



Insecurity Is Simply a Thought

A talk by Sydney Banks · the full transcript

Sydney Banks · c. 1979

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The mind doesn't belong to you or me; you just borrow it because the mind is a very spiritual thing. It's so intangible you can't possibly find out what is. You can't show anybody what it is because it's a spiritual thing. It's a spiritual energy which has the knowledge of literally all things. That's what man's mind is. We as individual people have this power within ourselves whether to see this as fact or not. The second you start to see it as fact that your mind is creating your problems, the second you truly see a fact, what happens is there's a jump in the level of your consciousness to enable you to see with much more clarity what you're doing in life and how it works is something like this.

Let's say all my past and all my experiences have created whatever I am in total right now. All my thoughts and experiences have created a habit because everybody in the world creates a habit from birth. It creates a behavioural pattern. It creates a frame of reference, a frame of reference which is in your head, because your head, your brain, which is simply a little computer to hold onto this information from birth to whatever you are now and that's all you know because you're seeing what I'm calling in it the first frame of reference. That is you as you are now with all your hang-ups, all your problems, all your insecurities, and all your behavioural patterns that you don't even know that you have. That's you. But there's a second frame of reference and this second frame of reference is beyond what your mind has computed now. It's something which you have known all your life. Very simply, it's called wisdom.

Wisdom that can't be learnt from a book. If you can find what the mind is, you'll find out what the world really, really is and your relationship to what is called life because the mind is the strongest, strongest thing in the entire universe. The mind is your universe. What you see with it will be granted, what will you think with it will be granted, either way negative or positive, it is your mind. Insecurity is thought being manifested, creating a feeling, and that feeling is the feeling of insecurity, but that feeling of security originally stems from a thought and insecurity is the number one game that everybody in the universe plays. Emotional upsets all stem from insecurity. A lot of people think it's not natural to be happy all the time. Believe me it's the most unnatural state in the world to be happy, but it's so long gone that we even disbelieve that we should be happy. That's really silly, so silly.

Everybody in the world seeks happiness whether they know it or not because if you ever find out how their mind works, this is the first major step to happiness. The second you see one glimmer of that second order of reference

and you have an objective outlook on life because the only way you can see and find happiness is to have an objective look. To look with positivity, truly any kind of negativity—there's something wrong always, and the beauty of seeing beyond the words in the second order of reference is—when you see from here there's no judgement. You don't judge yourself because you realise your complete utter innocence of whatever you've done in the past and believe me as soon as you start to see that things change because you go positive. You won't do harm and that's all you have to do. Another way of telling you what I've been telling you for four years, the second you feel yourself angry take the responsibility, but don't take it and say, "Oh, no," just say, "I'm not seeing right. I'm not seeing right. There's something wrong." Believe me; this'll take you out of it. People talk about ego being good. Some talk about it being bad. Believe me, the biggest enemy that you've got is your own ego because the ego is an image of self importance, and you've got to please it and there's no end to pleasing it. It's an illusionary thing, but you as a body if you want self esteem that's a different thing. Get rid of your ego, and you'll get self esteem because the ego and insecurity work hand in hand. You've got something you can never please. There must be insecurity attached to it, and you can never please the ego. It goes on forever, forever, forever and ever.

Would anybody like to ask some kind of question or anything?

Female: [Unclear]

Sydney: Well, I've already tried to explain it, but I'll try again. I can't explain it. You know that. Just another deeper level of consciousness something that's inside you called wisdom and wisdom is something that you're born with. It's a knowledge that is able to direct you through life in simplicity. It's the most natural knowledge in the world: wisdom. But the secret to wisdom is that you've got to find it yourself. The book can only describe what it is. That's all. It's just words. Wisdom must come from within you. Whatever it is that we've got now, this wisdom that we've found is just helping other people to find wisdom in themselves. There's no sense in telling people to memorise your words. That's not wisdom. That's memorising with your intellect, but if you can guide them to find it themselves, it's something that's—you know what it is. It's just common sense, but it's not common to the mind, at least not your little mind. It's not common to your frame of reference because there's not such a thing as a common denominator for everybody's mind, for everybody's little personal mind because everybody thinks differently. The common

denominator comes when you find wisdom because wisdom is a super mind without you interfering with your own little frame of reference. You're stepping out of the way. Let your inbred knowledge come out. That's what wisdom is. You know insecurity really governs our entire lives.

