



It Breaks a Barrier in You

A talk by Sydney Banks · the full transcript

Sydney Banks · Sacramento · c. 1976

The
Hidden Cause

Transcript version 1.1 · updated 2026-08-10

Try and keep as much silence as possible because what you're searching for is a meditative state. That's what you're really looking for and soon find out it's not a workshop. It's not honestly a workshop. We really don't want any encounters. We really couldn't be bothered with encounters because encounters are a sickness of the mind and what we're trying to do is figure out how the mind works. You people here, you're psychologists and psychiatrists and we've got mental health and just people who want to help others. This is what you're looking for. You're looking to try and find out how the mind works so in turn you can help other people. Well, for me to go out in the world and try and tell people how it works is ridiculous because I'm only one person, but if the teachers and the psychologists come here and they find it themselves and they go out—you see, it's their job and the beautiful thing is once you start to find out how the mind really works and what the mind really is and this connection to life. Once you truly find this, it stops your misery.

You stop commiserating with your patients; you stop commiserating with the rest of the world because you can see the rest of the world and its lost-ness and you're seeing from what you've just found, there is beauty, this understanding of the perfection of life. When truth is spoken, it's not understandable to the mind. I don't care who you are. It is totally not understandable from the mind. This is why it's lost. This is why it's so difficult to find the way because there's only one way, and what we're going to do is we're going to show you the way. All I'm asking you to do is stop whatever you're thinking of what you already know because if you already knew you wouldn't be here. So obviously what you know is not good enough, and all you have to do is listen. I give you solemn when you leave the silence, you will never hear the same. If you hear a glimmer or a microscopic part of what is being said from anybody on this Island, you will jump a level of consciousness, and you'll start to break through what is called the missing link. The missing link is what's missing between the spiritual reality, what religion talks about and here as we are right now: the missing link. Find that missing link and that is the way.

We know what the missing link is. It's on the Island and I guarantee you another thing—your life will become nice no matter what your job is, no matter what it is because you see once you start to find truth, there's only one truth, and once you start to find truth, it doesn't just fix one problem it fixes all problems because it's life. It's the very essence of life itself being devolved in a spiritual manner, and it's on my heart. I hope you hear what I say because you'll find out that the world is searching in the wrong direction to fix all the

problems of the universe. If you hear what I'm saying, it's the beginning of the fixing of the problems of the universe. It is not found looking at astral travel. It is not found through cards. It is not found through radiating energy from person to another, imaginary trips. It is not found in encounter. It is not found talking about the past. Talk about the past here right now, you're a damned fool. You'll miss it. You to have find it now. I know you've heard those words before. Find it now. Live now. It's just words. They don't mean anything or what you think it means. Live here and now, just the way you are, but that's not what now means.

Now means in a spiritual reality and a spiritual reality—let me explain what a spiritual reality is. We have a mind. We have a conscious state which controls our outer mind. We have this conscious state called mind. We have an inner mind. It's the same mind but it's just deeper. It's a deeper conscious state. It's a super conscious state, and this super conscious state holds the secret to all life, not just talking out there but all life. If you can touch this, the microscopic second you just have a glimmer of it automatically you're beyond the mind of any psychology, psychiatry theology that's known today. All you're learning to do is to learn to live life and be happy. That's the secret. You're searching for a feeling, a lost feeling, because a lost mind loses its beautiful feelings. The more it's lost the more horrible feelings, the more depression, the more jealousy, the more hate, the more envy. Then comes the nervous breakdown. But we'll show you how to stop nervous breakdowns. We'll show you how to take people out of nervous breakdowns in seconds. If you listen, we'll show you some beautiful people that have been in this situation. We'll show you the living proof, the absolute, and you see it spreads beyond the psychology. It spreads way deeper than psychology. It spreads to every facet of life. Because once a human being is helped mentally and the mental problems start to die away, then it has a reaction to the physical. Because he starts to clear his mind and he starts to go into a meditative state by realising truth that's within himself, something that he already knows. Then he starts to free himself from jealousy, hate, envy, desire. He frees himself from all the things that created the sickness in the first place, and once you free yourself from the sickness, nothing will stop you from being a success because you've stepped into another level of conscious state.

