



In Silence Is Where Truth Is

A talk by Sydney Banks · the full transcript

The
Hidden Cause

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We're looking for a true identity. That's what we're looking for. There are many, many ways you can try and find it. There are various types of awareness groups all in different levels of consciousness, all giving it out differently. Some of what I call in the "hell hole" giving it out, people who go back into the past and bring up all the old memories, the old bad feelings. This truly is psychological suicide. You're looking for some contentment. You're looking for some joy. You're looking for some security, and if you bring in insecurity you bring in fear, if you bring in fear you've missed it. Have another look. This time, look for an answer that you as a human being, as a spiritual being, already have. That's what you're looking for.

If you look in the books of the wise, they all tell you one thing: look in silence because in silence that is where the truth is found. They all tell you to look now because that is where the truth is found. They all tell you to look inside yourself because that is where the truth is found. All these things mean the same thing; it simply means that you have the answer that is found within the boundaries of your own head. The answer to all psychological problems lies within the mind of mankind. It's already there. You must find the answer by realising that you already have it. Now, when you find the answer your looking for, whatever is—I don't care what it is—when you find that, then you'll find out there's another depth where you go deeper and you get a better answer. Each one is a separate reality. Each one is a vision within the boundaries of time as we know it.

What you're looking for is to clear this head of yours, so you can have a half decent life. If you look with this mess, that's the world as we know it. You'll never find it. What you must do is listen to truth. Now there're lots of truths around and only you can find it. Look for understanding. Understanding and love are the same thing and inside this positive feeling there's an ingredient that turns clichés in the words of the wise into a reality, not into another cliché but into a reality. When this starts to happen to you, what it does is your natural intelligence starts to take over: the natural intelligence you used to have before you were contaminated with insecurity, fear, hate, greed, lost-ness, everything. You're natural and your natural is what you would call wisdom. Wisdom comes from inside tucked away past your contaminated life as you know it right now but only in your head, only in your head, beyond the consciousness your aware of right now.

This is what people go to awareness groups to find out. What are my bad habits? Why was I mixed up as a child? Why didn't I get this as a grown-up person? Why am I deserted now I'm this age or that age? Why did this all happen to me? There's no answer until you go inside and you heal. That's the old saying "physician heal thyself." You must go inside, but to get in there you've got to be willing to give something up: all your problems. That's one of the most difficult things in the world because we want to keep our problems because that's all we know. You go to awareness groups and all they're doing is giving away problems. They'll say, "That's nothing. You should hear mine." Then off they go and they find a greater problem, and all they're doing is becoming aware of problems.

True psychology is written in the heart of every human soul that ever walked the earth. It's written inside, so when anything new comes into the world it must come through a divine thought from inside, away from the noise. Now, this is what you call a realisation. If you have one realisation in your lifetime, you're lucky. There are not too many people that have it. I'm talking about a true realisation where a piece or a particle of truth has the very breath of blowing into it, and it becomes alive and it becomes you to different degrees. That's what you're looking for: a realisation of something that you never realised before. Not something that you haven't thought of before, but something you haven't realised before because thinking about is just part of life's way of losing it. You must realise it. A realisation must be instant. A realisation has no time on it because pure truth has no time. There's no delay for your little mind to take it through its own computer and figure out the enemy, enemy, approaching. It just goes straight through, and it's too late. As soon as it gets through, it just takes the computer and wipes out a whole board full of garbage, and in its place comes the truth and that's how it works.

Never figure out that you know too much but yet know in the background somewhere that you know everything, but in the background. If the background ever comes to the foreground, then you'll have what is called a realisation or an insight into something deeper, something deeper than you've ever, ever had before. This is what you're looking for: a deeper dimension of thought. That is what creates one reality to another: simply using your head and your wisdom in the right manner. Setting it free even for a microscopic second. Setting it free and taking the power that lies within, that spiritual essence, and it becomes a reality. Then the door closes and you're back to where you started, and you say "I don't know how it happened." It really

doesn't matter if you know how it happened. The main thing is if you see that it did happen and if you see that it did happen, such a thing as a miracle or something come beautiful to you. What you should try and realise is the feeling of gratefulness. Now I could sit here day and night, night and day, and tell you in a million different ways what I just said, but truly it wouldn't do much good. It honestly wouldn't. So what you've got to look for instead of information is you've got to look for a feeling. You've got look for a positive feeling, and this positive feeling is the key that opens the door to this power that I'm talking about.

Look for a positive feeling and if you can live by positive feelings, I guarantee you're going to do nobody any harm. It's all mental. That's all mental: your anxieties, your worries, your jealousies, your hates, and your competition. They're all thoughts. Think of it. You've been upset about something that happened to you all your life and all of a sudden realise it's only a thought. You know when they say "to give is to receive," that works a 100% always and what they're basically talking about is give positive thoughts and they come back. It's like an echo. It always works because when you're in a positive frame of mind you're happy. That's all that matters in the world, honestly, if you're happy. Then you can take the happiness by saying, "Well, what about those poor other souls?" Then you've lost your happiness and those poor other souls are still unhappy, so what you've done is you've formed a mental sickness.

