



Get It for Yourself First

A talk by Sydney Banks · the full transcript

Sydney Banks · 27 May 1989

The
Hidden Cause

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I'm really honoured that you've asked me over here. It's always a great honour for me to talk to people from the clinic that are doing so much good for people. If there are any questions please ask them because that's what we're here for.

It's always really neat for me to hear results that are happening in clinics and it's spreading quite a bit now. All it is honestly is common sense, and my advice—watch a lot of these self awareness books, especially the ones that take you back in the past. There's no sense in going back into the past to find the present. You must remember this is what everybody's been taught and whatever you've been taught that's life. So there's no harm done. Nothing's wrong, but like everything else in life, evolution takes place. When that takes place, it jumps the boundaries of time. Now if somebody comes along to you and says to you "Hey, listen just a minute. Let's not wait twenty years. Let's do it now. Forget the twenty years. Why don't you just listen now?" And people say, "Well, I'm not ready." As soon as you say you're not ready that's what you may call a psychological barrier. It's only a thought, saying you're not ready, so you're going to wait twenty years. Guaranteed when the twenty years are up, you're still not ready until you make up your mind that you really want to hear something now that will help you as well as your patients. Because whatever you find, it's not just for your patients, believe me. You must find it for yourself first. A lot of people will say, "Well, I don't want it for myself. I want it for my patients." Well, that's impossible. That's an absolute impossibility. It's like that old saying "physician heal yourself." You've got to find it for yourself first then you can give it away. Until that day comes you can't, and all you have to do is listen. Now I'm not saying listen to me. I'm not. You can look around this world and find anyone you want to listen to that you think has truth and truth is something that lies deep within the soul of every human being on earth.

It's always been there and it's lost via time. It's the illusion of time that stops you from seeing it, and as I say you've got to jump the boundaries of time. This is why those people who say, "He or she is a genius. They're way ahead of their time." Well, that's what I'm talking about. Anybody that finds truth and truth is religion before the formation takes place. Well, truth jumps the boundaries of time, truth is wisdom and wisdom is a God-given intelligence that every human being in the world is not just born with. It goes beyond that. It is you are it. when you jump the boundaries time you go back to the original wisdom and here's where geniuses are created. This is the beautiful thing about the experience that happened at Salt Spring, its creating geniuses, its creating

people who are jumping the boundaries of time who are going way ahead of the so called natural process of life and they're evolving way, way, beyond the normal and when they do that, they can bring people through time and find them a healing agent now, instead of waiting, ten, twenty, fifty years. It's very simple. it's the simplest thing in the world. A lot of people are accusing me of over-simplifying. I can't. I honestly can't, because it's something you have right now and it fits into every facet of life. Whether it be medical, whether it be psychological, whether it be industrial, because when it comes, when it comes out it comes out as common sense, plain, ordinary, everyday common sense.

Two plus two equals four and if it doesn't it's not common sense. If I'm a Freudian and I say to you that you're all mixed up and you're unhappy and you have nervous breakdowns and you hate your mother and you hate your father. You hate almost everybody and I'm going to make you happy. And I take you back into the hell hole of the past. Then I'm bringing this unhappiness—I'm giving it life. I'm actually proving to you that it exists and I'm not stupid. I know it exists, but it only exists as a thought in your mind because remember the past was true then when it happened. But now whatever happened to you as a child it actually happened. I'm not stupid I realise that, but remember it's only a thought carried through time that keeps it alive. Take that patient back into that time zone, you're verifying it. if you make that patient realise that all it is thought, it'll vanish because all it is thought. That's what true psychology. It's taking you back to the original. Somebody once asked me "What is this? When did the true psychology begin?" It began before the beginning of time, back to time again, before time started, before life started. it always was and always will be and what it is, is the study of the mind, the soul and the spirit.

There's your trinity, the Father, the Son, and the Holy Spirit, because mind, there can only be one mind and that is what the Eastern philosophers would call the master mind and the master mind is God. The soul is consciousness, pure consciousness, some people call it Buddha consciousness. Some people call it Christ consciousness. So you've got God the mind, the mastermind, you've got soul which is pure consciousness and you've got spirit which is just the breath of life. Forget the breath of life and let's go back again to those two main things. You've got the mastermind God and you've got the soul which is pure consciousness. Take that soul. Take it away. All you're left with is God, and God is pure consciousness. They're all one. The three are illusions, just like life itself is a divine illusion, suspended within the boundaries of time as we now know it.

