



Now Is Always All There Is

A talk by Sydney Banks · the full transcript

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recording.

The
Hidden Cause

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I know there are probably some new people who haven't heard Sid before. And I know how they feel. They're probably wondering what's going on. And that's a typical feeling, by the way, when you... But really, all it is is love. Just that simple. It's just love. We're learning to accept love. And the way we're learning is just listening to truth. And Sid speaks that truth. So just sit back. Relax and enjoy yourself and listen to truth. That's it. Well, it's really, it's an amazing thing, you know.

It's really true. We have to learn to accept love. We've forgotten how. It's really hard. And what love is, true love, is knowledge of yourself, of your inner self. This inner self is what people call God, what Zen calls true self. And all it is really is a conscious state. You've got to accept this inner conscious state. You've got to accept its existence. And you can't accept it until you start to believe that it exists. But once you start to believe that it exists, then you've got to forget.

You've got to go beyond belief to knowing. And this knowing is what people call true understanding. And this true understanding lets you see what is instead of what isn't. Because what the mind thinks it sees is real, really isn't. You must bypass the mind, go into a meditative state, and this meditative state, the true state of meditation, all it means is you drop all thoughts from the past, all negative thoughts from the past that are controlling your life now. And when all thoughts, all negative thoughts leave, then you see now.

And now is all there is. Now is always been all there is. Because the past, the so-called past at one time was now. The so-called future will also be the now when the future arrives. So it is always now. And unless we see this point, we start futurizing and start being controlled from the past, you see now. This is what Jesus Christ tried to do. It's tell people to live now. Because living now is the place, or the space, that health. Comes, love comes, understanding of life comes, joy, happiness, everything that everybody in the universe has searched for since the day they were born.

This is how you get it: by learning to live now. It's really very simple. It is so simple that nobody believes it. See, Jesus Christ, I'd say the greatest being ever to walk the face of the earth, he really didn't preach religion. He simply told people how to live. That's all. He taught what is called common sense, but common sense is such a rare commodity that very few of us ever get it. And this common sense is back to living here and now, seeing what is instead of what isn't.

The psychiatrist, psychologists, the theologian, this is what they're searching for, is the here and now. They're trying to get people back to the here and now. But why any kind of method? Any method pertaining to the past is of absolutely no value. You can go back in the past through your blueness, and there is absolutely no way where it will help you now one bit. You must forget the past. You must only be now. And this being now is what cures your sickness. It takes a psychiatric patient and makes them well, because they heal themselves.

The simple reason: to live here and now and see what is instead of what isn't. We are controlled from thoughts from the past, always the past. The whole world searches in the wrong direction. And most of the world, except for a few individuals, you must reverse the entire procedure. There is nothing outside can help you. There is no man, there is no psychiatrist, no psychologist, no theologian. There is no human being on earth. Not one can help you to find this happiness, because it lies within.

It is there already. You're too late. You're already there. The only thing is you don't realize it. When you hear truth, when you actually hear, not when you're listening, but when you actually hear truth, it is heard from within. It comes as a direct experience of hearing words. And when you hear those words, this is when the beauty, when the love, the tranquility, and everything else, your anger, you'll understand it. Because when you go inside, you change levels of consciousness. And this is why the world is in such a mess.

The world is in a terrible mess, one hell of a mess. They talk about living in hell. They talk about living in heaven. Most everybody in the world lives in hell because they live in this planet, and this planet is in a hell of a mess. And there is no outside government, there is no outside power, can make it any better because the mess that the world is in today is created through our intelligence, our thoughts. This is a mess. Our thoughts, our intelligence, has got us into.

The more we try and get out of it, the deeper we get into it. Because we all play a simple little thing called the game of life. Nothing wrong. Absolutely nothing wrong. The world as it stands today is absolutely, totally, 100% perfect. The only imperfections that are here are in our own minds, put there by thought. And these thoughts are the same ones that are trying to fix the mess. So you'll never work. The only way that the world can get out of this predicament, the only way we can stop wars, the only way we can help children that are

mentally sick and adults that are mentally sick, the only way we can get marriages to work is by raising the level of consciousness of the universe.

And this is done by listening to truth. No difficult method, no diets. You don't have to do anything. You don't have to go anywhere. Just listen to truth. It's so simple. Very few believe it, because they feel it is an insult to their ego, to their image, to their self-importance, to their intelligence. And this is what the ego does. The ego— Which mankind has is very, very nosy, very inquisitive. It's always got to go and find out more, and it gets itself in trouble. Then, when you say, if you drop ego, you'll get out of trouble.

