



Give Up the Search

A talk by Sydney Banks · the full transcript

Sydney Banks · Victoria · 1975

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recording.

The
Hidden Cause

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I really don't know how to start tonight because there's nothing really new to say. Everything that's had to be said has been said a million times. About 2,000 years ago, the word was being passed through someone called Jesus. In your lefty, blind to see, deaf to hear, and you left a message. The message was that Christ was in every one of us, and every one of us was Christ. And whatever he saw, you could see. Whatever he could feel, you could feel. And the message was so strong that people left their works, and he taught them life. He didn't teach them religion, because we know religion.

He simply taught them the facts of life. He told them how life, the deep secrets of life, the one inside us all. Where the source of all things come from. He was teaching them how to get back there. So he was telling them the daily lives, where they were going wrong and how to fix it. And it's called the awareness of yourself. But because Jesus was so deep and beyond mind, he came out in parables. Nobody could understand them. But even although they couldn't understand, the ones that were listening were being healed, and they were becoming happier and happier. Somewhere along the line, we've missed the message.

We've split up into religions. We have the Buddhist religion, we have the Sikhs, Catholics, Protestants, Jews. Instead of all realizing that it's just one religion, it's the one that's inside of us all, and it's called God. And God is the energy of all things. He is the past, the present. In the future. And all this inner knowledge is inside of us all. But to search for it, we have a mind. And the mind baffles us because it's playing its rightful part. It's playing the game of life.

We have a mind attached to an ego, an image of self-importance. So we go through life as an image of self-importance, when in fact, all we are doing is a conscious state playing the game of life. It is thought. Totally everything is thought. Thought comes at various levels, various levels of understanding thought, until thought gets so deep there is only the one thought left. And even that vanishes. There's a sort of life. At that moment, there is a spiritual death because you have truly, truly realized.

That all things, nothing excluded, all things are truly one. This is a beautiful state. To help guide people back to there is the most beautiful thing in the world for me to do. It is my love, because when I see people stand their head there and I see their health changing, their sickness is going, I get love, because everything is love. It truly is. There is nothing that isn't love. The only thing

that stops us from seeing this is our minds and our thoughts. What we have to do is investigate into ourselves, find out who we are, not on a mind level, beyond mind, where the secrets, the inner games go on and you have no idea what's going on, because we are all ignorant.

We really are. We are all ignorant of ourselves, and it's such beauty. Ignorance unfolds itself because the second it starts to unfold, only love can take its place. It is impossible to enter into the heights of higher conscious state with anger. The law of God, the law of life, would never allow it because it's a negative act. My advice to anyone who is certain for themselves, if there is hostility in a workshop, walk away. If they dwell on the past, walk away. Because what you were in the past, or what was done to you, should have no bearing on you whatsoever if you could truly see.

Nanaimo, Vancouver, Salt Spring, Mayne Island. I've all started listening to tapes, getting together and talking. And the results are devastating. People were ready for a divorce overnight. Of finding true love, finding out the simplicity, the simplicity of life. The sickness has been going away. They don't know why, but it doesn't matter. You'll find out later on. When you shred ignorance away and you throw it away, you don't need your sickness. Most of our sicknesses are put there by thought to play our negative game in life and keep us in the state where we want to be.

This is why the doctors can't cure you. The doctors are getting more and more medicine, more and more staff, and they can't keep up with it. Because most of the sickness is not clinical, it's psychological. You'd be amazed, truly, truly amazed, that the psychological illness is that, you see. It's very simple. Start listening to truth and your life will change. You have no other choice. If you listen to truth and you hear it, you will change towards beauty, love and understanding. It sounds so simple, nobody believes it.

They taught it two thousand years ago. It was too simple then, too, and nobody believed it. They've been telling us all through time, the sages, the wise men. Nobody believes the simplicity of it. And it really is simple. Because, truly, truly, all life comes from within you by a conscious state. And that conscious state is God, and you are that conscious state. You're a minute part of the whole, but because you cannot separate the whole, then you are. We all are. And all you have to do is keep listening to truth.

