



It's Just Love

A talk by Sydney Banks · the full transcript

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recording.

The
Hidden Cause

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Can you talk more about living in silence? Yeah, I'll talk about that. People, you know how they say the truth is always found in silence? So a lot of people, they run up the mountain and be by themselves for six months, and they come back crazy. They're home, they're going crazy. They think it's that kind of silence. The silence is found within yourself. When you hear truth, the silence that you're talking about, what the wise people talk about, is a tranquility. It's a mind that isn't going, patoon, patoon, patoon, patoon all the time, all these different thoughts, negative, all these thoughts going through all their life.

All of a sudden, when you start to find this spiritual awareness, it stops, and it's a silence. Your mind is silent. And when your mind is silent, it catches if anything is happening. But if your mind's busy, you'll never hear anything. That's the kind of silence that at least I talk about, and I've heard any other person talk about or read about, that's what they're talking about. Silence, it's a quiet mind. Although it is nice for the physical silence too, but the true silence is found within yourself.

It's a mind that isn't... That's why you have a nervous breakdown, when you have too many thoughts. And that's when you get bored, believe it or believe it not, that's what boredom is, is too many thoughts. And what do you do? You think, well, I'm going to go to school and learn more. So you go and you fill yourself with more thoughts, plus the thoughts you've already got, and it just keeps going on and on. But if you can silence your mind, then go to school, yeah, that's a different story.

The way we started off. A quiet mind, a peaceful mind. And it's a beautiful feeling. You know how a lot of people want noise all the time. The noise pollution, that's what it is. People are getting so bad nowadays that they can't even study unless they've got the radio going. My kids would lay down all their lights. They had the radio blasting, and they were studying. But between their thoughts, their own thoughts, what they were studying, plus the music, you can imagine what was going on in their head.

They were totally... But that is the silence you seek, is within yourself. It's a really difficult thing to explain to somebody that boredom is an overactive mind. And if you have an overactive mind, that's why a lot of people, when they think, well, I'm going to really work hard at my business, and they overwork, and you become overactive in the mind, then all of a sudden the business or whatever starts to fall, and they don't know what it is. But it's because they're not seeing what's going on.

I know if any of my children have a, you know, they're getting a little bit overactive, I'll say to them, Look, why don't you have a real good sleep? And of course, in the past they'd say, I don't need sleep. I don't need sleep. But now they listen, and they know. They're wise enough to know themselves they need that sleep. And that tranquilizes them. The overactive mind dies away. It's like people working overtime all the time. Sooner or later, you're going to collapse, and the work will collapse with it.

Whereas if you take care of yourself, tranquilize yourself, you know, just get all those negative thoughts out of your head, then you'll see everything go sky high. People that force their employees or force their management to work, you know, eighteen hours a day are really asking for trouble. I guarantee the work will collapse. I guarantee it. And that's a very difficult thing because we've all been brought up the opposite way to think. It's only now that some management are starting to realize that this is a fact.

They're a way ahead. And people think when you've got a tranquil mind, you're in orbit. You know, it's like meditating. If you could put your mind in the state of meditation, there is nothing in the world, nothing in the world would bother you. And people think the concept of meditation, and you've seen it in the movies and the pictures and everything else, see, here's the concept of meditation. Right out of it. And you hear people say, I've actually walked into places, actually walked into places where the big guru is, sitting like this.

Shh. He's meditating. He won't hear you anyway. He won't hear you because he's meditating. Shh, we want silence. When you're in the state of meditation, you're in the state of grace. When you're in the state of grace, nothing but nothing is possible. You know how the mystics say, seeing and hearing? I mean, beyond the normal, the seeing and hearing, right? That's the intelligence. I hear what you're saying, and you hear what I'm saying. Now the mystics will talk about seeing and hearing. That's the state of meditation.

Nothing passes you. And if you can get your mind tranquil, like what we're talking about, tranquility, quietness, silence, you start going into the state of meditation. That's what it is. And once you go into the state of meditation, you have no problems. And if you can stay there in the state of meditation, you've got it made. Because when you go to your work, you go to court, you go to whatever, you know, talking to clients. You're absolutely 100% wide awake.

That is the steady meditation. In the steady meditation, if you, if any human being in the world, just imagine now, the steady meditation isn't sitting.