The one that the world is searching for, and, believe me, this is not a trick. If you as people want to help the universe, find a microscopic part of that answer. Now when you find it, you'll find out. You've found something out that you knew all along, but you didn't realise it. The second you find it, boredom

will no longer be. Because you've found so much, you find out that all the books that you ever read about the wise men from the past and the bibles and the whatever you've read in that field will come alive. You'll see how even the writer missed it even though the words are right. That's what the missing link is. That's what you see as the truth from the false, and once you start seeing the truth you live in like it's a cocoon, a space, it really is a spiritual reality that only the wise men from the past, the Far East, Christ, Buddha, all these wise men, they've all told you the same thing. It's an illusion. It's a conscious state. When you start to see what I'm talking about and you see your patient with a sickness of mind and they're in hell, it's a hell of a place to be, sickness of mind, or a lost mind.

Then when you go to help them the main thing is you don't get caught up in it because you can see the illusion. You know how to guide them out of it. You don't play the sickness. Go back in the past and ask somebody what happened to them in the past then you're playing the sickness. You're putting coal on the fire and you're caught in it yourself and you don't know it. Freud blew it. He saw the outer reality which is true. It was the past that creates the sickness of the mind. That is true, but that is on the outside in the illusion caught in the trap. But if you can throw somebody out of that trap, that past is a laugh. You see when you hear truth what would take you a thousand years to get in the evolution of mankind, you can get in a split second. It's not the words. If you're listening to what I'm saying, you're missing it. It'll happen. It's a feeling, and once that feeling is reached it breaks a barrier in you because it's such a new beautiful feeling and that's where all the knowledge is. It's parcelled in a feeling. You find the feeling, and it's like a flower opens with sunshine because once you find this beautiful feeling you say, "Wow," and it's so peaceful and it's so nice that it starts to open up. The acknowledgement of that feeling is filled with the very information that you all went to university for, what you all studied for, what you're all seeking. It's there and I'm sure before you leave you'll find something.

Then when you go home just do whatever you do. I'm not asking anybody to change one hair on their head, you'll do that because you become and you'll just change to suit your wisdom. That's all and that's all wisdom is. It's spiritualization being realised and coming to life. That's why if anything ever happens they say, "Gee, that was wise. That was so simple." Wisdom is always simple.

The Island is a beautiful Island and maybe somebody did a rain dance last weekend. I don't know. But we'd like some sunshine. I think they're getting the pool heated and they've got a sauna. There are tennis courts all over the island. There's golf. There's lots of things to see. So come and find it for yourself. Come and find out how you can be happy. Find out how you can get your life to perfection. Not a little bit better, but perfection. Look for that perfection, and when you find it, the only way you will find it, is find out how the mind is related to what is called life. Once you find it you turn round and say, "You too. And you and you." And every living soul in the world is the same mind as yours. Once you realise your mind, you realise everybody's mind because everybody is the same. You talk from that truth, from the beautiful, unbelievable, and personal, the beautiful and personal. Do you know what the personal is? The religious man would call it God. That's what it is, but because we're going into psychology we go away from that word a little bit. You can't because we've got our sights set on what is called God, so that's the church's business, but our business is the mind. But you find that mind and you'll find what is called God because it's exactly the same thing.

What's psychology? Can you explain what psycho- means? And it's related to spiritual but we've missed that point and that's the missing link in psychology. There's going to be a real change throughout the world, and it's my honest belief that psychology and psychiatry will lead the people back to sanity. Psychology will find a way. I think it will happen in the United States too and do you know something else? When you find it, you'll start breaking the time barrier of evolution. It's a really beautiful thing because the evolution of mankind is not time like you think it is. It's an awakening, and it's where the awakening has taken place that we've had all the tremendous inventions of the universe. If you wake up instead of going through hell and anxiety for X amount of years, you clean it now. Then you walk in a different reality. You see with clarity. Nothing changes out there. You see what you are. Once you start to get true knowledge, you'll see how beautiful you are. You'll see how beautiful your patients are, and it'll spill over. You don't have to lecture. You just be you. You just be you. It makes it so easy. All your problems—I don't care what kind of problem it is. I swear I don't care. Truth will fix it all.