And when you're ready, you'll hear it. Then you'll find out happiness. And the more you hear, the higher your level of conscious state will go. Therefore, life will change. Never try and change life. You'll never make it. They've been trying from the beginning of Change life. They've had wars, they've had famines, uprisings, hostility, hostility, and they've never made it. Nobody can change life. You change you, and life will change. Because what you see is what you are. If you can understand life, you'll see beauty. You'll see the perfection of the total thing called life and the simplicity.

We search for it in many, many ways, millions of different ways, different paths, and they all eventually lead to the right place. But eventually is a long time. And if you suffer now, when I say suffer, I mean just not too pleased with life, then investigate into yourself. Find this in yourself. No matter how crazy it would sound, when it's spoken from truth, listen to them. Doesn't matter if you understand them, because I'll tell you something, and I'll tell you something for sure. If you ever find Need a guide or a teacher that makes sense, watch them.

Because truth doesn't make sense. Truth is not meant to make sense. Truth is meant to be heard, and the hearing clarifies it and makes it sense. But when you start to talk and tell somebody else what you just found out, then it goes back to nonsense again until somebody else hears it. And this is what we call levels of consciousness. When you find out a little secret of this level of consciousness, then there is simply to guide somebody back. That's if they're brave enough to listen.

You see, in this world we're just a lesser, better little lesser things. And God is the creator. And if we can start giving up our ego bit by bit, all at once, the more we give up our ego, the more we're surrendering to inside. It's the ego that really causes the trouble. Find out what your ego trips are. Drop them. Just drop them. You'll never get happiness from an ego trip. Why am I really jumping up and down here tonight? There must be lots of questions by now.

Oh no. That's beautiful. You're supposed to be happy with your work. Really. It's a beautiful thing to love doing what you're doing. Oh no, that's beautiful. It's very important. Work is really important. That's the thing. Well, that's just your other games of the week. Why should I tell you this now? All I do is get caught up in your game. Like, just, you just have to believe me, please. As we talk higher, beyond those games you're talking about, and if you hear something, those games will go.

Just drop them without ego. Just drop them. When you drop them, there won't be any ego. Because if you've got ego attached to your dropping, you're not dropping anything. You're still caught up in it. You'll know. Guaranteed, you'll know. They're both the same thing. If you're trying to tell, you'll never make it. You've got to give up trying completely. The Bible says, Seek and ye shall find. Also, if you go on the end of that too, it's beautiful to seek. This is what we're all doing tonight, eh?

We're trying to find ourselves. But someone along the line, I'd say, quit searching. Give it up. Give up your search. And even for an instance that there's a meditative state goes on as we're talking, a high awareness. If you're into that meditative state, at that second, whatever we're talking about, that's the level you're going to be on. Keep any flash in there. It's just very simple. It's like the people have been listening for two or three months, eh? They don't know what's happened. I don't know what's happened.

Nobody cares. They just know they're a lot happier. They're trying to figure it out, and I keep saying, Don't figure it out. You'll find out more. Because once you start on your journey, you've got to give up the search. And this is what's wrong with most people. Most people want it so bad, they won't stop, look in the mirror, and see they've already got it. So the sats. In the section, meditation doesn't work. They try yoga, doesn't work. They try to stop, doesn't work. And they keep going on and on and on in the sats.

And the only time, only time, fully aware somewhere, the truth popping them in the face every day in life. And even when someone comes up talking truth, they won't hear it because already they're enjoying the sats. And the enjoyment of the sats is more for them right now than what they would get from finding truth, that inner belief. But you could watch. See, because, so you've got two lives. We've got a conscious state, and we know what's going on here. Like I see all you people, I see you do this and I see you do that, and I can talk to you people.

