



Seeing What Is, Instead of What Isn't

A talk by Sydney Banks · the full transcript

The
Hidden Cause

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The most beautiful space to be, place to be, it's not a place. It's a space. It's a level of consciousness that sees from within. You step inside, and the second this happens then the world starts to change because you start to change because you start to see what is instead of what it isn't. I see what is the same imperfection because even with our faults everything is perfect. Unless you see this, you will always see imperfect. You'll see hostility, you'll see anger, you'll see etc., etc., and you'll feel it because you are what you see, always, and life being a perfect state of consciousness. All you have to do is change thought. Change thought and the world will change, but to change thought you can't do it with your mind because when you do it with your mind all you do is change one belief to another. In reality it's a spiritual world and you've got to really start to believe that. It's a spiritual world. It is the reality that you see. What you see is the illusion. The true reality is the spiritual side of life, and it lies within via a conscious state. It holds all the secrets, all the secrets that mankind has ever sought from the beginning of time because that space is and that is-ness is what the bible calls god or they call Buddha or whatever.

That is-ness is the answer to all things and unless you talk about it you deny that it's there. Then you talk about yourself, and all you are is the offspring of that thing. Then you take the credit, and if you take the credit, you're using your free will and your free mind and you're creating a big ego, which gets you into trouble, creates all your unhappiness, all your blindness, all your sorrows, and all you have to do is change thought.

If you explain the game of life by simply in a psychological manner the hearer, the hearer will see all religions at once, if he sees it. It's only words. It's the words that guide you to this land of knowledge, this place where everything lies, and this land of knowledge has all the secrets. With the secrets come the tranquillity and love and the understanding of all things, all things. You see all things are thoughts, and it's all one big thought. There's really nothing to find out. That's what you've got to find out, but you don't believe it because it's quite natural. The world is nothing but levels of conscious state. It really is. Each level of conscious state sees differently. The higher the conscious state is the more beauty, the more love, the more wisdom, the more tranquillity, the more understanding comes with it, and the more health because they're all one thing. Once again, they're all thoughts.

You see love is a thought. It's a thought that creates a feeling and all thoughts are feelings. They're all the same thing, and all you have to do is create the

thought. Once you create the thought everything is love. Everything is understanding. It covers everything, absolutely everything. There is nothing in the world it doesn't cover. People don't believe that there are separate realities. There are many, many, many separate realities. There are as many realities as there people on earth plus realities that people have never heard and they're all real. It's not a place; it's a space. It's a space in your head once again that holds the secret to all things, and if you can go into these separate realities you go into separate levels of conscious state. The true realities begin when you go beyond the belief to the fact. We're searching for a silent mind. It's in the silence of the mind that all the secrets of life are found, where all happiness is found, where this level of consciousness, the secret, the key to open the door to where all the people in the universe are searching for, all the scientists are looking for. The key that opens them—this key that opens that door is knowledge, and the second you open that door you find a new level of consciousness. It's there. And when you find this new level of consciousness, it's a must. Life must become more beautiful. It must, but don't get cocky because there's always another level and another, and another and another.

Until you find out there's nowhere to go and when you find out there's nowhere to go and you find out the whole thing's one big cosmic joke, you've still got to conform to the laws of living and you take on the pattern again. Only this time you understand all the angles of life and you can see the pitfalls and you can see the stupidity of your past. Everybody searches in their past. All they're doing is searching in their own stupidity to try and figure out how stupid they are. When they find out how stupid they are, they feel so stupid. They're burnt right out. You've got to find out now what created that so-called stupidity, not from the mind but that the secrets of unveiling conscious state. You must unveil conscious states, and when you unveil the conscious state, you walk in it. You actually get surrounded by this energy of whatever you've got the conscious state.

It's all really your free will you go up and down but learn to go up and down. It's something you don't know yet, at least you think you don't know. So you don't know because you are what you think and you think you don't know, so you don't know. Once you start to realise and you see beyond your normal vision then you start to realise you always knew it, and finally when you get to this place, or this space, this land of knowledge—when you arrive there you see the simplicity of life and all it is, is thought, and if you take everything back to thought you go back to neutrality.