You see right now we've got workshops on sexual problems for teenagers, sexual for old people, then you've got problems with your school children, relationships from child to parent. Now when you find this, what I'm talking about, literally it covers everything. You find that you don't have to go out

there and spread all your little parts out seeking all over the place. You've found it because you found one single bit of truth and the one single bit of truth changes you. So if you can see your child, you can see what their problem is and you fix it. As a matter of fact, you don't have you. It's just fixed for you because it's the mind that creates the problems. Find the secret to the mind as it cleans itself, and when it cleans itself, you give it to your patients, you give it to society, and you give it to whoever wants it. It's an everlasting thing. You can't come to the end of it. When somebody says "I know," that doesn't make me say "He knows everything. He knows what everything is." And that's knowing because once you know what everything is you are and once you are there's nothing to know. There's only the experience, and that's everlasting. You're actually looking for the breath of life. That's what you're looking for because you want to turn your words, you want to manifest your words into form and make it a reality so you're looking for the breath.

The soul is just that very essence of ourselves. The mind is the perfect instrument by which we see life, but where we get mixed up is we've got something called a brain on a physical plane. We've got a brain. It's matter and it functions just like a radio receiver and a transmitter. We look in this radio and the transmitter to try and find the secret, but the secret isn't there because all it is, is a big lump, a big mass, that gets mixed up with too many negative thoughts and lost-ness. It doesn't receive or transmit what it should, so what we do is we try and give in to the state of meditation which is the clearing of this transmitter and receiver, clearing all the garbage away. Once it's cleared up, we're in a state of meditation, and the second you're into a state of meditation the wonders start to appear.

Here lies the secret: this is where you people right now are getting guided to. It's beyond the words if you just—this is why the word is of no value. It's only a guide. You can take people and you can throw words out, but unless the guide knows what the words mean, there's a very slim chance that anything is going to happen because it's the energy, it's a space, it's a confidence, and it's a knowing. The knowing brings a confidence, and the more you know the more confidence you get in life because you start to see it is really, truly a spiritual identity that you're seeking. It's the unknown. We go in the search for that unknown. We take our own known from the mind with us and that's what we search for. That's what we search for with our minds, and this starts an argument. Because the mind's not going to give up. It got attached to an ego, and it's having a good time. It's controlling you completely, and what you've

got to learn to do is change your mind. To change your mind you must be in control of your mind. So you must learn how to take control of your own mind and not let your mind run you astray. Otherwise, this is where nervous breakdowns start. When a person gets too many negative thoughts and the whole world starts to close in on them and all of a sudden they're having a nervous breakdown which is a tremendously pitiful place for any human soul to be.

I'm telling you if you hear what I'm saying you'll be able to guide those people back, and you'll guide them back in such a manner that they've heard before because it'll be the opposite from what the world thinks. Don't be serious. Honestly, it's not worth it. Like everybody, we're all taught to be serious even in studying. It's got to be serious, and we pick it up wrong. Instead of enjoying it and giving into it, really enjoying what you're doing, you're playing tennis. Give into it and enjoy it. Never mind the competition. Never mind the seriousness. Seriousness is really a sickness of mind. You're not searching for something that you haven't got.

Maybe I should just stop now and Gill can get that and go on. I'll leave you with Elsie and Roger, and you can hear this tape. Then you can do what ever you want. Talk and then we'll have lunch. This afternoon I'd like to come back and not talk like this with you. Maybe just not talk like this all day, but just mingle around and just to get to know each other and rest up for tomorrow.

If you ever find any negative feelings, watch it, and while you're on your journey beware of the negativity of the universe. If you turn the TV on and it's really negative and it's boring and you turn it off, if you get into company that's really negative, get out the way. Now you might think you're running away. You are not running away. You're being very intelligent, and once you find what you're looking for then you can walk into all the negativity you want and it won't bother you. It just won't bother you because you'll be inside, and that's what the bible talks about is inside, like Noah's Ark.