That's on my conscious state, and I know what I'm thinking. But believe me, there's an inner game going on, one that you're completely unaware of. It's the control from the past. And this control from the past makes you jump like a puppet any time it wants. Any time it wants. We say, Gee, I feel bad today. I today, I feel rotten. You know what's wrong with you? I don't know, I just feel rotten. Why do you feel rotten? There must be something wrong. You don't know why you feel rotten.

You just do. So what you've got to do is try and find out what keeps you in these negative places. And the only way you can find out is right here and now. Because here and now is the only time truth can ever be had. You can go back into your Bibles. Jesus was probably one of the most perfect beings ever to walk the earth. But you know what he did? We started to praise the man and मिस्टर Spirit. So back in the past was they called Jesus a carpenter.

So we're all back in the past with a religion, searching for truth from the past. What they don't realize, it's here right now. It's always been here right now. But the churches, no matter which one it is, whether it be the Catholic, the Jewish, no matter which one, anyone, they're always years behind. But they didn't listen to the carpenter. The carpenter was telling you, it's inside us right now. That is Christ. It's a conscious state. It's a love, a divine love, which is so pure. It is the creation of all things.

And that's what we are. We've got to workshops to find out how bad we are. That's forgetting. You should go to places to find out how good you are, because it isn't until you find out how good you are will you realize how good the world is. It is all one thing. The other night in our house, we were working on Linda's second book, and there was about twenty-eight people in the house at the time, and it was a really beautiful, beautiful night, much hilarity, really so.

Linda's growth in the book from the beginning, like she wrote a book called Island of Knowledge, and what it was was an encounter with me from the first day she met me. Until now. And I'd really advise, if you want to read a nice book, you should read it. Because every page of that book has the secret you're looking for. Every single page. I think my wife and I were talking the other night, looking back when we first met Bill and Linda. This is the author of the book, how they've changed, how they've come to life, how they've found life. It was all so simple, because you don't have to go any place to find it.

It's inside. Just go back inside and find that truth. And that truth is called God. And all it is is energy, the energy of all things. We've put a name on it. We call it God. So we see God sometimes as a person. There's no such thing. God is just a name. It really doesn't mean anything. It's just a name to describe something to our minds. And it describes the energy of all things.

Tis you. Each one of us creates our own thought. We create our own thought of life. Find out yourself. Bit by bit, or all at once, it's your choice, and you'll

find this happiness. It's very simple. Lots here, but very, very few really, really listen and hear. Any questions? Yeah? Simplest way I could possibly tell you is just get together and talk truth. Read Linda's book, and I'm sending Lally tapes. And every so often my wife and I will come over, and you'll find truth faster than you've ever realized before in your life.

That's my honest opinion. To go into play games, you see, when you go to a workshop, you start playing games with a psychologist or the psychiatrist then, because you say, Do you know what I do? I do this, and it really upsets me, and he starts playing your game back and telling you why you're doing it and all that. It really doesn't matter why you do it, eh. Just the fact that you do it. Catch it. Watch it. Observe it. Don't analyze it. Just observe it. See what happens.

You might be surprised. Because when you start observing without analyzing and judging, you'll fall into a nicer space. Because it's only your analyzing and your judging that gets you into trouble, and it's connected with your ego. The ego is the dynamite. Really. The less unimportant you can become, the better it is for you. It's not a pious act, you know, not a goody-good act. Truly, for you, you're the one that will benefit by throwing away your ego. People say, Well, you need your ego. You really don't. Ego is a pretense of life.

It's a game of life. And the more you [] up in the ego, the more hellish state you live in. Simple. Because you're always proving yourself. So therefore you're always jealous, angry, you always desire everything. We play games, eh? Because if I play games, I'll be holding you back. Even though it doesn't make sense to you right now, believe me, you still might benefit. It's hard to explain. When people first came to Salt Spring, they asked questions like you. Then they started to argue. And I'd say to them, Just listen.

