



Find the Master Pattern of the Mind

A talk by Sydney Banks · the full transcript

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The
Hidden Cause

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Can everybody hear me? If you can't, say so because I'd rather put this up than be shouting. First of all, I'd really like to thank everybody that made this possible. Especially Linda, who put a lot of work into it. I'm really grateful. And I'm really grateful that you people came, because most of the people here are into helping others, mental health, psychology, psychiatry, and this is what it's all about.

And what we've discovered on Salt Spring Island is the true relationship to the mind, to what we call reality now. And we're unravelling the puzzle of life as we know life. We're unravelling the puzzle of the mind. We're unravelling the pattern of the mind. We're finding out what creates mental health. We're finding out how to get rid of it. But we know we can't give it away. And here's the problem: you can't give it away. Because the living soul that isn't ready won't hear, because you're not looking for something you already know from the mind. You're looking for something absolutely brand new. You're looking for something on a level of consciousness that mankind at the present moment doesn't know exists. And this is the only way that you'll ever, ever solve the problems of the universe is by raising the level of consciousness.

But there's a beautiful thing about this because it's the simplest thing in the world. All you have to do is listen. I swear. And you'll find out how to help the handicapped, the mentally sick, the lost people. Because if you hear, you hear not from me but from inside yourself. Because deep inside the superconscious state, there lies the secret to life. Everybody knows the secret to life because what life is is a cosmic thought created from nothing via what is called a mind.

The mind, like life itself, is an illusion. And what you have to do is to break the pattern of thought of the illusion that mankind now sees to another reality to a better illusion. I swear. As ridiculous as it sounds, for me to try and explain to you what your problems are or anybody else's problems are would be total insanity on my part. But if you tell what life is, if you truly tell what life is, and the hearer hears, all the psychology, all the psychiatry, all the theology, and all the philosophy to do with mankind, his behaviour, his mind, and his life total will come to you. Then you can go out and help. And this is what's been happening on Salt Spring.

By simply listening, the people have raised their own level of conscious state and are starting to heal themselves and their children by doing nothing, by simply being themselves, by simply understanding life. The psychologists who are starting to hear a little bit are having extraordinary results. The people in

hospitals that have been listening have been having extraordinary results. Because, you see, life is a cosmic thought. The mind of mankind plays this cosmic thought, this game. It's attached to what is called an ego. It has a free will. This ego separates itself from the whole. When this happens, then mankind is playing his perfect role in life. That's us.

You must break this pattern, discover what the ego does to you, see the fallacy of the ego, then you're free. And when you become free, your patients, who are mentally sick because of their ego, you will be able to direct them how to rid themselves of their egotistical, harmful methods. And all you have to do is listen. And when you hear, your level of conscious state rises, and with it comes the perfect answers you're looking for. And when you discover them, nobody will have to tell you what to say to anybody to guide them because you'll know.

You see, nobody can tell you. I swear. I swear before God nobody can tell you how to help anybody else in the world. But if you hear beyond the words, you will hear. Then you will know. And from then on, you will grow from now for eternity. Because once you start your journey inside, the secret is never to stop growing. You see, this is what mankind does with his mind. He stops growing. Everybody looks for revolutions to change the world. Well, that's ridiculous. It's a dog chasing its own tail because a revolution is just taking the mess and creating more mess. This will never fix mankind.

Evolution is what will fix mankind. And evolution is not time, like what people think it is. Evolution is when the conscious state rises. And when the conscious state rises, new knowledge comes forth, and this new knowledge is unknown to the mind until that second it is realized. And when it is realized, evolution takes place. The unknown becomes known. The lost way becomes very, very apparent via simplicity.

You see, trying what's [going to 08:55] switch it. Get the fun out of switching. Once we switch from the spiritual side of life, what the religious man would say spiritual, what the cosmic man would call cosmic humour or cosmic whatever—realities. Or what the psychologist would talk about the mind. They're all the same thing. When we talk about games people play, in this place right now we're talking beyond the mind. We're talking from another reality, something that every living soul is searching for, especially the people that go into psychology and psychiatry because in some part in their inner sense they feel the answer lies within the realm of the mind.