That's just a prone position. It's a technique, okay? But the steady meditation can come when you're having a bath, when you're walking, when you're working, when you're talking. The steady meditation can come. The steady meditation just is. You want to talk about everything just is? When everything just is, you're in the steady meditation. And if you can stay there, everybody in this world that comes near you, you hear them, see them, and everything's just perfect. That's the steady meditation. And the steady meditation, just suppose you've never been in the steady meditation in your life, okay, and you don't even know what it is.

And you're walking down the road someday, and all of a sudden you get an insight, what you call an insight. That second you get that insight, you're in the steady meditation. That's why the spiritual intelligence, that's why an insight increases your life. You hear people say, I got one insight, and it changed my entire life. That's because for a microscopic second they fell into the steady meditation, so they got an insight. Now, can you imagine if you're going through life... And every second of your life is a realization, and all of a sudden you're living in a world of meditation, or you're living in a world of insights.

I don't mean every so often. I mean living in it twenty-four hours a day. You'd be, within five minutes, you'd be 10,000 years ahead of everybody else. That's what you're going to do. Certainly you do to promote that, or you just come. Just come. If you try and promote it, you're only kidding yourself. And that's what millions and millions of people have done throughout the world, going into meditation, so-called meditators. But you never see meditators change. They don't change. They just say, I feel better since I meditated because of resting, and that's good, even resting.

But it's not touching the state of meditation, because if any human being in the world touches the state of meditation even for a second, from then on they'll pretty well know truth when they hear it. And I have no doubt at all that every being in this room has touched the state of meditation somewhere in their life, otherwise you wouldn't be listening to me. I guarantee, if you had never had an experience like that, and you take a hundred people, bring them in this room that have never had that experience.

And if I was talking to them, within five minutes that room would be so full of hostility, you wouldn't believe it. They'd be running out that door. Remember, when all those meditators used to come, they used to run out in fear, because they didn't know what the steady meditation was. All they wanted you to do was they wanted you to go along with them and sit still and do a little hum or something like that. That's a technique. That's what's stopping you from actually visualizing what you're looking for.

So silence of mind in meditation are the same. One and the same. When a steady meditation comes, your head, your thoughts are completely, totally gone. You're a blank. Now if you say that to people, what they visualize is, you know, 'I'm blank.' But that's not what I'm talking about. You see, a thought is just a vehicle, and you put the idea into the thought, and the thought brings it to you. Now, when you go into the steady meditation, the thought is still there. A thought is neutral. But what happens is spiritual information is put into that thought and given to you.

That it is. The steady meditation is a state of grace, because you're actually out of this world, when Bell realized his telephone. I'm not talking about later on when he was trying to get it together, eh? I'm talking about the original thought that man was in the state of meditation. You know all those inventors and those geniuses, no matter who it is, Einstein, all those people. There's not one of those people that will disagree that there's a spiritual reality. Not one of them. Maybe they can't explain it, but they'll tell you there's a spiritual, there's something deeper than what they know, because that's where they got it from.

Einstein's theory is really the simplest thing in the world. Einstein wasn't the first one to come out with that theory. I deny anybody to tell me that. It's been known for thousands of years. Because all Einstein is really saying is all things on Earth is energy. And beyond this, you square the speed of light and you go beyond this reality. As soon as anybody realizes what the square is, all those wise people knew it. But it would never be heard until the day came that the world was ready.

And the world was ready, or just about ready, when Einstein had it. And when he came out with it for eighteen years, they fought him, eh? Until the necessity came and they said, Well, we'd better listen, eh? Because when he came out with his theory, he completely... Totally, like, destroyed science as we knew it. All the scientific books in the world had to be changed, and that's what they're afraid of. Because if we listen to somebody else talking this new science, we'd

have to spend maybe ten or twelve billion dollars creating new books. And not only that, look how many people think that they've been backing up the wrong tree for so long.

That's right. You know, somebody said to me in a university once, you know, said, I would honestly accept what you're saying because I see the results. The only thing is, I figure it might cost about five thousand dollars to get new books. And I said, so therefore you're going to teach what you've been teaching and still be paying the five thousand dollars. They said, that's right. But what does he do? At the end of the, or the beginning of the university, they've got to go out and buy five thousand dollars worth of books anyway.