You don't have to do anything. Just listen, and it'll all happen. And they'd all say, I want it to happen now. Like, tell me now. I said, Just believe me, it'll happen. And it would happen. And it would happen more than you ever believed, because normally, with a change in the levels of consciousness and living in beautiful, happy homes and understanding each other better, all the sickness is left. So all I can say to you now is, believe me. My strongest advice is to gain contact with Lari and just listen to the tapes and read Linda's book and talk. I can't think of a better way to give love.

I'm saying now, it is love. It really is. But you've got to watch for trips in life, searching for happiness. You've got to give up the search to find it, because while you're searching, you're saying, I haven't got it. And give up the search just for a split second, just for a split second, and see truth. Bang. See, one energy of truth, then your life will change to beauty. That's all I can say, really. Sad? Sure. I mean tell it to all my feelings, like everybody else.

Nobody's perfect, are you? No, not really. Well, you're entitled to go down, so. But you know you're going down, and this is the best. This is the beauty of higher awareness, that the people that have been listening that are stepping into this higher awareness, they're finding out now that they... It makes life so easy. It's so simple, because you see what you're doing, even your anger. It's like you have an observer. You know when you, when you, if you feel anger, you know your level of consciousness has changed.

So you say, Oops, there it is. What's it going to do? It's the answer to your question. Soon you feel ego, something's wrong. You don't blame yourself. You say, Oops, does that level of consciousness again. Must be low because I feel pretty rotten, crummy. You don't blame you. You blame the level of consciousness. See it as a different level. See it as a program, a stage program. Then you say, Okay, I must, you must take the responsibility of being on that level. You say, I'm on that level.

Okay, I take that responsibility. Let's see what it does to me. Just let's honestly see what it does to me without analyzing and judging what I see. Otherwise I'm trapped in my own game. So you get your level of consciousness, and you come out, and you know you're in a real rotten mood, and you say, Wow, I don't like the way you're dressed today, and you start getting angry about how your partner's dressed, but it's not anything to do with the partner's dress. It's that level of consciousness.

So observe it, and through time it starts to get funny, because you're starting to blame life for you being down. And it gets so hilariously funny, you can't do it. You can't possibly walk in and say, You ought to blame for me being, me feeling miserable. It's all your fault. It's only his. I can always say to him, It's your fault if I don't know my part in life. But if I know my part in life, and I know that everything I see from here is what is here, then I have no danger of talking to anybody.

Because when you think like this, no matter who you're talking to, you talk to yourself. That's why there's perfect communication between both parties. Because your non-existent existence, the true existence, is your conscious state. So if you go in a room and there's a hundred people, the simplest thing in the world to do is to get to know everybody, is simply become all levels of consciousness. And the way this is done... It's called the highest, because the highest covers all the lowest. It covers everything. This is why the higher the consciousness you go, the more you know about life.

I mean true life, true reality, not the illusion. The true reality called life. It's simplicity. You don't have to hear it on. People say, Well, you hear on a big bang. No. Just listen. It'll happen. It'll happen. The world right now, obviously is in an awful mess. And I think there'll be quite a few enlightened men will have to appear to get us out of it. Because if you start talking truth, and it lets go, and that truth starts spreading, the people— With no hope, we'll start catching it.

And it'll grow with it, and it'll spread around the world. And even if the level of conscious state of the world moved one percent, it'd be devastating. It'd be absolutely devastating. In Christ. An ego game? Sorry, I... ego game. Oh, I think I get you. Well, meditation first depends on what you call meditation. True meditation is a tranquil mind with absolutely no thought from mind. It's the mind that sees with clarity, even if it was for a split second. Some people call it realization or a flash or insight.

That second, that is a meditative state. If you read the [unclear] book, and I talk about no thought, just make clear this up. That's what I'm talking about. No thought is a state of meditation. It is no thought from the conscious side of life controlling you now. So therefore, you see everything brand new every second of your life. This is a state of no thought. Now, as you start searching for yourself and you start hearing truth, you start to go into the state of no thought, bit by bit, and it gets more and more.