Don't you see how simple it is? From these three things all religions are created and they say the answer is love and it is for the simple reason, that pure love, pure aloha, is pure understanding. With pure understanding and pure love, you have no hate, you have no anger, you have just pure understanding. With that pure understanding you're not caught in the illusion of life from the past. It's the past that is the problem and the past is now an illusion. If anybody can tell me how the past is realm, I'll take all back what I've said.

It no longer is real. All sickness of the mind is carried through time via thought. The secret of all psychology is manifested by a thought. You see the world is a divine thought. Now a divine thought has nothing to do with you. You're just part of it because that's what God is. God created reality from what is pure divine thought. When this reality came into being, we as human beings have what you call a free will and free mind. With this free will and this free mind, you do as you wish, you see as you wish, you think as you wish, and you act as you wish and that's the problem. It's attached to what you call an ego, and an ego is an image of self-importance, and what do we do as psychologists and therapists? We boost it up. We actually create sickness instead of taking it away. We boost up the persons ego. That's the whole Freudian idea. We go in reverse. Do you know how all the biblical and all the wise people in the world have always talked about light? You've got to see the light. Well, to see the light you've got to reverse otherwise you only see the shadow and the shadow is life itself. You've got to turn around and face the light. And to do that, you've got to stop looking outside. You've got to look inside. You've got to look within. That's what Christ says: look within.

All the wise from the beginning of time have said look within and people don't honestly realise that literally they mean you've got to look inside yourself for the answer, because literally you are God in disguise. You're an illusion. You're a divine illusion. If you memorise the words of the wise from the past, it won't do you any good. As a matter fact it's a trap, because once you memorise what they're saying, you've trapped yourself because what they're saying, is not what they mean because its unexplainable. That's why I say to people almost every time I talk, "Don't listen to what I'm saying." Well, that's a weird thing to say. It's what I'm trying to say and people will say, "Well, why don't you just say it then?" But I can't because it can't be expressed in words. The second truth comes out via the word. It's no longer truth; it's an echo of the truth because what you're looking for is a spiritual insight. What the words are,

are only a guide, and if the guide is taking you outside, you're looking in the wrong direction. If the guide is taking you inside, listen. But don't listen to the words and there'll be somebody that a little voice inside you will say, "Aha! Got it." That's what you listen to. You don't listen to me. You don't listen to anybody. You listen to yourself. Only you have the answer, and when the answer comes from you, the answer that comes from me will be exactly the same, you won't say there is a little difference. There is no difference. So there's only one answer. There's only one God.

Any other idea of God is wrong because what God means is total, total in all ways. God is total and any other God made up. [unclear 13:15] in the Hawaiian language and the Hawaiian religion that's just a demi-god taking you away from it. There's only one God because God means literally everything. That's why if anybody ever finds the answer they're truly looking for they realise that they are god in disguise. See, God I am, but I am not God, if you could understand that, you'd know what it meant. No one person can be God. See, the world as we know it now has been manifested into a form. To find the secret of the form you have to go within and find the secret of formlessness and formlessness is before the creation of form.

This formlessness, the Eastern philosophers and a lot of the religions talk about the great nothingness. That's the same thing. Can you see that? I just get a feeling for it. It's a feeling. You'll never understand. You'll only ever just get a feeling. If you get that positive feeling when you go away that positive feeling is a guide. If you get a bad feeling and you leave cursing and swearing, you've got it. You've had it. You haven't seen anything, but if you go away with a nice feeling, that's what you're looking for. You must get that nice feeling yourself, otherwise you're going to see wrong. If you see it wrong your seeing the contaminated mess and you're caught up in it. If I was you, never, never, never be afraid to approach somebody that honestly knows because a lot of people say, "Well, I'm really scared to approach him or her because they'll see right through me." I used to think like that, but that's nonsense. It's the very opposite because that person in that knowing state is so full of love and so full of understanding that's the safest place to be.

