



Missing Link

A talk by Sydney Banks · the full transcript



Sydney Banks · Salt Spring Island

The
Hidden Cause

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The game of life is played with a free will and a free mind, and it all stems from a Christ consciousness from God or what we call God. And what God is, is the energy of all things, and I mean all things. And the idea of psychology to explain the game of life is to make people realise that if you drop your ego, your image of self importance, you'll simply be you, just you whoever you are. You'll find the secret to heaven here in there. Now, we all have what is called a free will and a free mind. Each living soul has a free will and a free mind and this free will and a free mind nobody, but nobody, can take it from you. It's yours. But there's a little trick to this free will and free mind because this free will and free mind is what holds you prisoner. It's what keeps you in hell. It's what keeps you in ignorance because you have chosen to use your own free will in this game of life, this illusion, instead of submitting this so called free will, to the will of God because the will of God in actual fact is the only will that exists.

The only reason this free will and the free mind exists is because this is how we play the game of life, via our minds. It is a mind that won't let us see the secret, the secret that we are all stemmed from a Christ consciousness and we are one divine thought. The entire universe is one thought, and within that divine thought there are millions and millions of levels of consciousness. the higher you are towards the divine state, to this happiness, to this understanding, the less the mind interferes with life because it is this mind with beliefs that creates all the problems in the world, beliefs from the mind and this is what we've been learning to do, is dropping the ego and in turn is dropping beliefs, in turn is dropping anger, in turn, is dropping ignorance, in turn is dropping sickness so on and so forth. It is the absolute supreme secret to all problems in the universe, is by raising your level of consciousness.

Not any more information; we have loads of it. We have information to burn, information from the mind. The intellectual mind cannot solve problems. You must go beyond the mind to the universal, and this is what we are doing, trying to explain the game of life so that you have a glimmer to the universal mind, that which we call the Christ conscious mind. The first glimmer of this mind is truly the magnificent journey that everybody in the world seeks. It lets you see religion. It lets you see all religions as one. It lets you realise the simplicity of life. It lets you realise that you're not who you think you are. You're something nicer, far better, really nice. Because if you take the mind away all that's left is the Christ conscious mind which is God. I'm not saying

everybody which will reach this state. Don't even search for that state; just know it exists. That's the main thing.

Once you start on your journey which you're doing now, my advice is give up. Because while you're still searching, you're saying you haven't got it and I'm telling you right now you do have it. Everybody's got it. You wouldn't be here if you didn't have it. Everything is the one supreme mind, and we all stem from this one supreme mind. Everything is a conscious state, totally everything. The entire universe you see is a conscious state. It's an illusion. It's non-existent. It's only existent in the mind. To find the secret to happiness you've got to start to believe this. Once you start to believe it, you've got to go further than believe it; you've got to know it as a fact and that's what the world is, a bunch of little facts, really, a bunch of little facts. You can describe the whole world and all its secrets as a bunch of little facts and those little facts are so devastating that we take thousands of years to explain a simple little fact.

All you can do is keep talking; every living soul on Earth hears truth when it's spoken. This is why throughout the centuries, since the beginning of time, everybody has been attracted to religion of one sort or another because somewhere every living soul knows that they are God, that they are from the divine creator. They know that because everything is one. Everything is one because everything is God. Ignore the person that's talking; look at the facts and just listen to the facts. This is the secret to finding everything you've ever looked for. It's in the Bible, every known Bible to man. It's in books all over the place from prophets, from Christ, Buddha. It's from educators. You'll see purists of truth written in the grocery store. You'll hear the grocery clerk speaking purists of truth. If you heard them, you'd be eternally happy, but we don't hear it. So we all go around all the time telling each other who we are, what we are, how happy we are, how stuck we are, and we go on and on. We tell each other all the time the secret to our own problems. The most delightful way is to see it in a funny way. If you try and find it through negativity, you'll never find it. If you try and find it through sadness, you'll never find it. If you try and find it through seriousness, you'll never find it. You've got to find it through happiness because that's what you're searching for, and unless you're willing to accept happiness you can't possibly accept your divine inner being because your divine inner being is the creator of the happiness once all the negativity is gone.

