



Memories Are No Longer a Reality

A talk by Sydney Banks · the full transcript

The
Hidden Cause

Transcript version 1.0 · issued 2026-08-10

Hi, George. First of all, I'd like to thank you for that incredible weekend that you and Linda were so hospitable. We really enjoyed that. Since then, I've talked to people on the phone, and it's an amazing thing. They were talking about mind, consciousness, and thought. And it was very, very surprising to me because, well, they were arguing actually, wondering if the psychological mind or the personal mind and the spiritual mind were different things. They were getting all mixed up, almost like Eastern philosophy versus psychology. And they really missed the boat altogether.

To me, it was very, very difficult to believe that after so many years that they still haven't clued in that the little personal mind is the same thing. As you discussed with me when you have a patient, it's their personal mind that's contaminated. Never mind this big mind stuff or little mind stuff; it's their personal mind, their personal thoughts, and their personal consciousness. This is where it's at. It's not high in the sky stuff, Eastern philosophy, or religions. Nothing like that. It's just simply your patient's thoughts, your patient's consciousness, your patient's awareness of life. And the awareness of life comes through mind, thought, and consciousness.

So let's try this again. Thought is a gift we're all blessed with. It enables us to relate to reality. Another gift we have is called consciousness. Now, that's another gift that helps us to relate to life. And of course, it all comes via our minds. So we have mind, thought, and consciousness. These three enable us to visualize and work within the boundaries of what we call nature.

Now, as you said many, many times to me, when a patient is malfunctioning and having problems, you could see where it was their thoughts and their consciousness had gone astray. And being a therapist, you felt it was up to you people to lead them back on the right track. And to lead them back on the right track, they have to see that their thoughts and their consciousness they're not seeing properly. It's their thoughts that are dysfunctioning. They're full of negative thoughts.

Now, this is just a personal thought. Now, a personal thought means everything to any human being in the world because that's their life. Whatever they think, that is their reality, and that's very important. Now, when a patient or a client comes to you and they're all upset and they're stressed out and they're dysfunctional, then you try and get them back on the right track by cleaning up their thought system.

You could say thought is like a window. If you look through the window and it's really clear, then you see everything clear. You see everything without contamination. And if the window is dirty, then that contamination on that window, that's what you're going to see. And that's the same with your clients and with yourself and with me and with every other human being in the world. The cleaner the window, the cleaner the view. So therefore, the cleaner the mind, the cleaner the view.

That's why the wise have always said to try and cleanse your mind, cleanse your thoughts. It's the same thing. You cleanse your mind, you cleanse your thought. You cleanse your thought, your consciousness becomes clear. You become consciously clear of what's going on in reality. In a marriage, you may be quite disappointed at what's happening in your marriage because your thoughts have gone astray. You're not seeing clearly. But when a couple really have their act together and their minds are clear and free of all negativity, this is where they'll see a happier life which creates a happy marriage. A happy marriage helps to create a happy family. It guides the children to a better life. It guides the husband and wife to a better life, just because of having clear thoughts.

Now, this is the job of the therapist is to try and clear the minds of the patients that come in: to show them how they've gone astray. And it's really, really truly simple when you think mind, consciousness, and thought hold that secret. The other catalyst that brings reality into our lives. Without any one of those principles, there would be no reality for you or me.

You know the old saying "physician heal thyself"? Well, that goes the same with psychology or any other therapy in the world. If the therapist doesn't have their act together and having problems with their own life, then no matter who it is, when they see a client or a patient or a friend, they will have no other choice but to talk themselves. And whatever the problem they have, they will be giving away to other people.

George, we were talking about how the old therapies go into the past. And that was very interesting to discuss because that's where the problem lies. You see, we become consciously aware of life. We become consciously aware of our problems, of the problems of life. We have bad experiences. We go through trials and tribulations. And that was yesterday. And today, those things become what we call memories. Now, those memories, they go into our brain,

which is a computer, and they control us. And we're controlled from the past. This is why a lot of people have those hang-ups that you were talking about.

And what you have to do is you have to clean this computer. You have to clean the contaminated past. And if you go back into the past, all you're receiving is the same absolute nonsense that created the problem in the first place. And what you have to realise is that memory is just a thought. You become consciously aware of something in the past and you've stored it away. And it becomes what you call a memory.

Those memories, they contaminate life today. And to cure that, what you have to do is to see that those memories are no longer a reality. All they are is a thought in time. It's history. It's gone. Today, we see reality. We become conscious of our reality today via our thoughts. Just change your thoughts. And this is what you were saying, and it was really fascinating for me to hear you talk about success. Because I look through the world, and I don't see too many successful patient/client relationships in psychology. But when you talk about the success that you and your friends are having, to me, this is wonderful because I know that the patients are being helped.

I know that somebody that's been suffering, you've cured them. You've taken away their suffering because you've taken away some of the contaminated memories. Now, remember, you can never forget your memories. But what you can do or what the client can do or what the patient can do is to realise that their memories are no longer a reality. They're a ghost. They're a ghost in time. They're a past. They're no longer a reality; they are history.

Once the client or the patient sees that, then they're living now. They're not living in the contaminated past; they're living now. And that is one of the most important things in the world is to try and live day-to-day, moment-to-moment, to try and enjoy it. Not to have it contaminated from a thought from the past saying, "It's a beautiful day today. The sun's shining. I've got all the money I want. I've got my health, but my memories from the past are making me unhappy today. Because they're making me unhappy, I, in turn, will make my spouse or anybody else I come in contact with unhappy. Because I will be contaminating whoever I talk to with my past thoughts."

And again, the therapist comes in, explains what those thoughts, the unreality of their thoughts, and once again, you have a cure. The cure is to clean the minds of patients or clients. That is where the cure comes. Not in the past. But

to let them see that their reality is geared from their personal thoughts. The personal way they consciously see life, the way their personal minds think.

Now, personal mind because that's what it is. We all live off the personal. What I see in life is my personal view of life. What you see is your personal view of life. When any client in the world comes in and talks to you, it's their personal view. It is always a personal view. It is always a personal mind, personal way of consciously seeing life, and personal thoughts that create it.

George, it's really amazing that some people have been talking to me now for nearly twenty years and still hadn't a clue on how mind, consciousness, and thought worked. And it's a shame that we've lost contact with each other and we don't discuss it anymore, but that's the way life is. And I'm really glad that at least you and I and a couple of the others we keep in contact, and we keep discussing this matter over and over again. And it seems to get clearer to us.

Now, the ones that have stopped, well, that's their privilege, because, once again, it's their minds, their consciousness, and their thoughts that want to do this. It's the freedom of thought. I wish people would really, truly see that. It's personal. It's always the personal mind, personal thought, personal consciousness. I can't stress this enough. And those people that phone me up and want to go on a high-in-the-sky thing, way, way up there in the spiritual so-called, and they've missed the boat completely. Maybe someday they'll turn around and see the light and maybe not. But either way, I wish you and your friends all the best in the world. Thank you.



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