It's the same. When you see people walking down the road, you don't see people you see them as playing the game of life the same as you. It's a conscious state walking down the road, which has manifested itself into form and it's playing the same, but it doesn't know that. So you don't judge them; you just look at them and see they're playing the same as me because they are me because there's no separation. There's only one and you can talk about one from the mind but your mind is in the way. Believe me, give up your mind. I mean have a look and see your mind works but not from a mind level because that same mind will trick you. You've got to go to another level of consciousness beyond the mind where it knows what the mind's doing. There you look and there is the impersonal, the space, and the level of consciousness which doesn't judge. It doesn't analyse because it sees itself, and if it starts to judge and you analyse then the person himself is going to feel it because the second you judge and analyse you're only hurting yourself, honestly.

Sure you're hurting people out there too, but in actual fact you're hurting yourself. But if you can go to this space, this level of consciousness where everything is so impersonal that there's nothing left but love and understanding then from there you can see what is. And the what is always perfect if you see it properly. There's no judgement and here's where the true freedom that everybody searches for lies. The true freedom, not the make-believe freedom that I'm free because I can run off here and there and do this and do that. That's not the kind of freedom. That's an outside freedom. True freedom lies inside. It's a space. It's a conscious state where the tranquillity lies to enable you to see with clarity what the world really is and what's going on. It's that simple.

How simple can you get? If you to start to search for information to try and get there, you're going the wrong way. All you have to do is listen to words, just listen, and all of a sudden you'll find yourself seeing things nicer and you'll start to understand just what's going on because that's all it is, is levels of consciousness. As we know, the universe is nothing but one big conscious state and if people say you shouldn't talk about high and low levels then they're really tripping because they're denying the very factors of its existence, and because we're all here and we all have our free will and our free mind and we all see things differently is the very proof of what I'm saying—that the existence is there.

Remember I said when I first came in today when you go to higher states of consciousness you can always look back. So when you go down, if you're silly enough to go down and go into a real misery, you'll still be looking from the higher. So you're watching a parade, you're watching yourself in a parade of stupidity. It's never so bad because you're watching it. You're seeing what they're doing, and it's my fault. I know it's my level of consciousness and you say, "What's going on?" All of a sudden it gets worse and you go through whatever experience that you've got to go through in life and all of a sudden it clicks. The penny drops and you get all the information because you've been watching it, and the information comes later because if you had your information prior to it, you wouldn't have done it.

A cosmic game that's just jumping back and forth, up and down, schizophrenic like you wouldn't believe. Like everybody's so totally schizophrenic it's incredible, and some people just get it a little more than others. Then they get level schizophrenics, but everybody's schizophrenic. Schizophrenic is only when you go from one level to another. It's a level change. It's only when you go from one level to another. It's a level change that makes you see wrong. Not the information coming. It really isn't. That's the illusion. It's the level of conscious change, and as you go down, you might be really feeling a very high state of consciousness. Everything's really beautiful. You feel nice and safe and everything is just going really nice then all of a sudden—bang! Something happens and you're down there and you're really in it. You're really in trouble. You think the whole world's terrible and so and so's rotten, the world's worst people. The next moment your level of consciousness is back in place again, and "Oh, those people, they're not that bad. They're really quite nice." That's schizophrenic. We don't know what turns it off and turns it on; it's a change in the level of consciousness. That's what schizophrenic is because every time you change your level of consciousness you see different.

When those people come over from Salt Spring to talk to you, listen. These are the things that really trigger things off. It's the thing that makes it alive, makes it real. All of a sudden it's changed from a belief to a fact, and the second it turns into a fact you're free to get really it started because it's the first glimmer of a fact. You can see the fallacy of going back into the past to find the truth. You must realise how life works, what life is. That's what you talk about. How does life work? Not mechanically. Spiritually, how does it work and what are we in relationship to this spiritual world? Because it truly is a metaphysical

world. It truly is, truly, truly and we are created here on earth via conscious state, and we are that conscious state inside. We are that conscious state.

