



Everything Must Come Via Thought

A talk by Sydney Banks · the full transcript

Sydney Banks · Vancouver · 1985

The
Hidden Cause

Transcript version 1.0 · issued 2026-08-10

For many years now I've been talking to people on different levels, but it's not until you can actually take the information that you've found and make it a reality. That's the important thing. And that's why this weekend I was trying to explain to you to bring it into your reality, all you have to do is honestly realize and understand the principle behind all thought. If you can honestly realize that—if you realize that you're in a lower mood, a bad mood, then you should realize right there and then, have the courage to face it and see that it's just a change of mood you're going through, and it's all created from your thoughts. And if you honestly recognize that and accept what you're going through, that's the beginning of it starting to vanish.

Please, if anybody has any kind of question to ask, don't be afraid to ask it, because by asking questions, you can start to maybe get some understanding. Because you must see that everybody works from the same criteria that is the mind and thought, and everybody has this God-given right, this free will to think as they think. So everybody is doing whatever they should be doing. If it happened to you in life, it was your fate. Let's put it that way. Anything that's happened to you is your fate. If it's happened. Now, you try and futurize and change your fate, this is guesswork. Although, with your free will, you're allowed to guide your fate.

It's quite a puzzle here. Let me try and explain this to you. One evening I was looking at television, and they took you to Africa where the people... It took you to Africa and India. It was two countries. And they took you to where people were skeletons. They were dying. They had no food because they had no water to grow the food. You know the story in Africa. And all of a sudden, this cameraman was a lot smarter than he appeared. He switched it onto this big guru that thousands of people follow. Now, there's nothing wrong in this. Please, I'm not saying there's anything wrong with the people. I'm just trying to explain there's a difference. That's all.

Remember, the container, the human body is not responsible. So I'm just telling you what this innocent container was doing. And the reporter says, "What about those people that are all dying in Africa and India?" And he says, "That is the Lord's way. That's their fate." And the fellow says, "But can't you do anything about that?" He says, "No. You cannot change fate." Now, there's two truths here. That is a true statement. You cannot change fate on one level of consciousness, on one understanding, and one world. But when you look at

both worlds together, this is what happens. He says you cannot do anything because it's their fate to starve, to die.

And here's this Indian fellow sitting. And he was an engineer, well-dressed Indian fellow in India. And the cameraman said, "What do you think?" And he said, "That's right. But I'll show you something." And you know what this fellow had done? Because he was so grateful to God that he had lived through this starvation and so grateful that he had an education to become an engineer, he went back to some of those villages. He looked at the mountain and between the mountain there was a little gap. And he said, "Okay. I'll give you villagers the money." He was not a rich man. He just had some money but not much. "I'll give you villagers enough money. You come and listen to me." So they went with them, and they built a dam. And they built it of local clay which when it hardens it's three times as strong as concrete or something.

But they made this dam. So they were waiting for the monsoons to come, and when they had the monsoons, they would have a reservoir. So he turned around to the villagers and says, "Here's X amount of money. Get yourselves the tools and get yourselves prepared. Get yourselves the seeds. And you don't have to pay me back for five years. And I'm not looking for big interest; I just want my money back." Which is super unbelievably fair. And it showed you two years later everybody was doing well.

Now, listen to me. That was their fate. The free will of humanity has this power to change this reality as they will because they have the power of God behind them. But either way, it's their fate. Does everybody understand that? Well, you're in the same boat with your life. But if you're going to change your fate, you must drop a lot of your old beliefs, the ones that are creating the problems. If you were brought up real strict and the father and the mother were always right and your teenager comes along and you say, "I was told what to do and this and that." And the next thing, you start screaming at your kids. But you don't really look at your kids and see that they too have a free will. And that's very important.

Now this is not like the hippie days let them do what they want. I'm not talking about that. I'm talking about, honest to God, seeing them as human beings, one-to-one. Start to talk to them one-to-one and find out the intelligence and the wisdom that your own children have got. And that's really a lot to you, because once you start to realize the wisdom and intelligence that your own children have got, this creates a beautiful feeling. It's a mutual

feeling of respect for each other, child to parent. And give a little, take a little. But if you think that you're going to do it by simply just taking, you'll never manage it because the children will rebel.