It's funny a lot of people condemn us because we laugh. They'll say, "Well, they're always laughing. They don't take it too seriously," but you should never take it seriously because with this understanding, it takes all the seriousness out. Seriousness is just a little game to play in life, to keep us the way we are, in hell most of the time. Never take anything to seriousness. Understand it, and the seriousness will drop. If you can take this into your own work, even your own business where of course you've got to make a profit for your business, that's common sense. If you don't take it seriously and do the same things, you'll make the same money. As a matter of fact it's far, far better because you'll have a good time doing it. You've got to take out the seriousness and you'll say, "Well, how can I take out the seriousness when...?" And you've million reasons why you shouldn't be happy. With this knowledge that we're talking now, all you have to see is one little fact, one thing and all of a sudden that seriousness will drop. Because your reality will change for the simple reason your level of consciousness has risen and this is the secret to life: to raise the level of consciousness. It's the only way that the world will ever, ever, ever, ever solve its problems of marriage, the problems with starving children, the problems in schools, its problems in society, totally all over.

This is the way to do it. It's the way to unpollute the universe, not only from the pollution outside but from the pollution inside our heads from the wrong level of conscious state, from a low level ignorant conscious state. That's the pollution not outside. It's the inside that creates the outside, so it's our minds, our free will that has created the mess the world is in today. The only way to fix it is to get your mind healthy, clean, understanding and then the world outside will change. That's why anybody that tries to change the world he has to be a fool. There is no way. There's really no way. There is no way in the world you can change the outside world. You can only change yourself. Then when you change yourself, the world outside will change. You will see it different, entirely different, from another level of consciousness. When this level is seen, then you will spread it simply by being here on earth, and this is why the level of consciousness is the only way to fix all our problems.

The mind, like everything, is an illusion. We keep forgetting this. There's the mind of man with his free will and you've got this universal mind, this mind of God. Now remember, don't think of God probably in the past. Try and take another look at this thing called God, whatever you think God is. Just try and put aside for a while, whether it's a man with a big beard, a round object, a flat object, whether it's a he or a she. Just try and forget what your past concept of

God is. Just realise everything, everything, where there's no beginning and no end; there's just everything is God. Now, this everything is the energy of all things. It is nothing. It is nothing. That's God: nothing, the great nothingness. But because we have to put a name on it, we put a name "God," but when we put the name God on it we see a second object, so take this second object off. Every time you hear the word God, take the second object off and just think of the space, this nothing.

From this great nothingness, all things appear via our conscious mind, our Christ conscious mind. Everything comes to pass via our Christ conscious mind. This is the direct link between God and man and this is why, this hidden link, this missing link is what mankind has searched the beginning of time for, the missing link. The missing link, we take it to be something material to explain the wonders of mankind, the beginning and etc. This isn't so; it really isn't so. The missing link is a conscious state. It's a Christ conscious state that lies within each and every one of us. This is the missing link from the front to the back, from the inside to the outside, from the top to the bottom; the missing link is in between. This missing link as I said is a conscious state, so as the conscious state unfolds and people hear, they choose to go toward the same conscious state. They find their missing link, and when you find your missing link you'll see the fallacy behind what you say religion is. Religion, you really can't put a name on it, because if you say you're a Catholic you're not religious. If you say you're a Protestant, you're not religious. If you're a Jew, you're not religious. If you say you're any one definite thing, you've missed the point because you have taken a set of beliefs that my belief is better than your belief. Belief turns out to be their religion and in actual fact truth is the purest religion, simple truth, simple talk, the word.