They know it's there somewhere because they know the way. Everybody knows the way because we're all it. We're all it, playing the game. Now, psychology and psychiatry as we know it now, it's connected to the past. Here's where the fallacy takes place. Here's where the mind was led astray because it's only a pretence that our problems are created from the past. That pretence is so great it is what we call the perfect game. But once you break through the pretence and you see there was no past, there's only now controlling you, only the fallacy of the past. Mental sicknesses vanish, extraordinarily rapidly. You see?

The second, the very second, you see a fact, it is totally impossible from then on to be mentally sick. Now on Salt Spring, we've had people who have been condemned to a life of being in hospitals, shock treatments, pills, couldn't work. And almost overnight, they're beyond the mind of modern-day psychology and psychiatry and all mental health treatment. They've found what they're looking for. They've found happiness. They've found health. Their children, some of the children who were being looked after as mentally handicapped are now A students. I swear. Psychology is the way to fixing the troubles of the universe, psychology and psychiatry. One time, it was theology. It still is, but the point is theology is lost. There is not such a thing as theology. It's gone.

You see, the second truth is spoken it is gone because it comes out in the world. It's trying to explain the inexplicable. So it comes out, and it is heard via the mind which creates a belief, a concept, an idea of what is being said. But the words, honestly, truly, don't hold the secret. Don't listen to the words; listen to the feeling. There's a feeling inside you, and if it gets touched, the feeling will manifest itself into form and bring you the necessary knowledge that you're seeking. Because you see, true knowledge is found in a state of meditation. The state of meditation is when the mind of man is not in the way with his beliefs and his concepts and his ideas. The mind of man is the perfect instrument by which it plays life.

But if that perfect instrument is jammed up with a bunch of nonsense, the mind will see nonsense. If the mind sees the sickness, the mind will play the sickness. If the mind sees the perfection of life, it will see and guide each living soul to that same perfection of life. If the mind sees negativity, that's what it lives in. It tries to get rid of it by anger which is more negativity, and it gets

sicker. Until, all of a sudden, truth arrives, somewhere, somehow, and helps people out of their way, out of their sickness.

It's very simple. And it only takes a few to start because if some of you people in mental health, and the doctors, if they hear, the results would be so devastating that eventually everybody would have to walk in and hear something. Then the level of consciousness of the universe has risen. Here's where all your pollution, all your riots, all your wars, all your mental sickness, all your stress—here's where everything will start to vanish when the level of consciousness rises. And when the level of consciousness rises, in actual fact what's happening is you've gone deeper into your subconscious to find out the true reality that lies inside this superconscious state. It's telling you the powers that you've got, and it enables you to see with positivity instead of negativity. And all you simply do is give it away.

And the second you give it away, you get it back because you're giving away a feeling. And that's what you're searching for. You're not searching for information. I swear. You think you are. You think you're searching for information. But the information's already out in the world. I hear everybody talk it all the time. I hear everybody talk perfect truth all the time, but they can't hear it. So they've got the information. They've got it here, and they've also got it inside. But the trick is how do you get from the outside to the inside? This is the missing link that mankind has been searching for since day one. That's the true missing link, not the monkey.

The true missing link is to try and find out what his relationship is to life, and here's where it's found: beyond the boundaries of the mind of mankind at the present moment until he raises his level of consciousness. Then the already known will become known, and it will heal the sick. It will show you how not to get caught up in your patients' misery, keeping you free at all times. Because when you get caught up in your patients' misery, do you know what you are? You're in misery. But if you can honestly see, and I can't tell you what seeing means until you hear it. But this is the way you get it, simply by listening to the tapes if you want. That's how you get it.