But honestly, the secret lies in the simple, simple remedy of realizing that everything is thought. And remember yesterday I told you, "Don't think the world's going to be a bed of roses." I don't care who you are, you're going to have problems. But I know a lot of wise people that seemingly have a lot of problems. But if you say to those wise people, "How do you deal with all this problem?" He'll say, "What problem?" I've had people say to me, for instance, "I don't know how you and Barb are still together after all you've gone through." Well, the way we see it, I can't see us apart after all we've gone through. It's because they don't have understanding, and understanding is a key word because if you understand, you don't have any problem.

And there's different depths of understanding. And this understanding, there's no end to the depth of understanding until it becomes so pure that's where they say love is the answer. Because that's where the answer is. Sooner or later, it becomes so pure that it's coming from out of this world. It's before the formation of thought.

See, if you have an idea and you put it in your head and it's negative, in actual essence you've created a form in your own head. You've created a thought that creates a negative feeling. Then you're stuck with that feeling. Now, you must learn to get rid of that feeling. And to get rid of that feeling, I'm going to tell you again you have to realize it is all thought. And if you hang on, the thought will change. See, if you're in a low mood today and everything looks pretty terrible. Really, it's a bad life. You just don't like today. Everything's going wrong. Tomorrow morning, you wake up and you feel good. There's nothing in this world has taken place except for a change in thought.

It's very elusive because a thought is a spiritual—it's spiritual. I don't know how you could explain that thought. It's just spiritual. It's like a vehicle that automatically, and I mean automatically. You can't stop thought. It automatically—this vehicle called a thought—takes any message that you want to put throughout the world, you put it in your thought. That means to say the contents of the thought are directly from you, from your free will, from your free way of thinking. So you put your contents and your own thought, then you blame somebody else for putting it in there.

And when this starts to happen, then you start to get lost because you've lost the reasoning that you had in your thought system before you were born. Because before you were born, it was pure. It's only when you see reality when you're born. And I honestly realize as much as anybody that we can all set here and say, "Oh, I know I had this experience, but I can handle that." But it's not the experiences that you know of. It's the unknown. I used to know. I used to realize that certain experiences when I was a little boy really frightened me. And I didn't realize that these little fears that were put into me as a child were actually controlling my entire life as a grown-up man. They were creating a lot of my problems in my marriage. They were creating a lot of problems between myself and my children. They were creating a lot of problems between me and my boss. And you could keep going on and on because they were my problems.

And when they're your problems, you don't just take them to your boss. You take them everywhere you go. You take them on holidays with you. You even say to your problem, "Let's go on a holiday. See what we can do." When you get over there, you don't really enjoy your holiday because you brought the problem. But the second you start to realize, truly realize that everything is mind and thought, they're gone. They're gone in time. They're vanished. They're an illusion now. They're a past. All those insecure thoughts die away, and with it, all the insecure behaviour.

You must believe that there's something greater than you that's creating all this. And once you start to realize that you are connected to this intelligence that's inside, through this consciousness, then this is where you'll start to wake up. So it's where your health is. You're honestly your own helper.

Contentment. See, if everybody in the world could walk through the world content, that'd be an incredible situation. Now, a lot of people don't believe in this contentment because some people will say to me, "Well, what if you go to work and you're so content that you won't do anything?" That's crazy talk. Because to be a contented person, you'd have to be content with your work too. You can't be a contented person and say, "But I hate my family life. I'm a very contented person, but I hate my family life. I'm a very contented person, but I dislike my work intensely." Well, you're not a contented person.

What I'm saying, if you're a contented person, you would love doing your work. You'd love doing it properly. You'd love doing it as efficiently as possible. That goes with contentment. It's the same when you look at your family, your children, your wife, your spouse, whatever. If you look with the feeling of

contentment, that's really all you're looking for. Nothing else in the world matters after you've found contentment. Because if you've got contentment, you won't harm anybody. You don't have any bad feelings towards anybody. You don't have any bad feelings towards yourself. You're not judging the world. You're understanding the world at the present moment because you're contented. And contentment—really, please, listen to this. Contentment is only a thought.

