



Nothing Left but Love

A talk by Sydney Banks · the full transcript

Sydney Banks · Minneapolis · c. 1995

The
Hidden Cause

Transcript version 1.1 · updated 2026-08-10

Thank you. I'd really like to thank everybody—the committee and Christian and Joe and everybody who works here for going to so much work bringing me here. If there are any questions, I'd be more than willing to try and answer them. Don't try and intellectually understand what's being said. Look for a feeling. Look for a positive feeling because all truth, all truth will come via a positive feeling. It's something that comes from inside you. Everybody in the world, no matter who you are, you have the same answer inside you. It's deep within your soul. This is why the greats of the universe throughout time have always told you to look within, not outside. The answer is not outside; it's inside you. I see so many people doing such great work helping children, helping couples. Actually, that's what it's about. The more you give away, the more you receive. You know when they say "to give is to receive"? that's what they are talking about. If you give a good feeling away, in time you get it back.

Other than that I don't know what to talk about. It always comes out different; we'll just have to wait and see what happens. Twenty-one years ago when I first had this experience and I realised that it was a world of thought because whatever we think is what we feel, whatever we think is what we say, whatever we think creates our emotions, our desires, it creates good marriages, bad marriages. It's all thought. Now people have said to me many, many times that what I'm saying is too simplistic. Well, I can guarantee you that you can't get simple enough.

The second you're born, you see a reality and your five senses kick into gear, and with thought and your five senses this is what guides you through life, but there's a greater secret than that. You step beyond the five senses, and when you learn to step beyond the five senses, then you live a happy, contented life, a life full of love because love is always the answer, no matter what. Love and understanding together create what you would call a beautiful life. Life is like any other contact sport, you're going to get your knocks, but it's not the knocks that count. It's how you handle them and the way you handle them. If you handle them with anger, distrust, jealousy, hate, this in return is what you're gonna get. But if you handle these knocks with love and understanding, they don't mean much. They just dissipate and again you're left with those two beautiful feelings.

You can rest assured going back into the past will never, never, never help you. Do you know how the Eastern mystics talk about the now? That's what you've got to find is the now, and the now is whatever is happening in this world

minus all your negative thoughts from the past, no matter what experiences you've got from the past. As a child you may have gone through a lot of negative emotions, feelings, negative experiences, and they create whatever you are now. They create your behaviour the way you think, the way you see life. Now if anybody takes you back into that past, all they're doing is reinforcing that and I tell you right now that is one of the biggest mistakes that humanity ever made. You have to learn to live in the now. How do you do that? It's so simple. It's when you realise that the past no longer exists. It only exists in your head via memory and what is memory? Memory is created from thought. When you see what thought really is, you're free. I guarantee it.

That's why I say to them all that all true psychology is created from three principles: Mind, Consciousness, and Thought. There can never be four. There can never be five. Just three because there's mind, consciousness, and thought. You know how in the Bible, they have the trinity? That is the trinity of all psychology: mind, consciousness, and thought. They create the reality you see, the reality you live in. Now when I say mind, consciousness, and thought I'm talking about divine mind, universal mind. I'm talking about universal consciousness. I'm talking about universal thought. They're gifts. They're gifts that we were given so we could see creation. Without these gifts, you would never even know that creation exists. Without thought you would never know creation exists. Without consciousness you would never know creation exists. Without mind you would never know creation exists. Take any one of them away and you take away the three because the three are all one with different names. That's why I'm saying to you now please ignore everything I'm saying. The words don't mean a thing because [unclear]. Listen beyond the words because beyond the word lies the truth that you're looking for because beyond the word takes you inside and inside lies the answer. We all have it.

There isn't one human being in the world that knows one single thing more than another. We all know the truth. We are the truth. You know the saying "I am. I am what I seek, the am-ness." They're not talking about you the body, the personal; they're talking about you the spiritual, the spiritual strength, the spiritual existence that lies inside. That's you. That's where you find your freedom is by stepping inside and I can't explain what inside is. I'm trying. I'm trying by words, but go beyond the word, and the only way you'll feel it, the only way you'll find it is by a positive feeling. If you sit here today and you have a negative feeling, you're not hearing what I'm saying. If you find a positive feeling and it makes you feel good and you walk out and you say, "You

know I don't know a darned thing that guy said." It doesn't matter. The words are immaterial. It's a feeling. In the feeling lies the truth and the positive feeling. Always go from a positive feeling, and if you feel negative someday, try and realise it's connected to thought. If you can realise that all your hardships and bad experiences from the past are now only thoughts you're free. Now it's so simple, but that's all it is. Can anybody in here tell me that their past experiences are now a reality?