The freedom to see mental sickness as it really is and the mental sicknesses of all the humans in the whole world because everybody is mentally sick to one degree or another—everybody. But when you see how the mind really works, it frees you from that sickness. You become free to help. Not asking anybody to change anything, to go out and say to the world, "I want you to change," is

insanity. I don't want anybody to change. I couldn't care less if nobody was changed. But I know if you'll hear, you yourself will take the choice whether to change or not.

And once you see truth, it's very, very extraordinarily unusual that you're going to be silly enough to say, "Well, I've got a choice. Can I be unhappy or happy?" And especially when you know it, then you take the happiness. Because this is where more knowledge is found in positivity, never in negativity. Never. Never. Only in positivity is it found.

All I'm asking people to do is to become happy. And everybody sits and says, "Well, I don't know about that. I read this little thing..." And all of a sudden, they don't want to be happy because the mind, with its ego, plays its own game. You see, the mind is the ego. It's the image of self-importance. And if the mind created this thing called ego and it's its prize baby, it's not going to let it go. It's going to fight it.

So the mind can't possibly comprehend or get itself out of this mess that the world's in. You must raise the level of consciousness so the already known comes in. And the already known is not intelligence. There's been no intelligence. It's wisdom. Wisdom is the already known. You see, within a split second, you could find the total secret to life. You could talk about it. Never again, never again to pick up anything to study or look at. You don't have to because you're looking for one, single, solitary simple fact—something that you already know. And when you get it, you're free.

If you get a microscopic portion, microscopic portion of it, the freedom it gives you is like something you'd never believe. A microscopic part. And the more you learn, the more you realize you know nothing. And you know it's for eternity you'll know nothing because it's so nothingness, it's everlasting. It's only nothing that can be everlasting. And everything is created from this great nothingness. And the great nothingness is a cosmic space. This nothingness, this is what the religious man calls God. Because from this nothingness, all things are created.

You see, the world's a pattern. The whole world's a cosmic pattern. Within this cosmic pattern, there's little patterns. And you're one of the little patterns. And I'm one of the little patterns and so is you. And we all play a little pattern in life. But the big cosmic pattern is everything. And you start to realize that you are that. It's a fact. And that same is-ness comes in and tells you what you

want, the already known, what you are. All you're doing is—everybody in the world is searching for their own identity.

You people that help the mentally sick, the people in trouble, the people that are lost. And one way or another, you're trying to explain to them what their identity is. Don't stop what you're doing. Do whatever you're doing. Do it exactly the way you're doing it now. But if you listen and you hear and you start to find your own, all of a sudden, I swear, your work will become a joy. It will become a joy. And when it becomes a joy, you know it's right and the results will be right there.

And don't try and figure out why, because if you try and figure out why, you're lost up in that same old game again. It doesn't matter why. If I'm speaking like this and all of a sudden somebody hears, it's not a big flashy hearing thing. It's just a feeling. And this feeling is packed with knowledge. It's packed with knowledge. You see, your mind is so powerful. In one second, you find this much information. And that one little information could fill every library in the universe. That's what your mind is if you can clean it. You've got to clean it. You've got to get rid of the lostness and find the known.

The tapes are beautiful because it's on a tape. That simple. Can't say anything else. You see, the eyes and the ears are very deceiving because they're attached to the make-believe world that you've made up. They only project your world. They only project your thoughts. And if you don't want a thought to come in, you fight it. It's not free. You've got to clean it so you see beyond the scope that you're seeing now. And when you see, you never see negativity. If you see negativity, you're not seeing. You must see beauty.

And every time you raise the level of consciousness by seeing... When they talk about seeing and seeing, it's a seeing that trips you into the state of meditation where you find this absolute fact. And seeing leads to knowing. And knowing leads to being, then there is nothing. Then when you get there, you know there's nothing. And this is where you can really help. It seems very selfish to say you get yourself into a state that you don't care. You honestly don't care. Words no longer mean anything. This is where you're free to go and tell the truth because it's so simple. It's nothing. It's really nothing.