But they buy five thousand dollars worth of rubbish. But that's what the Steady Meditation is. It's a world of insight. It's actually being in an insight, actually being in it. Now, you can't count it because it's in a timeless zone. It's beyond the speed of light. Beyond the speed of light, there is nothing. You take the speed of light, square it, and there's nothing. There's infinity. That infinity is the nothingness that all the wise and all the mystics talked about, the nothingness. Jesus Christ would tell you it was heaven, because that's what it is.

It's heaven. Heaven is not up there. Heaven is a state. That's why he said heaven is here right now. It's here on earth, but you don't see it. But Jesus Christ walked around in a state of meditation. All those people walked around in a state of meditation. Buddha walked around in a state of meditation. A lot of the mystics that you never hear about walked around in a state of meditation. They walked around in a world of insight. And believe me, they were no dummies. They weren't going around, you know, I'm in nothingness.

But if you were talking to people, I guarantee, if you were talking to the public a lot, right, there'd be a lot of people, the next thing you know they'd be saying, I'm trying to get nothing. It's not that. If you take it, science, philosophy, theology, and pure psychology are all exactly the same thing, but it's absolutely no difference. Absolutely. Find one, you'll find the answers to the whole thing. The secret of finding the answer to all these things is going into steady meditation. That's why when those wise seers or mystics...

Speak to ye, and don't speak to ye that you can understand. Like people will say, Well, talk to me so that I can understand, but you can't do that. You talk beyond. You talk from that state of nothingness. You talk from the state of

meditation, and the hopes that somewhere along the line, what you're talking about, your mind goes silent, and all your defense mechanism moves out the way, your filters get clear, and the spiritual information just goes straight through to ye, and you say, By George, I had an insight.

That's what it is. That's the state of meditation. It's the most incredible state that any human being can be in. And even if you have one insight in your life, you're lucky. But if you can ever find somebody that lives in that state, you head for them fast. They'll probably throw you away, tell you to go away and get lost, because they don't want to be bothered with you, because they know they're wasting their time. But they will give you assistance before you leave. How many people come to me and say, Well, that's not what I expected to hear.

I say, Well, I'm glad. Everybody wants an answer that suits their little parcel, whatever they've got. Believe me, no matter what you've got, no matter what you've got, I don't care who it is, even me, anybody, no matter what you've got, the answer is opposite. You know, to simplify that, you know, if I say, you said to me, Well, I'd like to go down to that river, but the bank's too steep. And I say, Well, there's stairs. Go down the stairs. You say, Oh, I didn't think of the stairs there.

Okay, simple. It just a change. Always simplicity, because all you're looking for is a feeling. The feeling comes when spiritual information comes, the feeling. That is the way it comes to a human being, from a feeling. So those people that live in the state of meditation live in this beautiful feeling. But they can't go around telling everybody, Oh, I'm living in a beautiful feeling. Oh, you know, they know that, so they just live normal. Nobody else in the world can see that except them. I very rarely do any official.

I maybe talk officially once, twice a year, but I'm always doing it. Because no matter where you are, you're doing it. You know, your life becomes, you don't, you're not doing it. Sometimes that becomes your life, your way of life. See, it's only when the world becomes, when only when the world goes into a time space, does nature appear. You know the Big Bang they talk about? Some wise man, or wise person, I shouldn't say wise man, a wise person came up with that. Because when everything comes from nothing, eh, and all of a sudden there's this huge vacuum and everything appears, bang!

There's got to be, because you're breaking the time barrier, you're coming through a vacuum, and all of a sudden the world appears, and there it is. Same

thing. Just like an airplane going through the time barrier, what they call the time barrier, what they call the time barrier, it makes a bang because it creates a vacuum. Well, it's the same when this big world of ours all of a sudden comes from nothing and appears, it, boom, there you are, there's life. And the idea is to get back before that bang.

You get to that infinity. And you get back to that infinity through a silent mind, steady meditation. And when that happens, you'll honestly know what God is – the meaning of God. If you can honestly feel, hear the meaning, what God really means, what it means, that's it. It's all over. You've found it. Is that kind of love happen? That's right. Because, see, when they say the answer is always love, it's not the physical love we've talked about, eh? Love is understanding. So you understand because it's before the form.

And when it's before the form, it's in purity. And that purity is understanding, and understanding is love. They're all the same thing, once again. See, no matter what we talk about, we always come back to saying it's the same thing. Here's now, and I haven't said one thing different. Not one. Never. I can't say anything different. If I said one thing different, the whole world could point a finger. Where they get that is silent mind, steady meditation. And when you have that, that's love. And if everybody had that, then that's what it would be.