So meditation is—see, meditation, to sit in the poised position of meditation is a beautiful thing. Please don't get me wrong here. I've been picked on it so many times. Wrong. Meditation is a beautiful thing. It's a beautiful thing for your mind. It's a beautiful thing for your body. It's in lieu of taking a tranquilizing pill. But the state you get from it, don't make it last two hours or who knows. But the mind searching for itself cannot find itself. This is the game of life. If you sit thinking about life, you'll never make it.

The mind that searches for itself belongs to a form, and we're all forms playing the game of life. This is what we're supposed to be. Really, we're not supposed to know what the game of life is. This is what we call the game of life. And what we're supposed to do is try and find our way back. To try and find our way back, we've been double-crossed. We got smart. We said, I want a free will and a free mind. And the Lord said, Granted. Granted. You're just being sucked in to the game of life.

Because you think you're so damn smart, you're going to run life your way, and you're going to find your way back, and you can do it because you're the mind. What mind? There really isn't a mind. There really isn't. There's only one mind, and that's the universal mind, the mind of God. And all we are are like double agents playing a game of life. We don't know who we are, whether higher and whether lower, and we never get together because we're separated ourselves with an ego.

That's all. All you have to do is hear once. People get frustrated at me and say, Oh, that's okay for you. Just hear once. But it's true. There's nothing else I can do to change it. I could sit here and lie and tell you how difficult it was. And I could tell you to go and sit and meditate in that corner for twelve hours, and I'll come back every so often and bang you over the head with a stick. But I'd be lying. We depend on those things for finding ourselves.

You don't have to. You really don't have to. Just listen to truth. If you pick up the Bible and you read the words of Jesus, never mind what anybody else said. Just read the words of Jesus. Never mind the pros and cons, who Mary was, or who الآخر, or who did who what, because it's all intellectual stuff to keep you off the scent of truth. Been man-made. You have no idea what people hear me say. I'm flabbergasted sometimes. This is what happened back in the Bible days.

They didn't listen. They really didn't listen. They missed the picture. There's been beautiful men all the way through time, time and time again, to come and tell us the truth, and nobody listens. And the biggest offenders of all is the churches. Because of my friend the ego, they can't let go that they don't know. We're better than you are. Could be no more than you. We have proof. Here, look at this. It's some human being that's written down many years ago, of all mystic. Of all mystic.

We're trying to bring it back. The only way you can bring it back is talking truth. We go in Zen. We go to Zen to try and find truth, Zen Buddhism. Just talking truth. But we make things a little bit more difficult for ourselves because it's another culture. It's another way of life. And once again, it's in the past. True Zen. True Zen is what's spoken now in this day and age. And don't ever, ever look for a holy man to appear. You'll never find him. You'll never find him.

You'll never see him. But he'll always be with you, because you yourself really are that holy man. We all are. We all truly are holy, holy, divine people, divine conscious states. All there's no end. There's no end to knowledge. A satori state is just being. Out of there, you get one greenie sign. That is the toy of state. It's just, see. See, the toy of state is just the realization that you are God. Everything is God. Everything is energy. It's an illusion. Then you cut out.

You always have this knowledge because you are that knowledge. You've died spiritually. You know what death is. How to gain wealth. Anything you want, anytime you want. Because it's a conscious state. You're feeling of love and happiness, contentment. That's all. The world will change around about you. You stop the competition with the world. You get off. Get off. And you see homes, and highs here, there. Look at this level of consciousness. But that's just what we've got to do. We've got to get into higher states of consciousness.

And the only way you can do that is by investigating into yourself, beyond mind. It is so simple, nobody believes it. It's hard to try.



*“The only thing that stops us from seeing this is our
minds and our thoughts.”*



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