Then the ego comes up in defense of itself, and it says, No, I am too intelligent. I am a fixer. That same ego is the one that's getting into trouble. The ego is the one that makes you think the way you think. But beyond your mind, there's another thinker, and this thinker is called true self. And the self, God. Because everything, everything, everybody, all things are God. Good, bad, heaven, hell, no matter what. Totally everything is God. But what God is, you can rest assured your mind doesn't know.

Because the mind is not allowed to know what God is. Because God is non-existent. Only to the mind does He exist. Natural fact. For God is, is the energy of all things, nothing else. The energy of all things. All things are the same energy. Therefore all things are God. I am, and you are. We all are. If you drop the ego a little bit at a time, it raises your level of consciousness and takes care of you. It's like, even if you hear a little bit, your level of consciousness rises, and with it comes the information. The world is round again.

We have been searching for information to raise our level of consciousness, but it's always a reversal. Always. You hear truth, your level of consciousness rises, and it's like you get a little kick. And this little kick, as soon as you hear, and your level of consciousness rises, this little kick has everything to take care of you. All the information that you desire will come with the required knowledge that you have been brave enough to accept by raising your level of consciousness. It's very simple. The higher the level of consciousness, it's accepted from within, the more simple the kit becomes.

Until the kit is so simple that nobody can understand it, only the owner. And it gets so simple, and you talk with simplicity, it sounds like riddles. But it really isn't a riddle. It's simply truth. Simplify. Once again, our egos refuse to believe simplicity. We are geared to figure things out. This is the name of the

game of life. And you go and try and find yourself. So you take your mind, and you go and search for yourself. And you're like an old bloodhound. You go sniffing all over the place, trying to find yourself.

Try all many, many different methods and ways, and we try diets, we try this, that, and the next thing. Very curious people. But quite often, truth will appear. And the people are sniffing and not really looking. They get a terrific fright because, my God, I found the answer. If I listen, I'll have to be happy. So they have to go on another search. And this is beautiful. But the people are ready for here. Very simple. Nothing to do, just listen. The churches are telling you, Zen Buddhism tells you, and on this earth today, there are quite a few men with the answer, and are spreading it throughout the world, and it's going to raise the level of consciousness.

And what those beautiful people are doing are trying to bring harmony to the universe via a conscious state, because the higher the conscious state, the more you are towards your divine being. And until eventually, you may find your divine being. And this is total love. It's a realization that everything and everybody is God. Some people call it the great awakening. I think the great awakening is a beautiful way to describe it, because I'll try and explain to you what it feels like. It's like you're sleeping.

If you were sleeping, and you were having a nightmare, and in a nightmare, you actually feel the pain, you actually feel hate, you actually feel anything you want. It's real and a nightmare. But the second you wake up, you say, Thank God that was just a nightmare. Thank God it was just dreaming. Well, it's the same with realization. The only thing, you wake up to realize that all life is a dream. All life is an illusion. What you think is real isn't. And it's not until you go to the spiritual side of life and realize the real that you can live in the unreal, in happiness, knowing that all things are thoughts.

All things arrive from the divine thought. That is the thought of God. You are that thought. You really are. You are that thought. There isn't a person sitting in this room tonight that isn't God. The only thing is we don't realize it. To find this happiness, it doesn't take information. It takes what you call faith. And faith is what comes when you hear truth. It is so beautiful, you just want more, because it makes you feel It's okay. Any questions? I'm allowed to ask you a question?

No. When you say listen to the truth, does that mean listen to what another person thought? If you listen to me, I can honestly say you're a fool, because if you listen to me, all you're going to say is that man said this and that man said that, and that's not good. You listen to yourself. Listen to yourself. You see, when the inner self, when my inner self talks to your inner self, it's like I'm talking to myself, because we're all the same thing. The only difference we have is we have a body, we have an individual soul, and we have an individuality, our individual ego.

But this is exterior, all exterior stuff. You, me, him, her, we're all different. But inside, inside we're all the same. We are God manifesting through the illusion. A body and a person. And it's our birthright to find this, this beautiful space which will bring us happiness beyond our wildest imagination and make us see with clarity what is instead of what isn't. It really is. Don't ever get caught up in the past. If you do, you can rest assured you'll find nothing but the troubles that you've got now.

As a matter of fact, they might even get worse, because you disturbed them and bring them back again. See here and now, and you will see what Christ talked about, what Buddha talked about, what the churches have been preaching for many, many years. It's all yours. Just look. Simply look. I know what I'm saying now doesn't make sense, but it's not supposed to make sense. We're all puppets. We're all puppets dangling on a string. The only thing is, guess who pulls the strings? It's yourself. Because if God pulled the strings, then there'd be no individuality.