The secret is in the word, but the secret to being manifest into real life via the missing link. Now each and every one of us has that power to find the missing link into anyone, any second you want, but it's not done too often, because we get caught up in the game of life, in evolution. It's a really beautiful thing when you're submitting to this. I know in the past if anybody had said God to me I'd have said no way. To me, it doesn't make sense, but of course it doesn't make sense because I was thinking about it. I had beliefs of what God was and what God wasn't, and there is no way that the human mind can possibly realise what God is or what he himself is. Not until he goes beyond his mind to truly realise God, and when he realises God he will find that he and God are just one. All things are one. Your living soul with its free will and free mind is just the

minutest part of the universe, so small that it can hardly be counted. But because all things are God, then he is God. You see it's like saying, you take a teardrop. It really has no strength in it; it just falls that's all, but if it fell into the Atlantic Ocean, then it's got the power of the Atlantic Ocean, although that teardrop was just a minute part. But once it blends with the whole beautiful feeling because this is the energy source that shows you the fallacy of all the little insecure games, all your unhappiness, all your imaginary things tell you all about your sickness. It's a cure-all. It's just a simple truth and the beautiful thing about it is you don't have to do anything.

You just have to listen. If you try objects outside, to try and find inside, then you're in the illusion, trying to get out of it, so you've got to leave the outside object and go inside. Because all truth lies inside, you go inside to where the illusion is created, and when you get in there to where the illusion is created naturally you have all the little secrets of life. What a beautiful way to find yourself, realise how schizophrenic you are. Really, it's really funny because you might be laughing. Somebody's just handed you a hundred dollars and you're just saying, "Oh wow, a hundred dollars," laughing. I'm really happy and then all of a sudden somebody says, "I've just dented your car." And all of a sudden you're unhappy again. The same day, the same day, the same you, but there's been two objects today that created your happiness. One created it; one uncreated it. So you use both objects, whereas if you see that they're really just objects and you don't hang onto them, then you're free of your holdings, possessing you because your holdings really do possess you.

This doesn't mean to say that you're going to get all your holdings and throw them away. This is what the cultural youth of a few years ago did. They opted out of society. They opted out of society and they thought it was outside, but it wasn't outside because they took it with them. You can't get away from it because you're you; you create your problems. My advice is that if you've got a nice home and it's comfortable and you're happy and you've got a good job, that's beautiful, that's what it's about because work has a lot to do with happiness. There is absolutely no doubt work has a lot to do with happiness. The more you find yourself the more beautiful your work will become, and if you don't like the particular job you're in, you'll be surprised to see what might happen once you start to see through it.

Psychologically, that's where we're back: psychological. Notice the switch. Try and see the switch, and if you can see me switch from psychological to

spiritual, this is beautiful because if you can see me doing it then you'll see the world doing it. If you can see the world doing it, then the whole world is your workshop every day, and you'll learn every day of life. It's as simple as that, really simple, really simple. Just look at the world everyday, be ordinary, really ordinary. I don't mean analyse the world. Before you start to look at the world at all, there's one thing you must do: start looking at yourself and I don't means you're outside self. This person that did all those rotten things—oh wow, in the past—and the way you were brought up, not that self. That self is the most innocent thing in God's world. It's a very silly, silly, stupid little thing. It walks around. It's so and it's so. Just forget it. Leave that alone. Go inside to where the creation of man is created, find out how and what you are, find out what you are.

And how you find out what you are is to go to the spiritual laws and start looking at those spiritual laws and how you are responsible for you because you have this free will and free mind. You've got to take this responsibility, and when you take it, it's really an amazing thing because the responsibility from inside clears the outside. It's a really beautiful thing because you know that you are responsible for everything you do. Once you take this you're free of responsibility, you see it's only when you won't take the responsibility that we're afraid of responsibility. Once we accept who we are and take full responsibility even for picking your body, even spiritually picking your body, because you see every living soul has a Christ consciousness which picks its body, its own body. But I'm not saying you as a body; I'm saying you as Christ conscious state, which is God. God picked your body, but because you are responsible for that container you take the responsibility for it and it doesn't matter what's wrong with you.