Everybody's running all over the place, looking for truth. [unclear 27:58]. India, Himalayas, all over the place. There's no place to go and get it. It's just a fallacy. And you find it by simplicity, nothing to do. No rituals, no beliefs. All

you have to do is listen. That's all. And your happiness that you've been looking for all your life will come because all the happiness you seek is inside. That's a fact. It's not a belief. It's not a concept. It's nobody else's words. It's an absolute fact. It's a separate reality.

That's what life is: it's a series of separate realities. Everybody in the world sees a different reality. That's why we all fight. That's why we all disagree. We agree on some things. "Nah, I don't believe that. I disagree with you on that point." And this is a free will and that's beautiful. And that's the mind of man where everybody's truth is true to them, absolute truth to them. But there's one insight and that superconscious state where there's only one truth. And when you connect to that one truth, it's so obvious that everybody in the universe is that one truth. And they work from that one truth.

If you break through the truth from the mind, you come to the master mind, the master truth or the original mind. And the original mind is the one that you've had since the beginning of time. Not yours personally. No way. The original mind is all things. All things are a cosmic thought. A cosmic thought is the original mind. And all you have to do is clean yourself with meditation, not sitting in a poised position, not making a ritual. But just any way you want, any time you want because it soothes the mind. It won't bring you the truth.

The truth will come when you hear true knowledge either from outside or inside somebody else because that true knowledge is a state of meditation. And when you start to get more and more knowledge, you start to live in the state of meditation more and more. And the more you start to live in the state of meditation, the faster you grow. You know when you have an insight sometimes? You have a kind of flash and you say, "Oh, wow." Tremendous idea. And you try and catch it and it's gone. That's an insight. That microscopic second you can rest assured you were in a state of meditation. You get it and the mind comes in and says, "What's that?" But it's too slow. It's missed it.

The higher and higher you go, you start to live in the state of flashes, insights, which become so nonchalant everything becomes nothing like it's just nothing anymore, like it's just a fact, a simple fact. And that's what you've got to do is start to live a simple life, a very ordinary simple life just being you. That's the most beautiful thing in the world, just to be you. And when you can truly live and be you, it will spill over into other people.

I really appreciate [unclear 32:21] if you wouldn't bother too much about time because sometimes when you really get into high talking, sometimes you need rest. It doesn't take much. We went to a place called [s/l Swanigan 32:37] once about a year ago. And it was a really beautiful place, and everybody expected a super-big workshop, whole weekend. And they were really very surprised because all we did was talk for half an hour. Then everybody went and swam and played golf and played tennis. And they had a real super-good time, and everybody got what they were looking for.

Then about a week later they're saying, "What happened?" But all we got was a feeling. And the feeling unloads itself. This beautiful, positive feeling, that's what you're searching for. You take anybody that's sick, mentally sick and mentally in distress. And if they can get a beautiful feeling, that's a resting spot for them. That's where they can lay their head back and say, "Wow. Thank God, I'm getting a rest," when they get this beautiful feeling.

But when you listen to higher conscious states, the feeling is beyond that because it's packed with the knowledge how to take it out of the sickness. It comes. It just comes. There's nothing to do. And maybe you think I'm oversimplifying it, but I'm not. I can't oversimplify it. I can't. It's only difficult until you realise it. Then you say, "Oh, wow." And it's almost like psychology's—it's got to change. It's got to head in another direction. It's got to—I don't know what's [unclear 34:52]. Very confusing. But simply by listening, it will all happen because it's happening where we are now. It's really beautiful. It's going into the hospitals. Nobody's pushing it. It's just somebody in a hospital hears.

And because they hear, once again, the level of consciousness rises. They get this beautiful feeling. The knowledge comes in. They become more positive, and it overflows. And with it comes the magical, little things that come with it such as health changing, mental stress vanishing. The secrets that we've been looking for, the connection between the mind and behavioural pattern. It's so simple. The only reason we don't see the simplicity is we've got too many damn words trying to explain it. But you can't. Impossible. So you explain it in a totally different way, so the mind can't possibly understand it.