It's not. It's gone. It's a memory and that's what creates your character, and all you have to do is realise the power of thought, the power of consciousness, and the power of the mind. Nowadays, the scientists are starting to realise that all matter is created from the same essence and that's what I'm saying right now. It's all created from the same source, the same essence, the same invisible non-touchable essence. God is that essence. What you're looking for is a realisation. The realisation is something that you've never thought of before. You go "oh" and it comes like an insight, and it comes like a thought. You think it's an ordinary thought, but it's not because a realisation does not come from anything you've ever learnt in your life. It comes from inside. What I realised life is a divine dream suspended within the boundaries of time and space. That's what life is as we know it. You go beyond that, you go beyond time and space, and the only way you can do it again is by going inside. Go beyond. Go before the contamination of thought. Now, it's the most natural thing in the world to have contaminated thoughts. The second you are born your five senses kick into motion. You hear, see, smell, taste, etc. That's your five senses. That's what's going to guide you through life. That's what makes you see and feel reality, but it's all governed by thought.

If I touch you and you feel that touch, whatever your thought says that's what you will feel. If you see life, you see a flower. You see that flower, and it's governed by your thoughts. There are the personal thoughts. There's divine thought. Now in the two thoughts, two different kinds of thoughts, there's the same power called thought being used two different ways because you and I were given the gift, the freedom of thought, a free will to think as we wish. You use your free will. You use yours. You use yours. We all use our free thought. That's why people meditate. People meditate to quieten their mind down; we all know that. To quieten their personal thought system. The more they can quieten their personal thought system the more they get into clarity and purity of divine thought. Everybody in this room, everybody in this world, totally everybody in this world, they're always thinking. We're thinking

creatures. Right now I can guarantee everybody in this room is not really listening to what I'm saying; they are listening to what I'm saying plus they've got their own thoughts going, and it's very natural. But, hopefully, you stop thinking, just for a little bit. You see there are different states of meditation. A lot of people think that if you're in a state of meditation there's only that one plateau. That's not true. There are many plateaus of meditation, many depths, and each plateau, each depth creates a different reality. If you've been walking along the road or somewhere or sitting and all of a sudden you feel really, really good, you don't know why. Just of all of a sudden you feel so good you can't believe this is life, and you think "Wow, if life only could be like this." That's because for even a microscopic second you've dropped the personal thoughts of this reality and you've touched divine thought and you feel good. That's what I'm saying: it's always in a feeling, a positive feeling.

When somebody speaks truth, I don't care who it is. They are talking from beyond the intellect. It's not clever. It's extraordinarily simple. As a matter of fact, the deeper your intellect, sometimes, mostly, that's your problem, try and be simple. Try and see life simple, try and think simple, and you'll be very, very surprised what that does to you as a human being. You see, you can't be conscious without thought. You can't think without the power of thought. Your mind can't function without thought. We live in thought all the time. We're thinking creatures. I'm going to keep saying that. We have no other choice. That is the missing link between happiness and sadness. Thought is the missing link between anger and love. Thought is the missing link that all humanity has been looking for since day one. A simple thought. Thought holds the secret to all the problems that society has. Misguided thoughts separate one race from another. Thought creates all social problems. Thought is the most important thing in the world. If you can see that, then next time—all the problems, all the trials and tribulations that you went through as a child are carried through time and they create your character. Once you see that, once you see that it's all coming from thought—it's not a reality; it's thought.

The way I was brought into this world, the way I was brought up, the way I was handled, I didn't have an education. I didn't have this. I didn't have a chance. They created me. They created an angry, hostile, jealous person who got quite emotional. That was the catalyst that created me. But once I saw that it was all thought, it was gone. I was a different human being and that goes for everybody in the world. Thought is the secret. Thought is the missing link that everybody is looking for.

If there is any question, just ask.

There is nothing negative in this world that doesn't come from thought. There is no hate in this world that doesn't come from thought. There is no prejudice that doesn't come from thought. All these things create the world as they are today because truth has no colour, no creed, no bad feelings. Truth is seeing life in a positive way, and as I said before it is not and I repeat it is not connected to bad memories. It's now. Follow your own heart. Follow what's inside. Follow the beauty that's inside. Follow the wisdom that's inside because you know as much about truth as much as any other human being because divine consciousness is in you. Divine mind is in you. Divine thought is in you. That's what you are. You know that saying "I am"? That's what I'm talking about.

The North American Indians talk about everything being spirit: the trees, the sky, the mountains, the deer, the fish. They're all spirit in a different form. When the Indians, the North American Indians, talk about everything being spirit and everything being one, they're talking about the very same as the Eastern philosophers and the Eastern mystics talking about everything being all one.

Love is a mind that is totally void of all negativity, and when this happens you have what is called understanding. You understand why people get in trouble. You understand why people have nervous breakdowns. You understand why there are differences in opinion, and when you find this understanding there's nothing left but love. Love, caring, sharing are all really the same thing. Again, different names. Different words to describe the same thing, and I'm telling you right now the secret lies in mind, consciousness, and thought. That is a trinity. When you say mind, Consciousness, and thought, divine mind, divine consciousness, divine thought, then you talk about personal thought. It's not two kinds of thought. It's the same divine thought used in two different ways because there is nothing else but that. It's the way you use it. It's a gift. It's a divine gift that we've all been given, the gift to see reality, the gift to think about reality and a level of consciousness, that talk about different levels of consciousness. The more you understand this the higher the level of consciousness. The lower levels that get lost, this what creates all the problems in your districts, in your streets, and wars. You could take a trillion dollars and say, "We're gonna clean up the streets of New York or some other place," and take this trillion dollars and give it to everybody and it wouldn't do a bit of

good, not a bit of good. All you'd do is spend a lot of money, and it would get worse and worse because there is never any change that takes place in any human being until their level of consciousness rises, their level of understanding rises, and that's what truth does and that truth again must come from you.