It'd be pure love across the board. Now, I don't see – I mean, that's not going to happen in your generation or my generation or even ten billion years from now. Because, see, in that space, there is no such thing as time. Time, to Bob and I, is the most unusual thing you wouldn't believe. I wasn't exaggerating when I said I was, like, I was forty-two when I realized this, eh? And since then, I have lived hundreds of lifetimes. Truly simple. I've never spoken to—and again, I'm not telling you something, I'm telling you for an hour, eh?—I've never spoken to a human soul in my life, never.

And yet, the first time I had to go before people to talk, I really picked doctors, I picked gurus, doctors, professors, they were all there, eh? And my old mother-in-law, she kept saying, Tryna blow it, tryna blow it. She doesn't even have notes, she doesn't have this, she doesn't have that. And I, I wasn't kidding, because I knew what time it was, eh? And all of a sudden, I sat down in the living room one night, my mother-in-law was there, my wife is there, nice rosy fire, and all of a sudden I thought, Please God, don't make one sound in this room.

Please don't allow anybody to interfere, eh? And sure as day, my mother-in-law froze, Bob froze, there wasn't a sound. And it was like, when you go into sleep meditation, eh? It was like you were in space, and all of a sudden, you were going through university training. Seconds. I went upstairs. And all of a sudden I turned around to Barb, and I said, It's all over. And she says, What's all over? I says, The talk we're going to give tomorrow night. She says, How can it be all over when it's not even happened?

She was in a state. You understand that? It had already happened. It's like people that are afraid of dying. Death and life are the same thing in different disguises. And if just suppose we blew this world of ours up, just imagine somebody threw an atomic bomb, and there was a reaction, and it completely, totally obliterated this universe, it wouldn't make one bit of difference to you and I. Not one bit of difference. Because you would find yourself in another world doing the same thing as you're doing now.

You honestly would. But everything's already happened. I honestly swear that's truth. Everything has already happened. Now those wise people, those seers, those mystics, or whatever you want to call them, or those holy people, they know that. And that's why they don't worry too much. This is how I like to talk. This is my favorite conversation. It's like you've been dealt cards, or dealt your hand already. You've got four aces. And you know you've got four aces. You can't lose. I notice is, you can't mentally understand it, but you get a feeling from the conversation.

And the conversation, if you get that feeling, it throws you into this, or close to, whatever, it depends on what you're hearing. Either instant state of meditation, or close to it. And if it's close to it, you say, Wow, wait a minute, what did you say? What? What was that again? You're too late. But time is, it's an illusion. You talk about evolution. Evolution is only here on Earth, and the time zone, like a material or a physical evolution. Mankind's mental evolution, it's in a time zone.

But if you break that time zone, you evolve your senses and your mind way, way beyond normal. And if you ever, and you people are starting to do this, and that's why a lot of your friends will say you're crazy, or it doesn't make sense, but you don't pay any heed.

And from that way of nothingness, you get everything. That's where Barb and I get our stuff. But when you realize it's already done, you don't have to think

because it's already done. It's no longer in your hands. If you're really a religious person, you say it's in the hands of God, or it's in the hands of Allah. But the free will allows you, and that's the beauty of life, is your free will allows you to see and think and behave the way you want. That's your free will. But when you break through, you find out your free will is just an illusion.

It's the will of God, always. It's like you have a lake and you have a fish in the lake. The fish has the free will to do whatever it wants, go wherever it wants, swim wherever it wants. It can even swim right out of it and die if it wants. But it doesn't change the lake. You got to find out the lake, the secret of the lake. Once you find the secret of the lake, you find out it's God's will. Always. It's God's game. It's God's will. It's God's playground.

Now, people say, well, if God is so nice and so pure and loving, why is he creating all these problems in life? It is not. You're creating the problems with your so-called free will. See, that's where the science comes in here. Science, theology, it's all the same thing. The science is that that's where Einstein, he went into that one little thing, one small, insignificant little thing, realizing that everything was energy. That's all it is. And it's nothing. And you call him a genius because that's what a genius is.