And if the mind can't understand it actually beautiful because [unclear 36:18]. But then your mind becomes sharp. It becomes alert. It sees. It starts to be used for what it's meant to do, to become the perfect instrument to guide you and others through life. It doesn't take many. A few people like you—just incredible

what would happen. If you only knew what 150 laymen in Salt Spring Island who don't even bother talking about it are doing, it's incredible. All the families are changing. People have been under stress for years because of obesity. They've been on every diet known to man. And all of a sudden, you turn around and there they are. They're slim, trim chicks. And they say, "What did you do?" I say, "Nothing," because [unclear 37:25] this. That's where the power is. That's where the power of mankind lies, in his mind.

It becomes comical. It really becomes comical because the people that don't see can't understand what's going on. It's got to get funny. And all of a sudden, you see life is funny. And you go to work and life is funny. And you know, you'll start to learn how to avoid negativity. Avoiding negativity isn't running away. It's using sanity. Because anybody that runs into negativity to prove that they can handle it is crazy. He's crazy. You can't do it. And you get swept in it. But once you learn to see and you know how the inner pattern works, then you can walk right into it. You can walk right straight into it, and it won't touch you. It can't touch you because you don't believe it.

It's so funny, but it's serious to them. So you don't laugh too often. You just, "Sorry." That's it. But this is where the help comes when you don't get caught up in the misery. And commiserating is one of the greatest hazards to people that work in mental health that help people. And this is a beautiful thing for them because it will help them to go through life without the stress and the strain of what they're seeing out there because they're understanding. Understanding and love are the same thing. True love is understanding. Nothing else, nothing more. True understanding, that's all it is.

And sometimes people balk at us and say, "That's not love because you're not really helping that person. Go in and tell them what's wrong with them. If you know what's wrong with them, tell them." And I'm saying, "No, I'm sorry. I can't. That's not love." Then all of a sudden, the person says to you two days later, "Do you know what? Am I ever glad you didn't do that because I thought dah, dah, dah, dah." And right there he's out of it. He's out of his hole.

Would anybody like to ask any questions to change the subject?

What do you mean by understanding?

The higher the conscious state, the more you start to see life as it truly is, the more you start to what I'm calling understand: to see what is instead of what isn't. Now, that covers everything. It really covers everything. Just what is to

what isn't. And what you see of what is right now isn't. But if you can take what you see right now and truly go beyond that scope of seeing as you see now, you come to a truer understanding. You start to truly realize how the mind works. You start to realize that everybody—everybody—in the universe plays the same mental games, the same pattern, exactly the same. Absolutely no different except for the outside behavioural pattern.

And this outside behavioural pattern is what we try and fix. So we get a person with a behavioural pattern, and we've got him all figured out. He's got a free will and a free mind. He knows the game of life to perfection somewhere. So all he does is switches his pattern, and you're left with nothing. You see, what happened—he was like this today. Yesterday, he was like this. What's he going to be like tomorrow, because he keeps switching? And you can't fix anything from this outside pattern. You've got to go inside what the master pattern is of the mind. And when you find this—excuse me—you start to see that everybody's playing the same pattern, so you ignore the outside ones and you say, "I'll tell you how it works. Listen." And as they listen, all of a sudden, their outside behavioural pattern changes. The mental health, the sanity they've been searching for, the happiness, everything—this is the understanding—it just appears and they're safe. And they're not just safe temporarily. Believe me, they're safe for life.

A lot of people swear I'm not answering them. But if I answer them what they expect, they won't find any help. Because they're expecting it. Because they already know it. They're already familiar with it. But as I say, truth cannot be explained. It can only be directed to as far as the road will take them. Then they must travel after that on their own. They must click into the—all they're looking for is just saying... If you get a flash—we'll go into that insight again. But suppose somebody's talking to you and it's coming out nice and slow, and instead of going, poof, what was that? You say, "Yeah." Because it's going [sound of blowing air 44:24]. Truth is a flash. It's that insight you're looking for.

