsy kind of argument because you couldn't even talk to each other. You wouldn't even know that each other existed without consciousness. With consciousness and thought, put them together and they create what you call reality. All mental upsets and marriages come via your clients' thoughts. It's the way they look at each other, the way they survey each other. Via thoughts, they create their fights and squabbles.

When they first met, they're madly in love and they didn't bring the negative thoughts. They ignored it because they were madly in love with each other, but as time went on they fell back into what you call habit, psychological habit, and this is where the danger of a marriage starts. When old psychological habits come back, because they get out of control, people say, "I see what I'm doing. I see I'm in a habit. I see I'm fighting with my wife or my husband, but what can I do about it. Why am I doing it?" The second you do that then you've missed the point. It doesn't matter why you're doing it because it's a habit. To feed a negative habit you must find negative causes, why you feel negative. Believe me, there're an infinite amount of ways that you can do it.

You could go to somebody and say you didn't like the colour of their eyes, their hair, and their nose. You don't like the weather. You don't like the weather. You don't like your mother in-law, your father in-law, your sister, your brother, your cousin, your boss. It goes on and on and on, until there's an endless amount of excuses, but that's part of the sickness, that's part of the lost-ness, is those excuses. So my advice, when you honestly find that you're in a habit, no matter what the excuse, really look and see that it's a psychological habit. If you can see that it all is a habit and the habit is thought, it's created from thought—if you can see that, honestly see that, then that habit like alcoholism will start to die away.

Consciousness is simply existence in form, and it is via thought that we can recognise the existence of consciousness. It is via these two principles that we function daily. It's via these two principles that we can ever see negative or positive. It is via these two principles that our reality exists. Thought is the main principle behind the way we survey life day to day; such as if we are in a happy mood, we are having happy thoughts, nothing else, just happy thoughts. If we see sadness, we're seeing, hearing, and feeling sadness because all our feelings come via thought. Thought creates feelings, and sometimes if a client's thoughts are misguided then they get bad feelings. This is the psychologist's or therapist's job to change the feelings of the client who is suffering. But to change feelings you must, absolutely must, change their thoughts. It must be done via thought because thought directs us to how we feel.

A lot of people think that because they've been married a few years, they've lost a lot of the love they had for each other, the caring, the sharing, that it's lost for good, but this is the furthest thing away from the truth, believe me. Because I know many, many people that have been married many years and each year gets more and more beautiful because they have realised that the love that they had originally had was their thoughts, the thoughts they had for each other and it grows. These thoughts get stronger because you get used to each other. That is, if you can keep away from the old habits. You know the awareness groups telling you to be upfront? Well, in actual fact, they're not helping a marriage; they're helping to destroy a marriage for the simple reason. They're reinforcing the negative thoughts. The bad habits, they create divorces, squabbles, a lot of misery, a lot of innocent people, and this is the beauty of starting to realise the connection between thought and consciousness and marriage.

This is where the therapist can really, truly go in and patch up a marriage and make it better. Even after many, many years after maturity comes, this is where marriages get better because it's a mature love, more understanding.

Understanding again comes via thought. So, always look with the positive, always. That is the only place, the only state, that will get you to mental health, is via positive thought. If anybody ever tells you otherwise, please be very careful and think about it because negative thoughts lead to negative habits; positive, loving thoughts lead to just that. So, if I was you, I really can see the connection between consciousness and thought and here lays the answer to all psychological functioning. Thank you.

[Unclear] the very thing this [unclear] tape it made me reminisce. It made me reminisce back seventeen years to the day at Salt Springs when I had the central realisation that there was an honest to goodness correlation between mind, consciousness, and thought and how the simplicity of this when understood could help the mental health field. Because it's from these basic principles, these three basic principles, that all consciousness is brought into form. This is where our realities are born from these basic three principles and that is mind, consciousness, and thought. But when consciousness appears it has to be put into motion, and the way it's put into motion is via thought. Thought is the vehicle that we use to see and think with the free will in this life. Now, without any judgement, just look at the thought. Let's not judge anybody or anything. Just look at thought. When a patient comes into you and they're troubled because they've got troubled thoughts, their thoughts are full of sorrow, anxiety, fear, or some other negative feeling. What you're trying to do is change their thoughts. To change their thoughts, you have to understand the principle and the connection between thought and consciousness.

You know many therapists have discussed the principles of mind and psychology over and over again. One of the ways I like to try and explain it is this. If you can imagine mind as being a main computer and consciousness being the software and thought being a human being that programs everything into the computer. Now from day one we start to get programmed because of thoughts. These thoughts go astray, and we get into trouble. We go to the people like you, therapists and doctors for help. And you try and change our program. It's that simple but try and change the actual program. The only person, the only thing that can change that program is the thought, is the person who is computing it.

Listen to this very carefully. Only what you put into that program, like any other computer is all you can get out. If you put negativity in, that's all you can get out. However, you can ask again my thought to reprogram. It's a change in thought. During these seventeen years, I've got to know an awful lot of people in the health profession, a lot of doctors. Believe me, I have nothing but the greatest of admiration for those people. Because those people it's not like a lot of professions where you're relatively safe because such people as therapists and psychiatrists and psychologists, every day they put themselves in the firing line of mental sickness. Now I honestly believe that some of the therapists and the doctors here in the mental health field in the United States are the best in the world, and I honestly strongly believe that someday this will be recognised and those doctors will spread mental health throughout the world.

Philosophy is our own opinion of life or taking the opinion of somebody else and putting it into our computer and accepting it as true or false. It is always just a belief. That's what philosophy is. Now, the old type of therapy that we had all started in the past that's what it was. It's a philosophy. It's everybody's opinion, but it's not a science. It's a philosophy. Now, a science you must have main principles, and these doctors that I see in the United States today are connecting themselves with the principles, and they're turning psychology from a philosophy into a science. When it gets into a science it comes very tangibly and you have basic principles to go by, just like mathematics or any other science. You know you have no idea the honour it's been to associate and listen to those very, very clever doctors that are in the United States. Well, perhaps some day we'll get together and talk again. In the meantime, thank you.



*“With consciousness and thought, put them together
and they create what you call reality.”*



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