



Never Be Afraid to Let Go

A talk by Sydney Banks · the full transcript

Sydney Banks · Hawaii

The
Hidden Cause

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Joe, Chris, Keith. Aloha from Hawaii. I guess by now you're well settled back into your old routine and seeing things different, and that's really the way it should be because once you experience Hawaii, especially the way you saw it, it must make a difference to you. So when you go back, it will definitely be different. And hopefully, it's a calming down. It's a quietness. And to be honest, when I phoned both you and Chris, I felt there was a calmness there. There was a quietness. Maybe you didn't know what it was. But that's all it is; it's a calmness.

Never be afraid to let go of the past. Here we are, we're explaining to everyone that they should let go of the past, at least the past experiences that have been troubling you. So if you want to go to your greater experience, then you must let go. It's like any kind of vessel. If you have a vessel full of wine and you want to pour more wine into that vessel, if it's full, you can't do it. You've got to empty some out before you put some new in. And that's the same as you and me and everybody else in the world because we all work from that one thing, and that is a thought system.

And we were talking about people who are addicted to drugs and alcohol. And there's something very, very important that you should understand about people who have fallen into such a trap. It's not pity they need. It's love and understanding. Because a lot of people, once they start to get into the alcoholic thing real deep and become so-called alcoholics, they become out of control. They can't function as a normal human being. And people think, Well, that's their own fault. But something we really miss is deep inside those people there's a lot of love and there's a lot of understanding that wants to come out, but it can't come out because it's frustration. They can't get it out or they don't know anybody that understands them deep enough.

That's all it is: they're seeking love and understanding. And once they realize that the love and the understanding that they're seeking comes from within themselves, this is the proper cure to all alcoholic problems. Because you see, it isn't the alcohol that creates the problem; it's the person's mind, the person's thought system, and the way the person surveys life. That is the problem. The alcohol is simply adding fuel to the fire. However, the true fire lies way, way below that, way, way deeper.

It's the fire that created because the person who has to drink suffers from an inferiority or guilt or whatever it may be. It could be one of any amount, an infinite amount of reasons why. But the actual reason, the main, basic reason

why is, once again, it's a lack of being understood in this world or a lack of understanding what this world is. And once you start to realize what this world is, then this understanding comes, and it frees you from being addicted to such things as the drugs or the alcohol.

But really, truly, the answer is always love, love and understanding. But this love and understanding is quite often difficult to find. So we search for it. We go to awareness groups and all different kinds of groups to try and find it. And quite often, this can be the problem because what we do is we re-enact all the brutality or all the misery or all the suffering from the past. We create it more and more, and we show it as a reality. The wise have always told us to look within, and if you look within, you will change your reality. Because if you look within, this is where you find the love and the understanding that you seek.

This is where everything in this world starts to make sense. This is where all the words of the wise start to make sense because they're actually telling you how to live, how to bypass all the sorrows that you've met in life because it can be a very, very wicked reality—this world—because it's full of sorrows and hate and suffering. So you've got to bypass that. And the only way you can bypass that is to look within yourself. This is where you'll find the wisdom to set you free, the wisdom, the common sense. That's what you're looking for, just plain, ordinary, old common sense.

And it's a common sense that's common to totally everybody in the universe. It's an inner sense. It's a known sense. It's something you were born with. It's something that's deep within yourself that can release you from all the agony and the torment you've gone through. It is this wisdom that gives you the power to see that whatever happened to you as a child, no matter what it was, now it is only illusion in time. It is gone. It is in a never-never land. And you hang onto it and make yourself mentally unstable which makes you addicted to trying to get away from this condition.

And again, I say the answer, the wisdom to cure any human soul in the world of such a condition lies within each and every one of us. No one can give it to you. You must stand upright and take what is yours. And once you see this, then you have to also have the courage to see a new reality in front of you. Suppose you are a so-called alcoholic and you get cured or you don't get cured and you meet every so often and you help each other. Now, this is a tremendously beautiful thing to assist somebody who is in a hellhole. But also

at the same time, try and beware that someday when you find the power that you don't need a group anymore, that is the day you walk away a free person.

And believe me, in this world, someone else will take your place, but you can free yourself. And once you free yourself, this is where the power lies. This is where the strength lies because once you do that and you don't need this group anymore, then you can walk home. And you can rearrange your life because you can see a different life. And then, you will see your sons and your daughters and your wife differently. You'll see that you don't have the guilt that you had because the guilt was part of the lostness, and the guilt will escape you. It will run away. It will disappear. And in its place, will come understanding, and this understanding is changing you. This love emanating from you will go to your children and help them and help your spouse, or even just if you live alone, it will help you and everybody you touch. And it will change your life because people will see you differently and come in seeing a more understanding person.

And this in turn changes your entire life because it changes your outlook. Instead of a pessimistic outlook, you have a positive outlook. And when bad times come, sure, everybody will fall into a pitfall periodically and into a lower level of seeing, a lower level of consciousness. But when this happens, you start to understand it, and you start to realize the illusionary values that you can place on such thoughts.

Well, folks, I think I've said about enough today, but we'll get together some other time. Thank you.



“But really, truly, the answer is always love, love and understanding.”



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