Again I'll tell you it comes via positive feeling. It has to come from you inside you via feeling, and it comes as realisation, an insight, a revelation. Those three different words all meaning the same thing. The truth has to be found from you. In the old Hawaiian religion, the Kahunas. They were the priests. They were very, very wise people. The Kahunas. They always maintained it was a secret that could never be told, and it's true. It's a secret that can never be told. When I lived in Hawaii just before I left I turned the television on one night and there's this beautiful little couple, old Hawaiian couple. Their great grandfather seemingly was one of the wisest Kahunas ever known. Now there's this old couple. They're maybe in their seventies and they said their grandfather, their great grandfather had told them that it was a secret and it could never be told. Now they picked him up wrong because here they're on television and they're saying, "But now we feel that we feel we should tell what the secret is." They thought the grandfather was saying don't tell anybody, so they started to tell the secret. They're not telling anybody anything. They're only telling their interpretation of the secret.

When I saw that I just roared. They were so sweet. They were divulging this secret. They weren't. They were simply just telling what the great grandfather had said. Try and give it away via the word. And what the word does it leads you to the door, but they've got to walk through that door. You lead them to it via the word, and it's up to them to take that one extra step beyond the word, but they can't. It's a secret. Again I'm going to go back to Eastern mystic, Eastern philosophy, Eastern religions and talk about the great awakening. That's what I'm talking about. You waken from the dream, bit by bit or all at once. It's always up to you because you truly, truly are the dreamers. You're that part of that divine dream, part of God, part of the creator that is alive inside you. The outside illusion is what we call reality. If you have a nice feeling, go with that feeling and that feeling I guarantee that's what you're looking for because if you have a nice feeling that's all there is in the world. You have a nice feeling for yourself, for life. You go home and see your children and you'll have a nice feeling for them. You'll see your parents and you'll have a nice feeling for them. That's it. It's a feeling. That surely is it: the secret you're

looking for, not intellectual understanding. The understanding will come once you get the feeling.

It's a world of thought. It really is. All societies are created from thought. All wars are created from thought. All gangland killings, shootings, robberies, stealing—they're all created from thought. All love is created from thought. All good deeds are created from thought. All you have to do is balance and figure out which is right and which is wrong. It's like a lot of young kids. I hear them say, "This is the way I was brought up; I don't stand a chance in life, so there's no sense of me changing." That's not true. I don't care who it is. Just change your mind and you can change from failure to success. Even a tennis player, a soccer player, a football player, if they have in their mind that they can never win they'll never win. But if they have it in their mind that they can win, they will win. Another name for that is confidence. Confidence takes away insecurity; insecurity is nothing but a reaction to thought. When you have that insecurity, you're living in an insecure world and you react accordingly. If you feel secure, you live in a secure world and that's why it's so very, very important to put into your children's minds security. It doesn't take much. All it takes is love and saying to the kid you can do it.

That's what they're picking up. It's all Consciousness. It's all thought. It's all mind. Mind, consciousness, and thought are the three principles in which we see and react to what we call reality. All consciousness is a power. It's a gift. It's a divine gift that lets us see creation. Mind is a divine gift that lets us see creation. Thought is a divine gift that lets us see creation. Divine thought, divine consciousness, and divine mind have no form. They have no form. They are power. They're a gift. You put a form on it and you've missed it because all of humanity, all of humanity are on the same pathway. They all try to find their way home. That's the name of the game of life; go find yourself. That's why the Eastern mystics say go find yourself.

Audience: [unclear 32:32].

Sydney: Our mission in life?

Audience: [unclear 32:52].

Sydney: Our mission in life? I can only tell you that's my personal opinion, but what I've found and what I've seen that our mission in life is to find your inner self, what you call God and that's it.

I told you it was simple. It's so simple. Remember I told you that it was under your nose and everybody looks outside this world to find it. That's where it was hidden, under your nose. What you need to go now and contemplate on what's been said and how you feel and try and keep a quiet mind because this is where the answer lies, in a quiet mind.

I'd really like to finish and say god bless you all, and I hope you find what you're looking for. Thank you.



“Mind, consciousness, and thought are the three principles in which we see and react to what we call reality.”

Rightsholder unknown. Transcribed by The Hidden Cause.

Sydney Banks’s words are unaltered.

All of the talks, with their transcripts running alongside:
thehiddencause.com/sydney-banks

If you’d like to know when another talk goes up, you can join the mailing list at thehiddencause.com. Nothing is held back from you either way – the talks and the transcripts are free.