There'd be no freedom, and everybody in the universe has total freedom. Anyhow, total freedom for all things. All things. All things. Must be a question, brother. Yeah. When you say about how love is understanding, and it just struck me, like from our past, we think of our minds as being understanding, and the psychologists and the theologians and the psychiatrists as being able to bring us the understanding. And if you're in the now, you're in the present. It's so simple, our minds can't grasp it because the answer is love, and that's so gentle.

And the other way is so difficult and so complicated. It's just another one of those opposites. So people run like you're talking about the thing. People, psychologists, psychiatrists, like to talk of love, time, run away from the very truth that they're seeking. That's true. Really true. It doesn't. You don't have to pick individuals and what they are or who they are. It's everybody in the

universe. Totally, totally everybody in the universe that isn't ready for truth will run. Love is the answer, and love is truly understanding.

As soon as you understand, you love. To love your wife because she's your wife, or love your brother because he's your brother, is not love. Love comes from within. Deep, deep from within. And this love, when you give it out, you're not giving anything away. You're creating it for yourself, because you are the creator of love. So the more you give it away, supposedly, the more it overflows. The more you can give love away, the more you get back. And this brings more knowledge, which in turn raises the level of consciousness, so more information.

You get another kick. Should we maybe take a break and have a coffee or something? Talk later, because quite often when we—this is when the talk really starts, eh? Because there's a lot of beautiful people in here tonight who have found what the session's for. And if you just mingle with them and talk to them, you'll be surprised what might happen. And we'll see what we can do about your mind. It's really a hassle. In conversation tonight. So, let's get really casual, nonchalant. Would anybody like to just say anything that happened or what we talked about?

Would you? Hi, my name's Rory. At the end of the—at the beginning of the break, I really felt full of love for everyone here. And I really wanted to share that. And when Syd said, like, you know, just go out, and I just went out and I just walked around, and people came up. And I really realized that everything that was happening was happening from way thought out. And I was in within the space of like that few minutes, I was like giving myself all these opportunities to see things.

And I really see that it's inside us, you know, like I came up from Barbados, and like I just realized when I first came to Salt City Bar, like I was one of, I guess like a lot of people, I had done a lot of seeking and a lot of trips. And like when I came to Fifth Door, I thought I was really open-minded and stuff. And then I had—everything I'd read about siding was just right there, ready to judge these people, and like how we started off this evening is we really fight love, and we really, we really fight being happy.

And like I think the beginning of this evening, we've really seen that. We've seen a lot of fighting. And I really think like we can just drop it and really open up and share and quit this bullshit. What is meant by grace is that you were

lucky enough to hear truth. Because once you hear truth and you go beyond your mind. To this inner mind, this mind of God, that is grace. That is being, that is grace. Being blessed with this knowledge, and each individual's soul accepts this grace, this knowledge, according to the level of consciousness, in their own time, their own speed.

There's no rush. There's nowhere to go. No hassle. Because, see, we're all rushing. We keep rushing all over the place, trying to do this and trying to do that. To find this inner calm, you must slow down. This is why people meditate. Instead of taking a pill from the doctor, meditate, and it slows the world down. It slows your mind down, but only for X amount of time. Then the world starts rushing in again with all its negativity, and you're captured in it. So what you've got to do is learn to walk through life in a meditative state.

And to walk through life in a meditative state, you've got to raise your level of consciousness, and this is where you can see you're blessed, lucky, whatever you want to call it. It's just names. Names really don't mean anything. Like, we separate things with names. If you can actually Try and get into your head to believe that all things, all energy, is God. And keep this in your mind. You need nothing else. It'll pop in. You need not know I hit you. You're just there. Beautiful. Study gentle.

If you ever, if you ever try and investigate further into life, how you can be happy, or what's wrong with life, and you come upon a place or a workshop that has hostility, my advice is walk out. Because it's this hostility, this anger, that has created the mess the world is in today. And this is connected to the ego. We're right back to where we started, always back to the ego. The ego is the creator of all our problems. Let it go. It's really a hassle.

Be unimportant. Each individual soul in the world is God playing the game of life in this what we call this universe. And each individual soul is the creator of all things, all things. And this is why Jesus Christ died, was to try and let you know that all things were a conscious state and all things were possible. Why do you think there's wrong, you'll never find right. Because wrong and right, if you have wrong and right in your head, you've missed it. I know there's wrong and right here on Earth.

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Why do you think it was wrong? You'll never find right. Because wrong and right, if you have wrong and right in your head, you've missed it. I know there's wrong and right here on Earth, but that's not where you get the answer. It's when you realize that all things are perfect. And if you start to realize the perfection of life, even the so-called wrongs, then you'll see the truth. Then you'll see it's funny. Sometimes you look at the news and you can hardly stop laughing because it's so crazy.