A genius is somebody that has gone beyond that normal, even on one subject, eh? And you go up to that genius and you say, Boy, you ever a genius. They're probably getting embarrassed. Probably getting embarrassed. I'd say ninety percent of the time you get embarrassed because to them it's simplicity, because they had an insight. Or they were born with an insight. That's reincarnation. Reincarnation is everybody must come back. There's no way to go. You mean all that nonsense about heaven and pastures and sheep and that's all analogies to try and tell you the tranquility of this nothingness place, eh? So everybody thinks they're going to go somewhere.

You're not going to go anywhere. No way. Because it's nothing. No human being. No human being. Never will. No human being can realize nothing. Can—I'm sorry—can mentally understand nothing. They can realize it. That's the secret. That's the meditation, realization. But you cannot imagine nothing. Can you honestly imagine nothing? As soon as you start thinking, you think something. So... Did you not have the experience of this? Did you actually have all of this in your head after that, and not any of this before? Oh, never before. Never before.

Yeah, just like that. People say to me, Well, how long did it last? Well, I don't know. Maybe two seconds, three seconds. I honestly don't know, because, you see, I was in a timeless zone. You understand that? Oh yeah. It's very simple. That's what I'm telling you. It's so simple people can't understand. The simplicity. It's such total simplicity because, you see, you already know. You see, to go— to go beyond the... Einstein talks about the speed of light squared, eh? That's total infinity. Absolute infinity. Now nobody in the world will ever be able to go that fast except for you.

Because... You're already there. You just have to realize it. You're already there. You're in heaven. You're in heaven. You're not here. You're in heaven. But because it's an illusion, you see yourself here. But you're not. You're in that what they call heaven. Heaven is thought, here on earth. But you've got to break through that, and you break through that with a realization. That's why I speak. When I speak to you people, I speak higher than normal, eh? So I want to force you. I want to startle you.

But I don't see it that way, but that's actually what's happening. I just see it with just thought, very simple thought, very, very simple thought. And the more simple you can keep it, the better. And it turns out that everything is thought. That was my very first realization in my life. That was the realization I had when I was walking along the beach with Bard, that everything was nothing. And it was so exciting, so unbelievable, and I did not understand it. But all I knew was I was talking different, I was seeing different, and for three days and three nights I never slept.

I couldn't sleep because the world was too beautiful. Because I kept saying, Bard, we don't have a problem. And Bard said, Well, you don't have a problem, but I do, you know. And I said, No, no, Pat, you're not hearing me. We only think we've got a problem. She said, Well, how can you say that? We have a problem. I said, We only think it. It's all thought. Everything is thought. The world, the creation is only thought. It's a divine thought. Break through that divine thought, there's nothing.

When you break through that nothing, you've found it. You've found the secret to life. It's all thought. People are fighting. Couples are fighting. Countries are fighting. And you know why they're fighting? Because of thought. If you can tell me one other thing in the world that anybody fights about other than thought, I'll take everything back I've ever said. If they're fighting for money,

they're not fighting for money. They're fighting for the thought of money. I fight for the thought of what money can do. It's all thought.

That was the biggest realization I had. That was the only realization I had, the greatest thing I ever had until I had the final realization three days later. And when I had that final realization, I knew I had found the secret to life. Well, three days later, I told you last night, I had my mother-in-law and my wife talking different. I was hearing beyond that. And that's where that cosmic humor comes, and that's where you find it funny. Sometimes you've got to just go, Not to laugh, eh?

You've got to remain serious because people get offended. Unless they really know you, then you can let go and they'll say, Hey, what are you laughing at? And that even makes it worse. And that's what happened. And all of a sudden I – And when he explained it, bro, what it was, I stood up, I swung round. Now, when he talked here, I swung round, and there it was. I knew I'd found what we call God, or the realization of life. I knew that. And immediately, I knew that all what's going to happen in the future, because it was a timeless zone.

That's why I was able to turn around to Barbara and say, Do you know, you realize what this means? And she said, Mm-hmm. Do you know? Absolutely. No way, eh? I said, This means that we'll be traveling all over the world, I'll be lecturing all over the world, I'll be talking in universities, we'll be writing books, we'll be sending tapes out, there'll be healings will be going on by the thousands, we'll change the whole of psychology and psychiatry of the world. Now, that's a projection, eh?

