



One Jump in Consciousness

A talk by Sydney Banks · the full transcript

The
Hidden Cause

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But now we have to look at another way. The way. Not my way, but the way. It's always been the way and the way is not to look in the past for your problems or to fix whatever [unclear 25:12] been doing. The answer is to find it now. Only now exists. As soon as society realises this, it will stop playing the sick game of the mind which is being manifested now throughout life to create horrible life now. Whatever life is now is the full responsibility of the level of consciousness of humanity at the present moment and it cannot change. It cannot change until the level of consciousness rises, and the only way this level of consciousness of humanity can rise is by finding truth now. There is only one truth. There has always only been one truth, and that one truth basically is that all life is and always will be one divine thought. It's beautiful that people are actually starting to hear, and their friends in psychology, etc., or in public health have been getting such tremendous results that their superiors are wondering why and what's going on. But the second they say what is going on, there is disbelief.

What mankind has to do is to start looking at facts, not beliefs, rituals, and ideas, but facts. Once the mind of mankind starts to see facts and lives in a reality of facts, then he walks in truth and sees what is. From that second on he has the opportunity to live in what is called heaven, bliss. Call it whatever you want; it's a state of consciousness. All things are a state of consciousness. That is fact. The people there that have been listening we have chosen with brain damage which has so miraculously grown back which has impossible. We have cured themselves of cancer. We have people who have cured themselves of all kinds of sicknesses which is starting to create the perfect utopia here on earth if they can keep it up, if you have the courage to look within and see that is indeed a spiritual reality if you take away the details.

The details of the playground of the mind: it's where the mind plays and gets itself lost, gets itself into trouble, gets itself sick, and wonders why. Live in the world of facts and a fact needs no thought. It is something that is seen from within projected out. Then you see the beauty that surrounds you. You see whatever you want to see because that is life. All life is a conscious state; you see whatever you see because you have what is called a free will and a free mind. You use it. That's a fact. Whatever happens it doesn't matter. Everybody is that same fact. Find the pattern to life and you'll find everybody's problems. You'll find the love. You'll find the perfection in every living soul that walks the face the earth. When they ask for help, you will simply give it. When you give it, it won't make sense. It won't make sense until the person listening is

ready and no one, but no one can make anybody ready, only yourself, always only yourself.

You cannot fix the world. You fix yourself. Fix yourself and the world will change round about you. Honest because another living soul walks in, then he asks and then you can tell him how to fix his world. It's an individualised world. We all live in a little individualised world of our own in a separate reality from any other living soul on earth until someday you see the one-ness of all things. When you see the one-ness of all things, you see that all humanity only thinks they are separate, but they're not because it's all just one conscious state. That's all it is. That's the answer. Go back to that one conscious state, to that one divine thought, work from here, and the perfection must come out. Anybody in this thing must hear the truth. They must. What they do with it is up to and depending on themselves plus the level of conscious state exists within themselves. That is what dependency is; it's to depend on the level of conscious state that you are in at present.

When you're happy, you go to higher levels of conscious state. When you're unhappy, you're in the lower levels for the simple reason the lower levels live in a world of fear which creates hostility, jealousy, anger, desire etc., etc. The higher states that find the knowledge of the self, whenever they find this knowledge, they go to go to higher levels of conscious state. From here there is no fear because fear is shown of its worthlessness. It's shown for what it really is: a conscious state being manifest and formed to make you believe in something called fear. From this fear, all your sicknesses come, all your fear, your anxiety, your stress, all your problems. Find true knowledge and this will disappear. From here you'll walk in freedom because freedom lies within if you can uncover it by finding true knowledge of oneself. I know to mention spiritual to most psychologists or psychiatrists is taboo, and I honestly don't blame them, but the psychology that we're talking about now is from beyond the mind.

I keep talking psychological all night from beyond the mind, and I'm explaining religion. If you want to talk religion, I'm explaining the true psychology of the mind; they're both the same. Once you've got the connection, you've got it; this is a game. It's a cosmic game. You hide the very existence of yourself, and yet you search for yourself. If you search for happiness, you're searching for yourself. Everybody that's born, the second they're born they're on the road to searching for themselves. That's the game.