We're back to that again. It's only a thought. So you're only one thought away from being discontented or contented. And if you find contentment, you, as a human being, just being a human contented being, will assist others in life. Because if you're a contented parent, you're going to treat your children as a contented parent. You're going to treat your children as a happy parent, as an understanding parent, as a loving parent. But if you're discontented, that's what you're going to give to your children is a discontented life. You're going to explain to them how to be discontented, just like what most of us are being taught to be discontented. It's just natural.

It's just a done thing in life. And I'm just telling you how to get out of it. That's all. A lot of people in this world are contented people. They go through life contented. And these are the people that have happy home lives. These are the people that they enjoy doing their work. These are the people that are content with life, and contentment, again, is only a thought.

So what about tomorrow morning at 10:30? A lot of people here have children. I know how precious Sunday morning is. So what about 10:30? And it's in another room tomorrow. The Ellen Room. Where's that?

It's around the corner at the end of the hallway.

It's around the corner here at the end of the hallway.

I really enjoyed talking with you this morning because anytime I talk with anybody about truth, I always learn something. And if everybody could see that, that you're always learning from an experience. Even if it appears bad, somewhere within that experience you've been told something. And if you ever do go through a negative experience, and all of a sudden you realise what you've done and you find yourself guilty and you start crucifying yourself, well, believe me, you haven't found anything. You haven't learned anything.

Because when you honestly start to see how the mind works, you'll see innocence. And when you look back on your own and your own past, you should see it as innocence. Now, innocence, it's not judging. It's just realising that that human being is going through life their way and they're lost souls who are trying their best and they're doing exactly the same as you, the same life via mind and thought.

But their thoughts are different because that's their free will. It's like if you have a child and the child for some reason is insecure or perhaps the child wants more attention, and if you go on a negative way towards that child, all you're doing is creating more negativity, more negativity and more fear. And with it, comes all the scars that go on a child that will carry through a lifetime. You don't do that. You see the child is a little divine creature. And if there's insecurity in it, then you feel within yourself a feeling of sadness for them because you can see that they are suffering.

Now, you don't add negativity to make them suffer more. As a matter of fact, the feeling that you see when you see this way, this is what the mystics talk about when they talk about seeing. It's a deeper sense of seeing. It's a seeing that's beyond the contamination of the thought system of humanity. And when you see that way, you get the feeling of love and understanding because it's the same thing. Understanding—you understand them. The second you understand the person and you're face to face with somebody that you understand, then this is the ideal battleground to destroy what is called ego.

Because your ego either comes into the picture and condemns what it sees or wisdom comes into the picture and sees through all its own vanity. And this is where all intelligence takes place. If a husband and wife who love each other, they can't understand why they're always fighting. So fighting becomes part of their life. And quarrelling. It's just life. That's what it is and that's what exists. But it's not a true reality. It's only an illusionary reality because there's better. There's always better. You should always look for better without looking.

And do you know how you do that? Is become satisfied and grateful for what you've got. That's what I told you this morning. The second you become grateful, you're in the state of happiness. If you're happy at your work, you're in the state I'm talking about. And if you're really into your work and you're really accomplishing great things, then you're going to even be happier. It doesn't have to be an ego trip. It's just a true reality that's existing, and you are happy.

Most of us are so trained that we miss what we're living today and we live off our memories of the past. And those old thoughts are what create all psychological imbalances. It creates your insecurity. It creates all your fears. It creates phobias, anxieties. You could keep going on and on and on. And every single one is related to the past. So you've got to look for something new, something that your computer doesn't have. Something that'll bypass your thought system. And what it is, is wisdom. And wisdom is an inner intelligence that all creatures are born with.

It's a God-given intelligence. It's a conscious state beyond whatever you see now. Now, that goes for everybody in the world. See, everything is explainable. But there are some things, even though you explain them precisely, they're unhearable. So if you don't hear, you hear the explanation. But if you really hear, if you deeply hear, right in your heart you hear, then it's not an explanation; it's an answer because it came from you.