Everybody's running around pretending that they know something. And nobody knows anything. The mind of mankind is the greatest trap of all. But while the ego exists, you're in trouble. And the more you have of it, the more trouble you're in, the more hell. And that's the hell that the Bible talks of, is here on Earth. There is really no hell. There's really no heaven. It's all here because it's all a conscious state. Statistics. Why this, why that, give it up. There's no statistics in truth. It doesn't matter why, because in truth...

Everything is because it is. And is is God. What is, is God in motion. You accept what is, you accept God, then you found your freedom. That's simple. That's the answer. Nothing more to say. Just accept what is. And when you start to accept what is, magical things happen. You start hearing strange noises. Any questions? You know, when I was talking to people during the break, I realized that sharing came along with the gift. To go on to another gift, you have to share what you have learned, and then you were ready to go on to the next one.

And then I felt all the fear of sharing, and I saw that that's what the fear was, the fear of sharing. And as soon as I started sharing, talking with people, it's just so much love and truth started to come in. Right. This is why the greatest of all men, Jesus Christ, said, Go and tell the people what you found. Because if you acknowledge what you found, you acknowledge that you found it. Tony, acknowledge that you found it. It's no good to you, because it's hidden inside.

So as soon as you start to share, you'll be very surprised what happens, because sometimes you start talking about something, it absolutely flabbergasts you. Once you find truth, you'll realize there's nothing to say. There's nothing to say. There's nothing new. There's nothing. Nothing. There is nothing. It's all an illusion. You meditate. It's beautiful. By all means meditate, because meditation is better than going to the doctor to take a pill. But when you meditate, it'll only last a few hours. Give up meditation and you'll find God.

The second you find God, there's nothing. You found it. You found your happiness. This is truly, truly the answer to all our social problems. This is what the social problems are: lack of knowledge of yourself, not of anybody else, of yourself. Find this in yourself and you've got it made. It's that simple. Really simple. After this is finished, I believe there's a whole bunch of people going to go to the Thai Pavilion restaurant, so. You're all welcome to go. Hold seventy-five. First there. First there gets it.

Where is it? Granville and sixty-seventh. sixty-seventh and Granville. There's nothing like changing the level of consciousness, is there? And this is really true, you know. You should learn to go up and down like a yo-yo, levels of consciousness. And this is what they call schizophrenia. We are all schizophrenic. We go up and down levels of consciousness, and we don't know what's happening. One moment we're happy, smiling, cheery, and next moment we're saying, What a horrible life. You son of a gun. Bah, bah, bah. And you really don't know what's happening.

But we're all schizophrenic. Learn to be a schizophrenic. Enjoy being it. Then you go up and down like a yo-yo. You can go. You can join any place, anybody, any place you want. If they're talking super high, you go in and talk super high. You don't get caught up in it, because once again you're seeing what is instead of what isn't. But it's really true. We're all schizophrenics. And I'm really one to admit it. I'm total schizophrenic. And everybody here is total schizophrenic. But the only thing is they don't know it.

And because we discover some, we say, He's a schizophrenic. We all are. You've got to start to laugh at life, because life is really funny, especially when you get schizophrenic, because there's joy in them, up and down. It's that simple. Really simple. I can't say simple enough. I'm going to keep saying simple till the day I die. And if somebody says it's not that simple, that's your opinion. It's only difficult because your minds won't allow it. Drop this barrier from the mind and its simplicity. It really is. Yeah.

Why is it? Why is it here? Why is it...? Everything is because it is, and what is, is God in motion. It's the mind trying to figure it out. That's the problem. Just accept what is. And you think, Well, I can't accept this. This is not my lot. This should be better. But believe me, the second you accept what is, then your lot does get better, put in simple terms. You see, you can talk religion, you can talk psychological. And life at life, and they're both the same thing.

They're really both the same thing. The psychologist searches inside to find his inner self, to find out what makes mankind tick. The theologian, he searches to see what God is. They're both the same thing. No difference. And without one, you can't have the other. You cannot find... Hi, Casey, it's Terry. Just in case there was not a mix-up tonight, you're having dinner with Gary Corbett and Thomas Chili Cochran at Palmer's Restaurant at 6:15. I've been out of town, so I was a little surprised they scheduled you for 6:15.

Maybe Marcus already talked with you, though. Otherwise, you're going to be kind of zero making it. So again, that's Palmer's tonight, 6:15, Main 28. Erica will be sitting in on that dinner. Thanks a lot. Bye-bye.



*“Because what the mind thinks it sees is real, really
isn’t.”*

Rightsholder unknown. Transcribed by The Hidden Cause.

Sydney Banks’s words are unaltered.

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