



Look for That Spiritual Power

A talk by Sydney Banks · the full transcript

The
Hidden Cause

Transcript version 1.0 · issued 2026-08-10

Well, George, that was an interesting conversation we had on the phone. I am really glad to see that you want to start heading into the spiritual world because that's where the answers are. And you were talking about you wanted a quiet mind. My advice is go back to the old tape. You know the one "The Quiet Mind"? Similarly, this is the one that's doing a lot of good for a lot of people. It's quieting down their minds. And that's all you've got to do: quiet your mind down.

And you and Bob, look for that spiritual power. And the only way you can find it truly is by recognising what's happening around you, what's happening to people. And when you recognise it, you get what is called faith. And this faith will lead you down a different path, a different way of doing things, a different approach. And that's what you want is a different approach. Instead of approaching it the way you used to, you look at it in a spiritual way. You feel confidence.

And if people come in and try and play tricks on you and take your time up by just simply listening to you just for the sake of listening, there's really no sense in talking to those people. This is what they talk in the Bible about throwing seed on unfertile soil. You really can't get through. So if you say, "Sorry, I can't help you," then maybe even that alone will be the help they're looking for, because it will certainly help you. It will give you a chance to find that quiet mind. Because as you're trying to prove yourself to all those people, you can't possibly have a quiet mind. It doesn't matter if you do nothing all day. You could be lying in bed, but you still won't have a quiet mind because your mind is full of trying to prove.

And another thing is you want more knowledge, more knowledge about how the mind works, how we function, because you and Bob are beautiful people and you want to go out and you want to help people. Now, if you want more help, look within yourself and see what those wise people have been talking about that this knowledge, this wisdom, it's within yourself.

But, again, I say if you honestly find wisdom, that's a divine thought. And once you find thoughts like this, it changes your habits. And your habits change, your thoughts change, and your life changes. But unless you change your habits, then you really haven't got anything. A lot of people change their habits in a material way. They go from one organisation to another, from one belief to another. But it never does any good, because they're only fooling themselves. They're not changing anything.

But a change, a change comes about when you go from the thought, the little mind, the personal mind attached to the ego, and then again there's another thought, a divine thought, that comes from the impersonal which is God. Call it whatever you want. Call it mind. Call it divine mind. It's the same thing. But if you can teach people how this mind works, at the same time you're teaching people how to head towards what is called God. Because what you're doing is you're unfolding consciousness. And the idea is to unfold consciousness towards what you call Christ-consciousness, and that's the purity of thought.

And purity of thought is a divine state. It's a state of meditation because a state of meditation is a divine state. It's where your little ego mind has gone to sleep, gone bye-byes. Forgot all the hassles of this materialistic world and it's put its full self into the hands of a divine mind, a divine guidance. And this is what you call faith. And I'm glad to see that this is what you're looking for because this faith will assist you to get your organisation. That I promise you. Because if you want to help people and you find what faith is, that is the help.

Both Bob and you are two people who are absolutely full of love. You're both very gentle people, very loving people, very understanding people. But there's a deeper understanding. There's a deeper love. And this is what you're looking for. And all you have to do is just open up your mind and listen and look and see. And it's not listen, look, and see what I'm saying or what anybody else is saying. It's what life is saying. Because once you open up your mind, you don't open up your mind when you're in trouble and all of a sudden you ask, "Oh, I want spiritual help. I want guidance." As soon as the trouble goes away, most people get content until the next time. Then they go rushing back to get some more advice.

Well, that's wrong. Because once you hear truth, your mind opens up and it never closes because you stop looking. But that doesn't mean to say you stop getting. Because if your mind's open, you listen and you hear what is being said in life every day from every human being in the world. And from what's inside you, you're listening and hearing. You don't listen and hear to any guru or anything else because the chances are you're going to get peddled a whole bunch of garbage.

And the only place that the good stuff comes is from within yourself and via love and understanding. You already have this. All you have to do is have the courage to put it to use. That is all that's lacking. You and Bob already know enough to blow San Francisco wide open with knowledge. But all you need is a

faith. Try it. If nothing happens, nothing happens. Try it, and if it works, you're way ahead. Either way, you're not going to lose. Look within yourself and have faith because, honest to God, I really mean honest to God, faith and wisdom—wisdom way beyond what you think to knowing.

And knowing, as the mystics say, "I know." And people come around and say, "Well, how dare you say you know. Why don't you say you think so?" And the mystic says, "No. I know." Because if they said anything less than "I know," there would be the faith would vanish. And in its place, they would have a belief. And a belief is of absolutely no value in this world. You seek knowing. And when you find knowing, you'll be graced with faith. And it's faith that will open up your mind and keep it there and protect you and guide you till the day you die.

Well, George, I promised I'd send a little tape and I hope it's of some value to you and Bob. I really look forward to coming to see you in San Francisco. Aloha.



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Rightsholder unknown. Transcribed by The Hidden Cause.

Sydney Banks’s words are unaltered.

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