When you should be afraid is you get to those hostile type therapists who are going to go after you. That's where the danger lies. When I first realised what I realised that was the first clue I had that it was thought. I had an insight into the marvellous, unbelievable power of thought.

Female: What is a miracle? (Best guess)

Sydney: A miracle is just the right use of mind. Remember I said mind is God. There's only one mind. That's the mastermind and that's God. Please honestly if there're any questions, please ask them. It doesn't matter what it is because they all lead back to the same thing and that's a clue for you. One of the greatest things I can tell you again when you talk to a patient, talk to the patient as if they have nothing wrong with them and maybe they'll hear what you're saying, and when the you walk away they'll have nothing wrong with them. Talk to them as if they're sick and they'll walk away sick.

At the same time you realise that they're going through the Hell and they are sick, but the sickness is an illusion created from thought from the past. The past is an illusion, jump the boundaries of time, go in the now, and here's where you can help them to find the sanity they're looking for. Love will always be the answer. I really mean that. Love and true understanding go hand in hand, and you don't have to understand mentally if you have love in your heart; you just understand.

It's a matter of wisdom versus intellect. Wisdom is a God-given thing. Intellect is a man given thing. If you find wisdom, you get the intellect. Find intellect, it's not necessarily that you're going to get wisdom, but wisdom covers both. That's where you come from inside and look outwardly. Again you jump the boundaries of time. The true now isn't now, here and now. Otherwise, you know the old cliché. I've had people say, "Well, you've no other choice but to live in the now because we're here right now." That's not the now the wise speak of. The now the wise speak of time is before the beginning of time. If you go before the beginning of time, you don't go back. You just realise that back is an illusion and you find now. that make sense does it? It's not supposed to make sense.

If you walk out of here right now, and you say, "I've heard all that before. I know what he's talking about," you haven't got it. To find it, all you have to do is to realise the secret of thought. Once you realise the secret of thought, you're home. You're free. All your problems are manifested by a thought, and I know everybody in this room right now could get up and prove to me that isn't so intellectually. But I'm not interested in intellectually, because I could prove to you that all my problems are not thoughts either, but that would be part of the illusion. You've got to break the boundaries of the illusion and realise everything is created literally from the divine thought, and when that

divine thought is manifested into form it is called life. Life is a geared and run by intellectual thought. Intellectual thought creates the downfall of humanity. Again it's the ego. One of the main secrets is just to live life and enjoy it and that's one of the most difficult things in the world until you realise the simplicity of it. Just live it. Don't talk it. I never talk about it. I just live it. The only time I talk about it is when I get together with people that want to hear it.

Male: When you say the secret of thought, what do you mean by that?

Sydney: Well, like I've been talking about all day that life is a divine thought and we all work and manifest our lives by our thoughts and its all the secret of thought. If you can honestly say that, if you can see that all mental sickness derives from thought, all ideas are thoughts, all concepts are thoughts, anger derives from thought, love derives from thought. Everything is thought. The whole world is a thought concept. If you can realise the secret is thought, then you'll realise the secret to mental health. You'll realise the simplicity of having a beautiful marriage is all created from thought a bad marriage is created from thought. A happier life is created from thought, a sad life is created from thought. That's why I keep talking about thought, because I know that's how I found it was via thought. all psychology, the secret of psychology, derives from thought. It works in a marvellous way because once you start to even gradually realise this, your life changes. A lot of your problems start to dissipate and people come up to you and say, "You used to have the same problem as me. What did you do to get rid of it?" You'll say it was all thought and they'll say, "No, no. Mine is real." Of course it's real in this reality, but in a greater reality it derives from thought.

Male: What is a thought?

Sydney: Thought is a spiritual thing, it's just a spiritual power, but on its own thought has really no power. Thought in itself is completely neutral. It is not until you put your ideas into that thought that that thought trait gets its power and whatever you put into that thought, whether it be negative or positive it will manifest itself as a fact.

Male: It seems like it's a process where the formless comes into the form.