See it as perfect. Start looking at it as perfect, and it'll turn perfect. The only imperfections we ever see are the imperfections brought from the mind because if you take the mind away all that's left is perfect. This is accepting God's will because we can't understand this thing called God's will. We bring our minds into the game of life again. That's all. It's a great game. It's a big stage show where we get all serious about our—but even when we go to find ourselves, we say, "I'm too serious. I'm far too serious. I've already had a nervous breakdown and I feel I'm going to have another one." So the first thing they do is walk into a place and somebody's laughing, and they say, "Hey, I wish you would get serious so I can find out how serious I really am," instead of joining it. Just join in it. Let life take you. There's a flow. There's a flow to life.

It's an energy flow. It's quite unexplainable and if you give it lesser to the greater or submit yourself to God—the same thing—or accept a higher level of consciousness same thing—all three things are saying the same thing.

If you submit yourself and just all of a sudden there's something happens and it's called faith. You don't go around saying, "I've got faith that'll happen. Really a lot faith. Really, really a lot of faith." That's not faith. Faith is when it's non-existent in your head. When it's an absolute fact, you just know, even beyond your mind that it's just that. It's just taking the God consciousness that's within and putting it to work. This is why when people have a sickness and they suppose they're going to die and quite often it baffles the doctors that all of a sudden they're making an unusual recovery and they say, "It's faith." And the person will say, "I just knew I wasn't going to die," or "I just knew that sickness would go." It's just beyond belief. It's something that clicks without the mind even interfering. It's a feeling. It's a divine acceptance. From inside, you all play the perfect game, the game of life via a Christ conscious state. The rules are all the same. It's just the game of life. That's it but because of the cause and effect, and because we are all that one source, all one source, no matter who you are.

You could be a Harvard University professor or you could be darkest Africa or on a rock wearing a loin cloth and you're still playing the very same game, the game of life and with it exactly the same desire, jealousy, hate, envy, greed, love, fear, insecurity, so on and so forth. Everybody, everybody on earth plays the same game. If you know your own game, you know the world's game. The more you know your own game the more you know the world's. This is why if you ever go beyond the mind of man to begin to discover this inner self, this inner mind, you are beyond the mind of man and you have all this knowledge. The whole world doesn't know that because the whole world is still caught up in the outside psychology. Outside psychology is from the mind, which stems from the past, which is absolutely of no value in finding the secret to happiness for the simple reason that the mind of man is caught in the illusion of life, and it goes round in circles because this is what the game of life is.

We must forget the past. There is absolutely nothing from the past that can help you now. There is only one thing can help you: seeing right now, stop blaming the past for what you are. It's really a waste of time, really the biggest waste of time in the world. It's the biggest con game of all, to blame the past for what you are, because you live in a world of beliefs from the past which are

controlling you from a childhood. We're no longer children; we're grown-up people. But because we're grown-up people, we're full of a bunch of garbage, absolute garbage in our heads, silly, petty, unbelievable illusionary beliefs. To find out the truth we've got to have a second chance, so you've got to become like children again, and this becoming like children is seeing for the first time beyond your mind because you start to clear your head of all the beliefs. You become more and more belief-less and you become more and more factual because your silly beliefs are falling away and now you can see what it is. You'll see the true reality of life, and the true reality of life is really beautiful. It really is.

You see the ignorance of others is really beautiful if you really see it, but if you're looking at it and condemning it and judging, then that's a hell of a place. You're caught in the mind. You've got to go past the judging. Really, it's all dropping thought. That's all you have to do: drop the thought of it. If you have a fight with your spouse, drop the thought of it. You say, "Well, I can't because I'm still thinking about it." This is what we're trying to do is tell you how the mind works, to enable you to drop the thought of it. We just love to keep things going. Oh, we love a good fight. We love negativity all the way. We love it on television. We're always shooting each other, and the bombing, freaking each other out with blazing infernos, the whole thing, and we just love it because we're so blind. We love to frighten ourselves. We actually live in fear. We really do. The entire world lives in state of fear. It's almost like nightmare if you really see it, but when they realise how it works, when you start to wake up and you start to realise that you're the creator of this illusion, this dream, then all of a sudden it changes to beauty because you're the creator of the feelings. You're the creator of the illusion. You start to submit yourself once again to this inner self and that's all it is. It's no big thing. It's nothing. You've got to remember: it's nothing you can study. There are no techniques to give you techniques. That's a farce, an absolute farce, a technique that's saying it's outside.