That's what they call a projection. But it's not a projection because you were in a timeless zone. And of course, everything I've ever said has always come true. Always. There hasn't been one thing in this world in the living years I've said it hasn't come true. And people can fight me all they want and tell me I'm crazy, but you just look at the facts that whatever I stated that night has come to pass. And of course, it's only started, eh? Because people are starting to finally pick it up, and they're giving it out, and it'll just keep expanding until, finally, there's a whole brand new psychology, there's a whole new way of looking at life, at such superior, that it will create peace, it'll create love, it'll deal with starvation, it'll deal with everything. Now, you see, those people that prophesy, like any person that prophesies is a complete idiot. You see those people writing prophecies, and they'll say, Five hundred years from now this will

happen, or this might happen, and you hear people fighting over these prophecies and everything else.

Nobody in the world can prophesy, not unless you're already nothing. And that is because you've landed in a timeless zone, you've landed in this nothingness, this heavenly state, and you can project ten thousand years, you can project anything you want, because you're actually seeing what's happening. It's not a mental prophecy, it's not an idea, a concept, it's a God-given thing. And no human being can do that. No human being. No human being. But I'll leave you with one thing, the very main thing of all night: that everything is thought.

When you get angry, it's a thought. You take that thought away, there is no anger. You're jealous, you take that thought away, there's no jealousy. You're hateful and spiteful, take that thought away, same thing. If you're greedy, take that thought away, there's nothing. There's just clouding. It's all thought. Honestly, everything in this world is thought. And if you go deeper and deeper and deeper, the actual, what we call nature, everything in nature, total everything, the actual structure of it is a divine thought. And if that's a divine thought, your thoughts and your thoughts are thought.

Everything's thought. That was the secret that woke me up. When I got a glimmer, it was thought. And the person that told me that was one of the most mixed-up people in the world. He read it somewhere in some book. And when I said to him, Do you realize what you just said to me? He said, Of course I do. Do you think I idly go around telling people things? And the next thing I knew, he phoned me up, and he made me promise faithfully that I would never mention his name because he thought he had damaged me.

And I said, You don't understand. I said, Look at me. I said, I'm fine. I'm healthy. I'm happy. I'm content. Oh, she's, I hope I haven't damaged you. And I'm thinking, You're not hearing me. Please, I'm grateful for what you said to me. And he says, Oh, oh, don't tell anybody my name. He was a therapist. And this guy was so mixed up, so insecure, that he still passed it on. But I heard it. The rest of the world didn't. And I've shot this, what I've said to you, all over the place, and I've never had anybody hear it again.

I can honestly say there is not one human being in this world has heard what I said. Not even Barb. And Barb's definitely, without a shadow of a doubt, the highest human being that I know. And she doesn't have a clue. It's that well

kept a secret. It's a secret. It's the secret of Huna, the Hawaiian Huna. The secret. It's like what you found, what you found, even like what you found, what you've all found, you know you can't give it away, but you can talk it and if somebody hears it, they hear it from Lucithin.

The Bible tells you Lucithin. Everybody tells you Lucithin. That's the answer. If you ever do, even like, you find it in levels. You have an insight, and all of a sudden you've found part of the secret. Then you have another insight, then you find another part of the secret. Then you have another insight, and you have another. Because every time you have an insight, that if you get to that space of nothingness, every second of your life is an insight. Then you know you don't have to think the rest of your life.

Because you've handed yourself over to what is called God. And it gets stronger and stronger and stronger. But you, because you know, you know you can't give it away. And you know you don't want to hurt people, so you've got to be careful. And you take it in stages. Can you honestly imagine if Jesus Christ was coming back to Earth and walking into San Francisco or any other place, and all of a sudden performing miracles all over the place, the place would be in a panic.

The first people to condemn him would be every church, every religious person. And of course, you've got to be careful. You've got to inject truth bit by bit so they get acclimatized. They get acclimatized and you throw a little bit more heat, and they get acclimatized for a little bit more heat. But don't be fooled that you don't know anything. Because you people do, I know you do. I wouldn't be sitting here, honestly, I really mean this. If I didn't think that you were worth it, if I didn't think that you knew something special, I wouldn't even be here talking to you.

But I know that everybody in this room has something very special. I know that. Well, Giles Pransky, you promised to throw me out of here at half past nine. You're doing that time zone, eh? So, this has been an extraordinary blessing. Thank you. Thank you. Thank you for coming down.



*“But if you can silence your mind, then go to school,
yeah, that’s a different story.”*



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