Sydney: That's right. That's all it is. It comes into form when you put your ideas into it and your ideas start going into that thought the moment you're born. It's a spiritual conveyor. That's all it is. That's what thought is; it's a spiritual conveyor. There's nothing in this world stronger than thought. If you

can convince your patients of that, that patient's thoughts change. That's why they come to you. You're a doctor and they come to you to try and change their thoughts. If you can change their thoughts, you change their reality. To change their thoughts you can't explain where they're right and wrong. You have to explain the secret of thought. Once they realise the power of thought, then that mental sickness, that mental anxiety, and all their hang-ups and all their problems will start to vanish. Simplicity.

Gratefulness is an extremely powerful thing, being grateful in life. If you're not grateful in life or to life, then you have the feeling of ungrateful, and if you're ungrateful you'll never be happy, never, because no matter what you're given or what you've got or what you ever will receive, without that feeling of gratefulness, you'll have nothing. If somebody comes along and says, "Here's a million dollars," and you get that million dollars, you're going to feel really happy for a short while. But because you're an ungrateful person, the feeling of ungratefulness will come and the million dollars won't mean a thing. It will just mean that you're an unhappy millionaire.

Remember I said at the beginning of this talk everything comes via feeling? A feeling comes via thought. It's all connected. You can't get away from it. Again the secret lies in thought.

Male: Do you think thoughts—I'm just trying to think about the relationship between intentions and thoughts. A lot of people don't think that their thoughts are some intention that they've had. It seems to me like there's almost always got to be some intent in the thought.

Sydney: Well, intent comes from a thought. Everything is thought. No matter what you mention it will be connected to thought. If you talk to me all day, it will all be connected to thought. Poor people are happier than a lot of people that have a lot of wealth. Now that doesn't mean to say that you can't have wealth and be happy. Don't get me wrong there. If somebody came along and gave me a million dollars, believe me that would make me happy. I'd be quite content and quite grateful.

Male: What's the difference between a thought and a feeling?

Sydney: A thought as I say is neutral; a feeling is a reaction. It's a positive reaction from thought. It's a feeling. You have a bad feeling, but it's still a reaction from thought. If you can get a good reaction from thought, a good feeling. Remember I said to you, you walk out the door today with a good

feeling, as Sam said it's a good reaction then you're a way ahead. Whereas if you were a strict Freudian, I guarantee you'd walk out that door with a bad thought. The whole world is a reaction to thought, the entire world. Whatever is in the world today, whatever conditions is in the world today, is a reaction from thought. I'm just trying to prove to you that everything is fact, and that's the most incredible thing in the world that can happen to anybody is to realise the power of thought.

Do you know the old therapies where you're upfront, you know speak your mind and tell your friend or your spouse or whoever your true feelings? Your true feelings are contaminated. So you go off and you say, "I don't like you because," and off you go. That creates a reaction to thought. That creates mental sickness, and that's still going on. But there's nothing wrong in doing it honestly. It's all done in innocence, and as sure as fate, a therapist is not going to do that if he honestly or she honestly knew it was going to do a lot of harm.

Male: They all mean well.

Sydney: They all mean well. They all have a good intentions. That's right, and if you can see that.

Male: Chris isn't so sure about that.

Sydney: You know what they say about good intentions?

Male: [Bank on their intentions 32:23].

Female: Yeah, [32:25] intentions. Yeah.

Sydney: They say the road to hell was paved with good intentions. You've already got what you're looking for. The only thing is those little hurdles, those thoughts stop you from seeing it, When you discover it you say, "By the grace of God, I've found it." Because it's the god power within that has the power to take your ego and push it aside and there you are. You'll see what they call the light. Literally, you've seen what you already had before the contamination of thought and there you are.

Male: Is that why they say the modern-day version of [unclear 33:35] a little light bulb going on?

Sydney: When that light bulb goes on. Same thing. Again, I thank you.

Well, hi folks. Here I am again. Here's another 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. I thought this would be kind of nice for you.