The difficulty with trying to tell truth is nobody will believe there's an absolute because our minds can't possibly conceive of an absolute. There must be many forms of this so-called absolute but this isn't true. There is only one absolute: the energy of all things is an absolute. because the energy of all things without a mind is nothing and this great nothing-ness where all things come from because everything comes via conscious state, from a thought, from this nothing-ness. If hearing is one of the secrets because to hear our knowledge you're unloading what you've got to take on new. But if you have too much and you bind it in, you'll never make it because you're holding it to yourself. We're all afraid to give things away that we have because we think, "Well, if I tell you, you'll be as smart as me and that would never do. I don't mind you being under me, but not as smart as me." When it comes to truth, it's the opposite: the more you give away the more you get back. Every time you hear you shed off the old and the new arrives. You must leave room for the new. You must keep it flowing. It's an energy. All things are energy. It's a manifestation of energy into what is, and we also are manifesting what is because we have a free will and a free mind. We change our what is to what isn't and we say what is wrong. That's what happens. It doesn't make sense what I'm saying. It makes sense to me, but I know it doesn't make sense to you. I know that.

Once you see it, it starts. All of a sudden it'll make sense, but from your mind you'll say, "It doesn't make sense." But you'll see that fact and the fact is from beyond the mind, where the true reality, where the true stepping stones to get away from the reality that you now know into a more beautiful, peaceful, and yet still have what you've got. Because you step into the true realities of life, you step into this conscious state. You learn the secrets of conscious states. Then it changes the world because you don't go through this hell of sadness and anger and jealousy and hate and the turmoil of life. They drop away because you have such a clear understanding of what life is. You just live.

Nothing can be realised unless you already know it, nothing. You've got to start to realise that you know just as much about life and all the secrets to life as well as any other living soul on Earth because you do. We all possess a higher state of consciousness which is a direct link to the universal all-ness of all things. It's a route that cannot be separated. You are that thing, and you are

that conscious state. All things are thoughts. The universe as you know it now is the outside world. It is fact. It is fact. There is also an inside world which is also a fact, but these two worlds talk about each other because they're separated by the mind. If you ever see that the outside fact and the inside fact are one, then you see the one-ness of all things, just facts.

You see the outside world, the one that Christ talked about, it can't be seen from the outside world. The outside world is a belief in the disguise of the fact that in reality it is only the illusion. Whereas the inside fact is the absolute. It just is because when you find the inside facts you realise the outside facts, and the inside facts are all one and are just one fact. Therefore, there is only one absolute and that one absolute is the energy of all things. You are it. I am it. Everything is it. It's an is-ness. It's something that you can't figure out. This is why it takes faith to see for the first time because you must have courage. You're listening to something that you can't understand. You can't understand it because you think that two plus two always makes 4.

Now when I talk about the inside world, you think that your statistics and your ideas and your concepts should meet with the inside knowledge. Well, they don't. They don't jive. This is why it takes faith. They can't jive, but both are facts because we are here now. This is a fact. It is a reality. It is a true reality, but it is also true a reality that the inside world exists. From this inside world all things are manifest, and the outside world via Christ conscious mind, which every living soul is, this creates the seeing of the world with more clarity. If you see the world with more clarity, you'll see the perfection coming in. you think that you are changing, not really changing, the world never changes. It is simply that you start to see what already exists, the perfection. You're starting to see the perfection, and once you see the perfection you've found your freedom. You've found what everybody in the earth is searching for. You find that this thing, that you find this knowledge, it will cure your sicknesses. It will help with children. It will help your marriages. It is a curer of all things, but it takes courage because we don't want to give up any of our silly little beliefs, our silly little petty beliefs from our minds which say, "Me. I'm an image of self importance."

And we go on proving it. We rush all over the place. We try new things, new methods. We try to change the world this way and that way, but you can't. You can only change yourself then the world will change but only for you. That is the only way. You see all life is nothing but levels of conscious state, and

depending on whatever conscious state you are is what you see. Now every living soul on earth is a conscious state on a specific level, and because you have free will and a free mind, everybody sees exactly what they want to see. This is the law of the free will and free mind, but when the free will and the free mind get themselves into trouble via the ego which creates the negativity, greed, lust, it creates all the negative things in life. Then that little soul is lost. He doesn't know what's happened to his free will or his free mind. It's so contaminated he's lost in time, but by hearing truth you heal yourself and it frees you from the bondage of the sickness of the lost mind. It's really very simple because you're searching for yourself who already knows the answer.