I was just saying to some people in the states last week—we were sitting in a restaurant and were laughing how it used to be in the past if you were sitting with somebody you were trying to impress or you know...and you go to eat and sometimes you would gulp and from then on you'd be petrified to eat. Well, all these little things like that. They're really nothing, but when you see that, but when you see that's only one little instance, but it could be any one of a million things.

It's just a little bit of embarrassment, a little bit of fear, and all of a sudden this little bit of fear is creeping into our lives all over the place. It's in our work. It's in our family life. It's everywhere and this is what leads to nervous breakdowns, so it's important those little wee things you realise that it's all thought. Because once you realise that insecurity is thought, all those things vanish. Insecurity: you can't lose insecurity. Insecurity's a feeling, and once you've felt that feeling it's yours for eternity. The point is that we take this feeling, and instead of using it for sane reasons such as saving yourself bodily harm, you get the feeling of insecurity then you get out the way of that harm. Instead of that, what we've done is forgotten the power of thought and we've turned this insecurity, this feeling, against ourselves.

Go back to the one point where insecurity—it's simply a thought, and if you can find even a microscopic glimmer, that is a fact. You'll free yourself from a lot of emotional upheavals. You'll free yourself, and it's only you can free yourself from your mind. Nobody else can do it for you. Nobody else. It's your thought, your bind, your power, and don't think about your personal mind. It's not your personal little frame of reference that's not even worth thinking about. Think of it on a grander scale that the mind is the power of all that's going on. It's like a vacuum. This mind is like a vacuum and we're in this vacuum and we're using this power from this vacuum. This mind, this source, and this source is the creator of all your feelings and all you see and everything else. All you have to do is tap into this source and it comes via wisdom.

The word has got really nothing to do with what you're looking for because you're looking for the power, for the wisdom. It's already inside you. It's already there, and the words are immaterial when it comes out. You're talking

about psychology, and yet we're still telling you to go beyond the words. It's a feeling; you've got to get that feeling. It's not what's being said, not at all. That's got absolutely nothing to do with it. You find your feeling and then you find the thought that created the feeling and then it's all over. You've got it because you've found the secret to the thought and that's what you're looking for, the secret to the thought that created the feeling, that created the mental breakdown, or the emotional upset one way or another, all the insecurity.

A lot of people say, "It's really good to have an ego." Five minutes later they're saying, "That egotistical idiot." You're allowed to have an ego to a certain standard. Not past there. You're getting cocky. Calm down. Believe me it's just a menace, but then again you can't go around saying I'm going to get rid of my ego. You can't do it. You just find the secret to thought. That's all you need. You find out how the mind works, and it's all via thought. Details really don't mean a thing. They really don't and are you going to give in to details to try and explain it? But then that just takes you away from it again. It's something you've always been. You've always known, right from the very day one, right from day one, and I don't know when day one was. It's really simple. Wisdom, honestly, that's what it is. It's just plain. If anybody told me that wisdom was the secret to what everybody's looking for in the past, I'd have said, "Yeah, quite possible right, but you've got learn it." But that's not so. You can't learn it; you can only realise that you've got it because it's a universal thing. Wisdom is not a personal thing; it's a universal thing. That's why anybody talking from a —wisdom talks in personal and that's why they don't judge and analyse because wisdom doesn't judge and analyse. Because if it did, it would be judging in itself and it doesn't make sense. It's only the mind with its insecurity and its ego and its lost-ness that judges and analyses, and that same judging and analysis just creates more sickness to the mind.

So you've got to jump out of that. You've got to try and get out of that frame of reference and get into the higher one: wisdom. That's where your mind is free from all the details. The unnecessary details I should say. Wisdom takes away boredom because it takes all the insecure feelings, all the negative feelings, and calms them down, and you calm down and you see what is necessary and what is unnecessary. You empty your head until it's nice and clean and just accept the positive.

I just want to thank everybody; I've really enjoyed talking to you.



*“Just another deeper level of consciousness something
that’s inside you called wisdom and wisdom is
something that you’re born with.”*

Rightsholder unknown. Transcribed by The Hidden Cause.

Sydney Banks’s words are unaltered.

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