



How Can the Mind Understand the Unbelievable?

A talk by Sydney Banks · the full transcript

Sydney Banks · Four Seasons · July 1980

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The
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To find out what the power of the mind is, you've got to find out what mind is. Until that day happens, you find nothing but a belief system. So you've got to find out what mind is. In essence, what mind is, it's a spiritual source. And from the spiritual source, literally, all life is formed via what they call your mind. And your mind is what the Eastern mystics would call the little mind. It's an ego mind. It's a mind that has an image of self-importance, and whatever you see, whatever you hear, whatever you feel, whatever you believe, must come via this little so-called mind.

But if you can listen, and you can get a particle of the puzzle that tells you what mind is, what it does, it takes you into another reality. It makes you see life in a deeper, broader way, a way where there's no judgment and analyzing. Because the more you judge and analyze, the more you hurt yourself. Truth cannot be understood via the little mind. This is why the mystics from the Far East, the great enlightened men, nobody ever understood them. But very, very few people ever had the privilege of understanding what they said.

Anybody's nervous, there's no sense of getting nervous because if you hear what I'm saying, you will have to have the feeling of beauty. And that's what you're looking for. It's not what I'm saying. I could say it a million other ways, and it would never be what I'm saying. Listen for a feeling. The attachment you have to the past creates whatever unhappiness or any psychological ailment that you may possess right now. The past is gone. Everybody, at every second of every day of their life, has a second chance to actually start anew.

And I mean actually, physically, mentally, totally start anew. Many of us have been damaged in childhood according to— They make believe world that we live in now. And we've carried this scar through time. And we think it takes time to heal it. Well, it doesn't. That also is a fallacy. If you want to heal a scar from the past, you've got to realize the fallacy of the scar. Really, it's that simple. When you start to see how the mind works, you'll see everybody's doing exactly what they should be doing.

You're looking for a way to quieten your mind. As you quieten your mind, you start to quieten the world. As the world starts to quieten, it slows down. And nothing is rushed. And you all get all excited every day and uptight and bothersome and too much to do, and the whole world's closing in on you. This is a mind that's busy, and it's caught up in the trials and tribulations of life. And what you've got to do is throw away a lot of your garbage. And your garbage is nothing else but the connection between ego and the past.

And as this starts to happen, you start to... Clear your mind. Clear your mind. And what happens is you, you clean it by taking away the unnecessary garbage from the past. And it leaves a clear channel to this cosmic source. And this cosmic source is the very information that you're looking for to live the life that you want, to find the peace and the tranquility that you know is within you. It's not out there. That little world out there is going to get worse and worse, believe me.

If you want to find the honest to God secret and find the superconscious state, all you have to do is have the courage to look within yourself without judgment. See, the more you free yourself from the past, the more judgments you drop, the more analyzing you drop, from yourself. This is the forgiveness. It's to forgive yourself. You cannot possibly forgive anybody until you forgive yourself. It's impossible, because you're you. And if you're full of judgment and you go through life, you can't possibly forgive. You need tuck it away for a while.

And ten years later you say, I remember ten years ago. You see. It's still there. It's stored up in your what is called your brain. Find out what mind is, and all of a sudden your problems start to vanish. And it'll become so obviously clear that there really wasn't a problem that you only thought there was. It's unbelievable. And that's what truth is. It's unbelievable. How can the mind possibly understand the unbelievable? It can't. Because only one thing will help you is your mind, and we've lost this communication.

Because we've stopped using the mind properly. When? The beginning of time. That's when we first started to lose communication. We lost communication with ourselves, with our inner core, with the answer, with the source, with the very source of every particle, every breath that you ever take. And with it comes the answer to every single one of your problems, plus the secret of dissolving the negative world that you now see. Nobody, but nobody, nobody can honestly, honestly help the world. It must Unfold its own. If you come to listen to truth, then you are unfolding.

If you go someplace else to find truth, you are unfolding to that truth that they are giving out. But remember, it always uses; it accepts it or rejects it. Once you hear truth, you can only reject it to a certain amount. But you will always benefit. So you never lose. You always have your garbage. Always. You cannot possibly, cannot possibly forget your past. But if you understand it, here's the

happiness. Here's the tranquility. Here's the peace. Here's the revelation that released you from all those scars from the past.

And really, all it is is being happy. It's finding happiness, contentment. You can have happiness; you don't have contentment. You must be content and happy, because happiness, contentment, the feeling of love, joy, they're all the same thing. You must be grateful, very grateful, grateful to life. No person to life for bringing you happiness. You look around, sometimes we have a tremendous amount and we're never happy. The ego is never happy. Find the happiness that you've got. Find it. It's there. When that happiness comes out, you give it away.

You give happiness away. That's why it's crazy to start talking negative, because all you're giving away is negativity. But if you find happiness, when you talk to your children, you're giving it to them. When you talk to your husband, you're giving it to him. When you talk to people in the work, you're giving it to them. It's a giveaway thing. If you're unhappy, that's what you're giving away. Look at wherever you go to try and find whatever you're looking for. Look. Look what is giving it away.

Look for a feeling. And when you find that feeling, the whole secret to life lies in that feeling. Maybe we should take a rest now and just mingle. A lot of you haven't seen each other for a long time.