Now every body thinks that Noah actually built an ark. That's the biggest fallacy of mankind. There's not such a thing it's just a way to express are you inside or are you outside? You go inside the ark. The ark is you. You are the ark. You are Noah's ark. That's what it is, and we're showing you how to get inside, we're just staying safe and these are just little tips to save you a little time and a lot of trouble. Really, if you find negativity coming, get out of the way. You find something that's boring you get out the way and all of a sudden

to search, start searching for positivity. See, as I was saying to Laura this morning, it's like the only reason the world's in trouble is because we're all full of fear. We're full of insecurity. We're trying to be better than the other person. We're all trying to be individual great guys and great girls. We're all trying to be better, and this takes a lot of power. Because even if you hit the top, even if you become the best at whatever you're doing, you've got to sustain that position. If you sustain that position you're going to be fighting to the day you die. And every time you lose some ground and you're not the best, your insecurity comes in again and to keep that insecurity going you've got to go and feed it. And the only thing the mind feeds on in insecurity is insecurity.

Once you start to realise exactly what insecurity is, then you start to become free of it. When you become free of insecurity, you get those beautiful feelings that you're seeking. You get free from jealousy, hate, envy, desire, anger. You get rid of them all. That's what you're trying to do. You're trying to get rid of those feelings you don't want, and to do this you must feed yourself not insecurity but security. The only way you can feed yourself security is to find something nice. So you go and look in the world for something nice, and you find nice-ness, you find positivity, and all of a sudden it starts to grow, and it grows and it grows and it grows and insecurity can't penetrate it. That's all mental sickness is: insecurity. The trouble, the only reason in the world that people go under mentally is insecurity. You can beat it because only you hold the power to rid yourself of insecurity, and once you do, no matter what your work, you will become more secure. You'll become more secure in your marriage, and your life totally becomes security and that's what you're looking for. Now that I'm telling you this, if you look around and you watch your patients or you watch your friends, you'll see them feeding each other insecurity. When you start to see this happening, you'll start to smile because you'll start seeing a game, and you'll see everybody's playing the same game.

So when you start to see everybody playing the same game, it is a game and you're learning the rules of the game so you're going to win. Believe me, if you people start to grow and you people start to change and become more beautiful bodily, physically, mentally more stable, and more tranquil, watch your friends, watch your associates, watch them come in and try and destroy what you've got because you've been feeding them insecurity. And all of a sudden when you become tranquil and beautiful, there's no insecurity and nothing's happening. They're talking to themselves, and this is very, very, very worrying to the mind because it's lost its supply of necessary drug to keep it

where it wants to be and that's insecurity. So you've got to withdraw from this addiction of insecurity, and you've got to take it in stages.

The withdrawal pill that you take is happiness. Elsie made a tape two weeks ago, and it was on gratefulness and that's all you have to do. No details. Nothing. If you found something, if you've got a feeling that is beautiful, if you've found something that you think works, be grateful. The second you're grateful you're in a state of happiness and there's nothing else. Here's when the answer comes: when you find the feeling of happiness. In the feeling of happiness, there is no such thing as insecurity. It's that simple. You know if you could just scream it to the world how simple it is, but they won't believe because the name of the game of life is go find yourself. You've got a free will and a free mind. Go find yourself. So you're in this world looking for yourself, you're looking for the answers to life, you're looking for yourself. If you're looking for happiness, you're looking for yourself. If you're looking for the secrets of religion, you're looking for yourself. If you're looking for the secrets to the mind, you're looking for yourself.

That's all life is. It's a game called go find yourself. There's nothing to find all life, all life, total all life is a conscious state. You are that conscious state where there's nothing to find. The only thing that you're looking for is what is stopping you from seeing this, and what is stopping you from seeing this is your very search. Your mind on its journey trying to find itself and someday, somewhere, it may click to you there's nothing to find. Believe me, when you find your answer, you'll say, "That came to me as a surprise" but a beautiful surprise. There's not such a thing, absolutely not such a thing as finding a glimmer of truth. If it's got a negative, you can rest assured it is not what you're looking for. The second you find it you'll find beauty beyond, beyond, beyond your books and your wildest imaginations.



“When truth is spoken, it’s not understandable to the mind.”

Rightsholder unknown. Transcribed by The Hidden Cause.

Sydney Banks’s words are unaltered.

All of the talks, with their transcripts running alongside:

thehiddencause.com/sydney-banks

If you’d like to know when another talk goes up, you can join the mailing list at thehiddencause.com. Nothing is held back from you either way – the talks and the transcripts are free.

The
Hidden Cause