People that go around worrying about the whole world all the time and everything, disasters that happen, they get themselves unhappy and they get themselves into states of anger and hostility. They're really doing no good for everybody else, and they make themselves sick. But if you can find this positivity and this happiness, then you go out and help the world, but you'll help the world in a different way from what you would if you were unhappy. Whatever you are in life, if you're happy, you've found it. Don't wreck it by saying, "I want to get more," because that more will take away your happiness. Be grateful for what you've got; that's it. It's a feeling of gratefulness; being happy with what you've got. Let it go with that. Stay where you are because you're happy. Someday says, "Haven't you got ambition?" and they try and push you and all of a sudden that ambition brings more anxieties, more worries, more problems, and you're off again. And the person that's saying "Haven't you got the ambition?" is probably ready for a nervous breakdown himself. If you find happiness and contentment, let it go with that.

What you must start to realise is the fictitiousness of your belief system as it is today, this means many, many different ways of explaining truth. We have what they call the mystics, and this is a person, whether male or female, that talks whatever comes to mind, just from day to day whatever comes to mind. That's what they talk, and because it's mystical, they speak in simplicity. They put details in the way whatsoever so to anybody that's listening it sounds mystical. Because it's like somebody is writing in longhand and somebody is coming behind and writing it in shorthand, because they've shrunk their world and they've started to see life as simplicity. When you start to see life with simplicity you start to live simplicity, think and talk simplicity. You cut all the details out because the details are the illusion of the mess you're trying to get rid of. All you're looking for is a deeper understanding of life, and it must come as an insight not as another belief or another concept. It must come as an insight, and an insight is a sight from within yourself, deep inside, that says, "Yes, it was thought." That's the greatest gift that we could ever get, that we can change our minds. Even though we create our foolishness, it's a gift that we've been taught how to use foolishly right from the very first existence of mankind. So all we have to do is to learn how to use it wisely and you honestly can't learn it from any kind of book or any person; you can only learn it when you have a little realisation.

When the little realisation comes, don't look for a big wham! Bam! Got it. It comes as simplicity. Because when a realisation comes, with it comes humility because it's just a simple little fact that you've—why of course and all of a sudden it makes, and you can try and give that realisation away. But another reality can't hear it, and if they hear it then their reality will change. It's just a reality; it's just a deeper understanding of life.

During the last few months I've asked over and over again to try and explain in a deeper way how all our psychological thinking and processes are derived from what we call mind, consciousness, and thought, these basic three principles. So I'd like to try again. I'd like to try and explain how our emotions, desires, habits, insecurity, patterns of behaviour, personality traits are all by-products of mind, consciousness, and thought. That one could say they're the very foundation and the building blocks to all psychological behaviour and thought, and without these principles we'd be devoid of our five senses.

With our five senses to us reality wouldn't exist, so this is what I'm saying turns psychology from a philosophy into a logical practical work and science. It is

via the same principles we determine if we live with a low esteem or a high esteem. These are feelings and if feelings always are derived from these same three principles. No one earth could function outside of these three principles: mind, thought, and consciousness. As a matter of fact, how we survey reality itself is a direct result of how we use primary principles. You know for the past twenty years I've asked many people to mention to one psychological function that doesn't stem from mind, consciousness, and thought, and to date no one has come up with an answer. This is why it's virtually impossible to have another principle other than the ones I just mentioned. So what you have to try and realise is no one is evaluating or judging that anybody is right or wrong or that your thoughts are right or wrong.

All I'm saying is this is where they stem from, and it's up to you personally how you use them. That's what you call your free will. Mind, consciousness, and thought—they are the three basic principles that take our five senses and put light into them because without those three basic principles there'd be no realisation of life itself. You'd have no feelings, no experience. You'd be void of consciousness and void of the power of thought. It's what we could call logical cause and effect. It's really very simple. When the logic of mind, consciousness, and thought are expanded to say a fourth or fifth principle, which many people think is possible, and then scientific logic has gone right out the window. We have lost it completely because we're bringing in something inconsistent with the inherent logic. Once again, we're back into our personal, philosophical view of life with no concrete foundation to work from. Now that is simplicity, and as you know, with simplicity comes complexity. This is why it would take forever to solve the mystery of mind, consciousness, and thought.

Do you know how in science you have elements and these elements create compounds? Well, it's the same in psychology. You could say that mind, consciousness, and thought are the three elements of psychology, and from these three elements all psychological compounds are created. Now, examples of psychological compounds are our emotions, habits, jealousy, hate, desire, insecurities, love, all phobias, all these are derivatives of the same three principles. When a child is first born, they start to realise that reality exists and its five senses kick in. These five senses kick in via the same three principles: mind, consciousness, and thought. Now because of our free will and our freedom of thought, we all see life differently, but this doesn't dispute the fact that what we see, what we feel, what we taste, etc., all comes, all stems from again mind, consciousness, and thought.

Logic tells me that if I pick up insecure habits and behaviour from the past to reverse that procedure I have go back to the basic elements of thought, and once my thoughts reverse from negative to positive then my behaviour in turn will turn positive. I remember when I first realised my thoughts were the carrier of my negative behaviour automatically my thoughts changed to a more positive understanding of life and years of torment and hell vanished overnight. This to me was one of the most uplifting experiences I've ever had. Now many doctors and therapists throughout the world are starting to realise that thought is the carrier of mental sickness, and if this is so then it stands to reason thought is also the carrier of mental health. All my life I blamed my parents; the way I was brought, my past negative experiences in life, I blamed all of this for my negative psychological outlook on life. It wasn't until I saw this that my outlook on life changed completely, and my thoughts towards my parents and my past and the whole changed from negative to positive. This is where forgiveness and love will come into your life and never, I mean never, will any relief come from the past traumas unless this is seen for a fact. You have to see that you are responsible for your own thoughts, and here lies the secret to mental health: when you can find the connection between thought and what you call reality.



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