When truth is spoken, it's insights. Listen to this insight. You don't hear it? Oh. Listen to this one. But it's words. But beyond the word is the insight, the insight that will lead you to direct yourself, only yourself, to the happiness and everything else that we've been seeking since the beginning of time. When you get it, you can't hold it back because it'll be something nice. Another living soul comes up and says, "Hey, you've got something nice. What is it?" And

you'll give it to your patients. You'll give it to the people you're taking care of. You'll give it to your children.

A lot of people are amazed that we never tell children things. We never lecture to children. But their parents get it. Believe me, the children are a lot wiser than their parents. Not really intelligence wise, but wisdom wise, they're way ahead of their parents. And you take a child and the child also plays the perfect game somewhere. And if the parents are wise, the child will pick it up. All of a sudden, the child changes. Strung-up, mixed-up little kid that's going to psychologists twice a week or psychiatrist and is really strung-up and he can't do his work, can't sit still. They won't accept him in school. And all of a sudden, he just changes. And they become B students and A students. And they're becoming leaders of children because they're wise. The teachers are thanking them. They don't know what they're thanking them for.

But everybody doesn't see this because you don't want to see it. You just say, "I don't see it." I know it's ridiculous. Many, many people have changed so much. They've lost twenty years off their lives. When you hear truth, you talk about face lifts and fountain of youth. That's what true knowledge is. People losing years off their lives. You see, the higher you go up in realms of conscious state, the more you start to realize that evolution is a fallacy. The time in evolution is a fallacy. You start to realize that. But you just do whatever you want to the degree that you've found, to the degree that you've found. That's all you can do.

But it's really beautiful when you see somebody that's really, really mixed up and been crying for help for years and years and look way, way years older than they really are. All of a sudden, to see them tranquil and peaceful and understanding and lose twenty years, and their figures come back. They become youths. It's actually happening. It's not a fallacy. It's actually happening. But it's the most difficult thing in the world to give away because nobody wants truth. To take truth, they've got to change their minds. And you can't change your mind [by the stream 48:28]. Why way am I going to go?

But what they don't realize if they change their whole mind, the whole stream's theirs. Honestly, it's all theirs. You never lose anything. Can't lose. You can't forget anything. You can't forget anything. You can't really lose your ego. It's only a pretence. It'll always be there. But the wisdom you get tells you how the ego works, so you just ignore it. It comes up. And it'll catch you at a deeper

level. Then you go through another process of growing higher, then you catch it again until it's almost non-existent. It's always there.

You look for the perfect man, you'll never find him. He'll always have lots of faults because you don't lose any; you just find more. That's what you're looking for is more. No worries. You don't lose anything. You don't give anything away. Keep it all. Just find more. Then you have your choice. What am I going to do today? Because that's what we do in reality. What am I going to do today? Am I going to be in a bad mood or good mood? But we don't understand that. We go up and down like a [yo-yo 49:57]. Some people go totally out of control, then they call them schizophrenic. Schizophrenic, all it is is a level of conscious change without the person knowing it. And the level of conscious change, you're either bummed out or you're high. If you're so-called bummed out or in a low state, you're going to be angry, depressed, forlorn—the whole thing.

And if you're in a high state of consciousness, you're going to see things better. You're going to be happy, feel good. And if you get caught too much in the low ones, this is where the stress comes in. It creates heart attacks. It creates ulcers, and it creates depression. It creates divorces. It creates all the problems that we've got. So this is the idea: shake them up. [unclear 50:48] shakes up. A lot of people are going to condemn truth. They must to protect their ego. They must. Anybody, just they must.

They'll say what's good for one isn't good for another. And that's true on the mind level. Go beyond the mind level and that one truth, you speak for everybody. Once you find truth, you don't have a workshop for sexual problems for teenagers, sexual problems for married people. You don't have it for children. You don't have it for this and that and this and that and the next thing. All you do is you have the one. Because that one truth, once the level of consciousness rises and this wisdom comes, it literally covers all that. It clears up your marital problems. It clears up your sexual problems. It clears up your stress. It cleans up your children. It cleans up everything because it's another way of seeing the universe, not one subject: the universe.