It's supposed to be like that; that's imperfection. Everything that happens outside, everything that has ever happened has been perfection because we are the creators of the conscious state, and the conscious state is responsible for everything. So we have a free will and free mind to do whatever we want. So whatever has been created has been created via the freedom of all things. That's perfection no matter how bad it seems.

You must see imperfection to find the answer because once you start to find the answer, you step inside. When you step inside and you start to realise it truly is a spiritual reality at this second, you realise the inside is the creator of the illusion of the outside. It was all an illusion and the inside is the creator and you are the inside. The body as you see it now and your so-called mind is an illusion. You see there really is no such thing as the mind. That too is the illusion. That's to play the game of life, and when you start to see the perfection of all things from inside, you find the answer. When you find the answer, you find the secret to separate realities. You can step in and out of separate realities at will. Because you see all these separate realities are simply separate levels of conscious state. So whoever you're talking to you, step into their reality, but you don't step in and create your feelings of that same reality. That would be silly. Let me explain that to you.

The whole world thinks you've got to be serious to be good; you've got to be really super serious to play good music. That's a fallacy. It's a fallacy of the mind. We carry it to great extent through our life every day. We have the illusion that being serious is a healthy thing; it isn't. If I'm going to play the piano, I have a choice. I can play it good and be really serious and be heavy and worried with the stress of the seriousness, or I can sit down and play the piano and really enjoy it. When you really enjoy it, this is when it comes out. Now put this to life: you go through life, and if you take it too serious, you're in trouble. But if you can see the perfection and you walk in this happiness, without this you have no stress so then you can tell people how to become happy. It's very simple.

Jealousy is the same. Insecurity is the same. Insecurity is not a fact; it's a belief and it's one of the biggest beliefs that mankind has. Because of this we all walk in stress and strain which leads to competition, which leads to sickness, which leads to problems at home, problems in your work, just because of insecurity. I tell you now if you listen and listen very carefully insecurity is nothing but a thought manifest in your head to create the form, to create the hell; it is just a

thought. It's a beautiful thing that's happening, and it's happening very quiet which truth does. I've told you people many, many times, and it's really very important. You cannot figure out your own problems. The mind that tries to figure out its own problem is playing the game. If you want to get away from this game and truly rid yourself of this problem all you have to do is to listen to truth, raise your level of consciousness. This is what happens when you listen to truth. If you hear your level of consciousness rises and all the answers you seek will be there. That's the price for having the courage to look and see what life really is, not what it looks like—what it really is and that's all you're doing; you're simply finding what life is.

The manifestation of the fact here is what we see is the details; you cannot get it from the details. You go inside, find the fact, and when the fact strikes you've got it. You're on the way home when you're beyond the mind of most of humanity. What the world needs now to get it out of the mess it's in is not any more information because we've got loads of information. We've got computers that have every kind of information that you can possibly think of. We've got every kind of known thing to help mankind and nothing's helping because it's the mind of man searching to look and find out what his problem is and you can't do it. This you just have to believe. You can't do it. Raise the level of consciousness which is not an intellectual thing, raise the level of consciousness of humanity and all the answers will come.

All the pollution, all the starving kids in the world, all the so-called wars and riots will all start to ease off. This sickness of humanity will start to ease off. One degree, one single jump of your level of conscious state will be absolutely devastating, absolutely devastating. Right now, we have quite a few teachers that can show people the way. They know the way to their level, but believe me their level is pretty high, pretty high. We're all learning. We're learning every day. Every day we find brand new things. Right now we're finding brand new things and that's the idea is to keep your mind open because you see everyday as brand new. Because if you don't, you clutter it up from the past with all your grief, all your thoughts, all your stress, all your anger, all your memories, and you live in yesterday. But you can't get out of yesterday; you can't run away from yesterday because tomorrow yesterday will still be there with you and you can't get away and you keep running and you run to India, run to China, you run up mountains, you run to workshop after workshop. There's no place to run. You've got to stop. Stop dead. Turn around and there it is.

I tell you keep listening and you'll hear it if you want it. Once you get it, you'll be able to guide others. As a matter of fact, it's simple. This is the trick of life. Mankind keeps looking for the details, but they're hard; they're complicated. To find happiness, to find the secret of life, literally the secret of life and you've got it all the time—every living soul has it. It's tucked away in the back of your head, and it only takes a second to come out. When it comes out you say, "Of course, I've known it all along."



“You see there really is no such thing as the mind.”



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