But the 1d ego again will not allow it to submit to the creator. Everything will change in their own sweet time. Those that are ready will truth and those that are not won't because each level of consciousness can't quite understand the next. So you're all mixed up because each one sees his truth and everybody sees their truth. So it's a world of truth. We all see our truth even if what we see is false. It's still our seeing truth. We're all free to this truth at any given time and this is the problem, because our level of consciousness cannot see the next level above because it's non-existent until it is realised. But if you go up levels of consciousness one after the other, then you can still look back and see all the other levels and go in and out of them, your free will, truly free will. To find this next level all you have to do is listen to truth and be ordinary. It doesn't matter who you are or higher position in life you are. If that's your job, that's your job. Be ordinary. Be ordinary within and this is where happiness, this is where the tranquillity is. This is where everything you've ever searched for is; the secret to life is in a tranquil mind.

My advice to you people is don't talk about awareness all the time. You'll fill your head with hundreds of ideas and concepts and judgements and etc., etc. Forget it! Come to the meeting and just listen and just live because if you hear it and you don't live it, you haven't heard it. It's the living of it where the beauty lies, where the true beauty lies, where the true feelings lie. You can only get it if you have a tranquil mind. If you're busy talking about this, that, and the next thing, trying to find more, you'll never find it. Never! A busy mind cannot find the secret to life. A busy mind keeps the world swirling. First a busy mind is where you get ulcers, heart attacks, nervous break downs. This is the busy, busy, busy, busy mind and if the mind goes busy, busy the world goes busy, busy and you can't catch up with it then you have your problems.

If you can start to understand what life is, not the mechanical threads of life, the inside, the spiritual side, if you can start to find what it really is, the world gets slower and slower until someday it may stop. At that second that you have a look at life as is, as it really is, then you'll be free because at that point you'll realise the whole world was just a thought that went away from a split second to go home to where the thought came from. Then you get a message. You see the true religion is really lost, lost, really lost, and true religion is truth. There is only one truth, and if you look outside for your truth, then you're missing the point. Find it now because truly, truly now is the only thing that exists, and you must find truth from within yourself. Nobody can give it to you. Nobody. Don't waste your time even listening to me. Really, it's inside you. You've got to find it now.

Learn to hear and see as you really should, and you'll be able to hear and see as you really should be able to hear and see. You're qualified to hear and see beyond anything on earth. You have the capabilities to do anything, to bring happiness wherever you want, to understand, to love. You live with what you see. It's really a beautiful thing. It's a little simple secret: just listen. That's all you have to do. It doesn't matter if you understand. It really doesn't. Just listen. Don't try and get two plus 2. Just let it go. I think it's really beautiful how we're all learning to live in faith, and the reason that we're living in faith, in true faith, is because we're starting to see with more clarity because of our understanding of what life is.

And the more you cut it down the better because as you start to live it, you start getting interested in life. Everything you do is an event. Washing dishes is an event, something or mowing the lawn. It's almost thrilling. It's like vacuuming the carpet, just beautiful. This is where a lot of people are finding their worth this way because they're starting to live now. They're dropping all their silly little thoughts from the past and all this figuring out they're dropping it and seeing what is instead of what isn't. Because with a blocked mind full of a bunch of thoughts, your beliefs and arguments from the past, you'll never see what is; you'll always see what isn't. You'll just see the false because whatever you are now is what you'll see, and if you want to see more than what you see now, you'll have to once again go inside and drop some of your petty beliefs and thoughts. Talk about the other world, that inside world, that's where the answers are for sure. That's why there's only one answer. The second you enter inside there's the answer.

All the different people with their different little things and just all sort of looking for something better; the bored mind is the lost mind. If you calm your mind down by meditating or by finding knowledge because finding knowledge creates the state of meditation, and if you calm your mind down then you see the first fact of life. From that second on, it's impossible to be bored. You can't be bored because you know there's an entirely different universe out there somewhere, and because you've seen your first fact new things will keep coming in all the time. Boredom is the sickness of mind put there by thought; you're thought to many of them. This is why we take tranquilisers: to calm this so-called mind down. All you have to do is really understand what life is. Not about the past, not about you as a body, but you as a living soul, find out what is and this the creates the tranquillity which in turn creates the state of meditation, which in turn gives you the knowledge.



“You see the true religion is really lost, lost, really lost, and true religion is truth.”



Rightsholder unknown. Transcribed by The Hidden Cause.

Sydney Banks’s words are unaltered.

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