Would anybody like to ask a question, just get into the lighter side of life? Well, anyway, the answer is just the same. People used to come to our house, all prepared with a list of about, oh, I don't know, forty questions. It was like a toilet roll being unwound. They just keep unwinding it, and they say, I've got a few questions here. But after the first question was answered, they'd normally just throw it in the fire and say they've all been answered. And that's true, because no matter what you ask about the deeper sciences of life, about the cosmic part of life, what you ask about religion, what you ask about love, no matter what, it'll always be the same answer.

They just change the clothing, and the clothing is words. It's a disguise. They don't mean anything. You say to somebody, Well, the answer is there's two of them. And they'll say, I don't like what you're saying. You say, Why not? Because that's not the way I would say it. You say, Okay. I say there's two of them. How would you say it? They say, One less than three. A little bit more

complicated, but it's the same answer. So it's got nothing to do with what's said.

Each person in here is so precious, it's incredible. They're part of what is called God. They're part of the whole cosmic scene. They create the whole cosmic scene, so it's really important. And what we've got to do is find out how important you are. And if you find out how important you really are, a lot of your ego will disappear. You only think, you only get egotistical when you think you're unimportant, when you have to prove yourself, when you have to be better than somebody else.

But if you bypass that and say, Well, I don't really care if I'm better than you. If we're going to play tennis, I don't really care if I'm better than you, because I might get ulcers every time I lose, see? I get depressed. I get all worked up. But if I don't honestly care, and the only thing I'm caring about is my tennis game and the enjoyment of it, I'll probably win. It's only when you go out to prove. That's the trouble of mankind: prove. We're even told you must prove yourself, prove yourself.

And there's only one winner. Why not make it everybody a winner, eh? That's the way to do it, where everybody's a winner. Everybody had a good time at the races. I came in last, but I had a good time, you know. That doesn't mean to say that you get so far into it you intentionally become last. That's another—it's the same trap, eh? Same trap in reverse. Would anybody like to ask about connection between this and that or the next thing? Whatever. I'm not putting anything into your mouth.

I don't want to. I know that when we talk, it's usually not too long, eh? And quite often when people get together, they're quite proud. It's a sixteen-hour day seminar. Oh wow, it's tremendous, sixteen hours. We can get totally exhausted. When you hear truth, I guarantee, if you hear truth for five minutes, it'd take you, if you really heard it, it'd take you a thousand years to unravel that five minutes. No, so it's not how long. It's what you're hearing. Life should be fun. It should be a challenge. Every day should be new, really new.

I mean really new. When truth comes, time is no object. Time is no object. It's simplicity. It's honestly realizing that literally everything in the world comes from thought. It's a thought that creates the psychosomatic sickness. It's a thought that cures it. It's a thought that makes you feel unhappy. It's a thought that makes you happy. It's a thought that changes your mood. Always thought.

It's a thought. Simple thought. You think you're insecure, you are insecure. If you think you're stable and you're okay, then you go through life stable, okay.

And it shows. It goes to work for you because people pick it up as security. It helps you in your work. It helps you in your life. It helps you with your family, your children. This is what thought does. It assists you to psychologically and spiritually understand your own very existence here on earth. Remember I told you yesterday that the mind is a cosmic source. You can use it whenever you want, and it doesn't judge and it doesn't analyze. It's just a source. It's just a force that turns your thoughts into a reality.

And when you listen to truth, somewhere along the line, it's something that you're recognizing. It's not something that you're getting told. If you memorize what I said, then you missed it. But it's something that you recognize. You've got to recognize it, recognize it bit by bit by bit, because very few people ever actually break all the way through and recognize it totally. But even that recognition of total... It's only the beginning, the infant beginning of a new existence. Find it for yourself. As you start to find it, your character will change, your outlook on life will change, your feelings will change.

They're more beautiful, positive way. The feeling of love will start coming out of you, and your children will see it. You can't tell them. It's like me going next door to that meeting next door, and I'm talking this, they'd just all run out. And your kids are the same, they'll just run away. They've heard you yak at them for years. The communication is lost. The only way you can bring that communication back is by something called trust and understanding, which once again is love. It's the same thing.

See, we have no other choice but to pass on to your children what we are. We really have no other choice. I don't care how many specialists tell you what to do and what not to do, you have no other choice but to do whatever you want to do. Because if one specialist comes up to you and says, Look, I'll tell you what to do with your children: tie them in the backyard and paddle the rear end, that's the other way. You say, Mm-hmm. The second specialist comes in and says, I'll tell you what to do: give them lots of love.

You will make a choice. You will make a choice. And you must take that responsibility that you have taken a choice of a sense of birth. That's where it lies, is taking the responsibility. But if you take the responsibility, and you feel a heavy guilt complex for being silly, you're not seeing your own innocence. In

essence, when you find something spiritual, it bypasses all the material parts of life and brings you this peace. And that's what everybody's looking for, is peace, happiness. Do you know what, I think we should break again.

And this talking to each other is good because you share, and you'll find out everybody will find out they have the same problem. Everybody.



*“The feeling of love will start coming out of you, and
your children will see it.”*



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