There is only one way. It's to go inside and find the truth. There is no other way. There is only one way for the simple reason that each individual soul must realise his own self. That's the only way via conscious state. There's only been one way, and there always will be just one way because everything is because it is and is God. What it is, is God in motion and if you accept what is, by dropping your free will you're accepting God, then you realise that the human gods are one. You've still got your free will and your free mind, but

you've also got God. You've got the ocean to back up that little teardrop. Then you're free, but on the way up life gets more beautiful because each level of consciousness is one step closer toward the divine being inside. With each step, information comes automatically to explain life clearer, to make it more positive. That's it.

Through time, if you keep listening and you really want to hear, you will hear it, and you'll find your happiness. Once you find this happiness, you'll want to spread it to others. When you try and spread it to others you find out once again, it doesn't make sense, because people will say, "Pardon?" or "I have no idea what you're talking about," or "Well, of course I've known that for years," or "I've read those things hundreds of times." They haven't read them. They've only looked at them. They haven't seen beyond the words. Because once you've seen beyond the words, just once, from then you'll hear and see truth and accept it. Because once truth is accepted, you'll never let it go for the simple fact that you've taken one step toward your inner self and that's the level of consciousness. That's what you deserve in life and it's so beautiful. Each step is more and more beautiful because each step must drop negativity and all the bad feelings that go with it and each step and there's no end to it. Don't ever think you're smart because really there's nobody sitting in this room including me has the slightest clue of how life really, really works; it's so deep. There's a difference between talking about it and living it. Now the living of truth is eternal for the simple reason there's no end to it. That's why even Christ said, who is the highest man as far as I know to walk the face of the earth, that's why he said, "What I can do you can do and more." Because he knew, he too was just a beginner. Because you see, this thing called God is endless. It has no beginning and it has no end. It just is and if everything inside this is-ness is God, that's what the is-ness is. You can call God is-ness. It doesn't explain anything, but it's the same thing; it's just a clicking from the God outside to the God within. The God outside is the illusion. The God within is the reality because you go to the spiritual side to create the outside.

The inside creates the outside, so therefore outside and inside are God. The outside is the illusion and the inside is the reality. If you take all your body away, then what's left is this space that has this information because you see you never go anywhere. You never die. You never go anywhere. You're just an illusion. You only think you're going from here to there, and you only think you're going from every [unclear 36:25] to wherever because it's all just an illusion. It's just a trip. If you can really start to see this magical things happen.

Magical things happen because all of a sudden your life changes. All of a sudden your luck changes. All of a sudden your business, everybody goes positive, because if you have a positive outlook on life, life treats you the same. All feelings come from within. If you create anger, it's only a feeling, really not real. They're really not real.

It's just a feeling that you have created, blaming an outside object, just a feeling, just a thought. The same as insecurity, really there is no such thing. Insecurity is just a feeling to create the feeling of insecurity, and the wise mind uses it wisely. It uses it to have the feeling of insecurity against its body being damaged, but the sick mind uses insecurity against itself, because that's ignorance. It creates its own problems and creates the feeling of insecurity. Insecurity makes you prove yourself and the second you go out into the world to prove you're tackling the entire world and you'll never make it. You'll never succeed because there's no end to proving. You've got to give up proving and just be you, and if you are you in a positive life you'll be happy.



“You’ll see purists of truth written in the grocery store.”



Rightsholder unknown. Transcribed by The Hidden Cause.

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