It's a beautiful thing because once you click into it it's like you go on a holiday. Truly. Your work will become a holiday. The world becomes more of a holiday, like a holiday camp, because you're not getting involved with the outside at all. You're right in the middle of it maybe more than ever, helping, but not involved. Not involved. Because you've found the secret you're looking for. It's

how the mind works and the ego works, and you say, “I want nothing to do with it, thank you, today.” Maybe tomorrow you might, when all of a sudden you’re in a real bad mood again. “I wish I’d never heard of this thing.”

You take a rest. Things are getting too rosy, too nice. It’s such a mess we can’t even think niceness. Honestly, we can’t. I’m not condemning. Please, don’t even think for a second. I see comical because we can’t honestly take success. We can’t take happiness. Just take the news. If they can’t find anything disastrous in the United States, they’ll go somewhere way across the other side of the world to get a disaster to let you know there’s a disaster. And unless there’s something disastrous happens, it’s a real boring news. They haven’t found how to live with the positivity so that they can see the extraordinary interest and the beauty and the positivity.

When you really start to see it, sometimes you think, “They’re putting me on.” You actually think that the newscasters are absolutely bonkers [unclear 54:06] each other. And you think, “Are they serious?” I believe they’re serious. And all they’re doing is creating sickness all over the world by spreading negativity. Once the mind starts to see this, they’re just starting to notice it now. A lot of people are starting to notice that now. With time, it will start to die away.

And as I say, as the level of consciousness changes, all that will change. You’ll get rid of all your problems. The only problems that are created are created from the mind. If you can tell me one problem in the universe that isn’t created from the mind, I’ll eat my hat. I haven’t got one, but I’ll go and buy one. It’s a game; it’s a cosmic game. It’s a cosmic game that you’re supposed to try and find out the rules how it works. And you get a bunch of words, and you say, “Oh, I’ve got it now. I just read it here. Listen. Here it is. Listen to this. It says, ‘Dah, dah, dah, dah, dah, dah.’ Now you got that?”

And I say, “Right. Okay.”

“Now you know, right?”

“Right. Okay.”

But the next week you realize this “dah, dah, dah, dah, dah” that you just read you’ve changed your mind. And you’ve got a new bunch of words that you’re starting to believe in which makes you realize that there’s a fallacy somewhere, that a belief is something like quicksilver. It just runs through your hands. It changes from day-to-day. There’s no truth in a belief. So we’re all running

around with beliefs. And what we've got to do is go beyond the belief, find a spiritual fact. Once you find a spiritual fact, it's concrete. It cannot change. It will guide you through life.

When you get in trouble, it will get you out of trouble because it's a fact. And a fact is a spiritual realization from within that brings you your true identity and how to solve your problems, your problems. And when you learn to solve your problems, you can guide others to solve too, to clean up their problems.

Any more questions? Or we break or something? Maybe I shouldn't have said that.

My name is Ellis. And my question is in regards to relationship. How do you—would you share a little bit about relationship and how we relate to one another when we have the fact, so to speak?

And where would you find it or...

Well, assuming that we have it and which we do have the fact, the spiritual awakening that you're referring to, how does that look in relationship, one to another? You've been talking most about I believe the relationship to yourself. What is our relationship outside of ourselves when we have [unclear 57:32] in a sense shared some of the things—you have shared some of it that goes on in Salt Spring Island, but my perception is that it has to do with the relationships that come out of your relationship with yourself, then being shared with others on the island. What does that look like?

I still really don't get you. I'm sorry. Could you just...? Okay, try again.

Yeah. Sure. Well, that's how I feel about...

<End of recording>



*“But when you see how the mind really works, it frees
you from that sickness.”*



Rightsholder unknown. Transcribed by The Hidden Cause.

Sydney Banks’s words are unaltered.

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