When hearing takes place, you do not hear the person that's talking. You've had an insight. You've had a sight into the unknown. And all of a sudden, it becomes known. And it's so simple because it's just the same thing. It's a thought. It comes via thought. Everything must come via thought. Everything. You know how some of the great people of the world have said, "Everything isn't what it appears"? Well, there's never been a truer statement.

And mental health is only one thought away from every human soul in the world. Mental sickness is only one thought away from every human soul in the world. And in between, like the yin and yang, in between there's an infinite amount of degrees of what you call sanity and insanity. And if you investigate into this, it'd be an endless task. But if you find your own inner wisdom and you start to realise how all this works, again, you'll find satisfaction, gratefulness. And when you find gratefulness, you've found happiness.

If you can find happiness, even just for a few seconds, you're going to find sanity because when you're happy, you're not going to be afraid. You're not going to be insecure. And I could go on with 1000 other negative feelings. You're not going to have any negative feelings because you have the feeling of happiness. Some people imagine—and they have the rights. They have their degrees of happiness. Somebody once said to me, "I can see being happy, well, maybe three days a month." But couldn't possibly conceive of being happy all the time because she thought happiness would be boring.

Well, that's impossible. That is truly an impossible task to be happy and bored, because when you're bored, you're not happy. And the only thing that's blocking it is your past memories because that's how the game of life works. It's consciousness seeking itself with a golden rule that love will always prevail. And love is understanding because it always takes understanding to understand. How else can you explain?

This whole world was given to us like a playground. It was perfect. And had we abided by the rules, it would still be perfect. If you have any questions, you may as well ask them before this ends because we don't know when we're going to get together again.

All your messages are very powerful. Very powerful. I have found that knowing all things come from thought is the most powerful for me.

It is.

What is belief?

Pardon?

Belief.

As I said yesterday, thought is a divine—like a vehicle. And your beliefs are just whatever you see in life, what you accept, what you reject, your feelings, your emotions. They're all attached to your belief system. Now, you've got to look at your belief system and see if it holds water. And if your belief system isn't holding water, then you've got to find out what is wrong with your belief system. So you go into the Freudian thing and say, "Where did these beliefs start from?" And you go back in time again to where your beliefs started, when your mother or your father or whoever told you twenty years ago this, this, and that.

So there you go, you start this investigating into the belief system. But when you delve into the belief system from the past, you're delving into the very roots where it began. And those roots are contaminated thoughts. So what you've got to do is to ignore them altogether. You see that they're contaminated roots, they're of no value, you may as well throw them away because they'll never grow anything of any value, and you say, "Well, okay. I throw away those bad roots, those bad thoughts. What's left?" People will say, "Nothing. There's a vacuum." But there isn't because as soon as you get rid of those bad thoughts, in its place, automatically, comes wisdom which is good

thoughts, good roots to start a new life. You evolve in consciousness. This is the idea.

Evolution of the little mind is great. But evolution of knowledge or wisdom is 1000 times greater. Because all knowledge comes from within. All thoughts come from within. All wisdom comes from within. And all stupidity comes from within.

Why has the evolution of wisdom lagged behind the evolution of thought?

Greed.

[unclear 16:45].

That's one of the biggest ones. No matter what questions you've asked, the answer has always been mind and thought. But remember, the mind I'm talking about isn't the little Freudian mind. That little Freudian mind, that's what I would call your ego. When I'm talking about mind, I'm talking about the source of all things, of all intelligence. You see, we don't have individual minds like what a lot of people think. We have one universal mind that we tap into. It doesn't belong to me. It doesn't belong to you. It's universal. It's there for all. It's creating life for you.

It's taking consciousness and creating a reality. I know it's really an extraordinarily difficult thing to explain how mind works because everybody's looking for a logical explanation. And there is not such a thing as a logical explanation. It can be explained, but it's not explained in a logic that you are used to. It's a different type of logic. It's a spiritual logic. And any spiritual logic trying to be explained, although it's explainable as I said yesterday, it can't be heard or seen from the little mind or your ears. It has to be realised. Truly. This is really all I can say. It's a lost [thing 18:41]. Find it. And if you find it, then your profession will take a turn and your views of life will take a turn for the better. Thank you.



*“It’s consciousness seeking itself with a golden rule
that love will always prevail.”*



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