You know, for twenty years now, I've tried to give out the psychological knowledge that I've found. After the weekend in Vancouver, I realised my mission was accomplished and now I'd like to try and help in a deeper way the people that made this possible. To do this I have to tell you to go beyond psychology as it's known today. Go to the special side of life. When I say that, what I mean is look within your own soul, look within the very depth of your own consciousness and this where you'll find the answer. When you find it, you'll find innocence, love, and gratefulness, and that's what you're looking. You're looking for love for each other; you're looking for a new life without the old, old haunting you. 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. What you're looking for is 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 called consciousness. You're trying to enhance your consciousness, your ability to see life better, and this done via what is called thought. Now I'm not talking about your thought, my thought, or their thought. I'm talking about a universal power called thought. This universal power called thought is a catalyst from which 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.

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. 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. 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 where it's at. 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. 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 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 seem with an understanding that what you went through all happened in innocence. That's where the true bonding takes place.

That's where the bonding of the mind, soul, and consciousness, they get together and the power of the three of them together change the existence that you live in. It's really very simple because all it is, is the wisdom that lies within yourself. It's been there since the beginning of time. The only thing is because we see life and have experiences in life we forget that. But if you can find somebody, whatever you think, look throughout this world find somebody that will wake you up and that's what you have to do is try and have an awakening, an awakening that you've known all your life, only thing you've forgot. Once you have that awakening all your past and trials and tribulations fall by the wayside, and here you will find that true love that you're looking for.

I know the two of you are beautiful people and I know the two of you try your best to help people throughout this world in many, many ways, but the greatest help you can give anybody in this world is to give it to yourself. Find it for yourself first. Then when you find this healthy outlook on life, this love you're looking for, then you really know what you're talking about, and all you have to do is be yourself and everything else will fall in place. You know to have something in this world very special in this world to share with a partner is the most wonderful gift in the world. Once you find this gift of sharing with a partner, your life changes because you don't ask why or how did this happen. It's just something that's happened. It's something between the two of you that is so important there is nothing in this world more important than having this love together. I'm going to keep saying that because it really is. You know you've got this is when each one of you say to each other, "I'm lucky, I'm glad, I'm grateful for finding a partner like you." When you can both honestly say this, you know you're together.

Once you find true love, there's no turning back. But one of the most important things and I'm going to say it again is the feeling of gratefulness. It's a feeling. You're looking for a feeling. You're not looking for particulars. You're not looking for any answer that Dr. [Bill 42:17] can give you or whoever,

you're looking for a feeling. A feeling is deep within your soul because that where it comes from. It doesn't come from outside; it comes from inside you. You know how the religious people would say, "Look within for the answer"? Well, that's what I'm talking about, look within, look before your mind or your thoughts were destroyed through social activities. We go from birth and we socialise and we pick up all these bad habits, but if you can go before this all happened, then you will find an answer that is a thousand times more beneficial than anything that you can find outside. The answer is not outside. The answer is inside. I'm going to say it again. The answer lies within your own consciousness. It lies deep before the contamination of thought and that's all I'm trying to tell people: how to clear thought.

The wise from the beginning of time, no matter if you call them religious or mystical, they always spoke the same thing. They told you to look within your own consciousness for the answer and that's all I've been saying to you for many, many years. Look within for the answer. Here you will find the true love you are looking for, and once you find this you have no other choice but to love your partner and the world to a far, far greater extent.

Sometimes I get up in the morning and I'm so filled with the feeling of humanity that's very, very powerful, and I never had this in my life before. When I can give this away to somebody else and they pick and they can't help it. Once you pick it up, you'll give it to your children, you'll give it to your spouse, you'll give it to your friends, because you'll be you. Always just be you. Never try and be anybody else. Never quote anybody else. Just be yourself, and if you can be yourself, believe me you'll find the happiness and the contentment you've been looking for all your life.

You know life is very, very short and the more love that you can find in this world the better. When you find someone who loves you, you're a very, very lucky person. And if you do find such a person, treat them with love and respect and they in turn will treat you the same way. This is what creates this incredible bond, maybe once in a lifetime bond. If you ever find that, don't throw it away. Take the opportunity to get something out of life that's so precious and that is the love from another human being. I know that you people have this and all you have to do is settle down and look and see that you have it and be together the rest of your life and I guarantee it will be a happy one.

Well, folks, this is a short tape, but I thought I'd send it out. Again, thank you for everything you've ever done for me and other human beings. Thank you.



“You’ve got the mastermind God and you’ve got the soul which is pure consciousness.”



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