



The Greatest Relief

A talk by Sydney Banks · the full transcript

The
Hidden Cause

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There're two lives. There's one on this material plane, this one we call earth or universe or whatever you want to call it, this plane. There's a second life, and it lies within every living soul on earth. It lies inside, and if you ever contact this inner side of life, this inside spiritual side of life at that second, you start to become the ruler of your own world because you see what you are. You start to find the secret of thought and its relationship to what we call life because all life is a spiritual thought. That's what life is. It's a spiritual thought manifest in form via a Christ consciousness state. If you find the secret to the pattern of thought, you'll find what everybody in the universe has been seeking for since the beginning of time. It's that simple. The answer doesn't lie outside; it lies inside but when you talk about inside it's the unknown. If it's the unknown you can't recognise it, not until you're ready. Then once you're ready you'll have the experience of hearing and the experience of hearing for the past time in your life is the first step towards your Christ consciousness, the first true step because you've gone to the religion of mankind.

You've gone to the very essence of truth to find it, and this takes courage because there is only one truth. There is only one religion. There is only one true religion and that true religion is truth. It can't possibly be anything else, and truth has no rituals or dogmas. It just is and it lies in each and every one of us. It's there to come out at any given time anytime you wish it. The only thing that stops you from seeing it is the petty beliefs of our own mind. We're mind created on earth. Go beyond the mind and you go beyond the creation that you now know, to the truth. Every little soul on earth is that thing via a conscious state, simplicity. Everybody in the universe wants to be something different other than they are, and all you have to do is surrender to yourself and you realise that you desire absolutely nothing else. Then you've found your total freedom. Then anything you wish will come true. It's the will of the mind. It's the will of god. The will of the mind is really very, very silly useless things. It's used to play games on ourselves. The will of god is the total truth. It's a secret to mankind. It's a secret between heaven and earth. It's the missing link, but it can't be heard from the mind so it doesn't make sense. This is why it takes hearing, and hearing is the experiencing of the realisation of the fact. Once you realise a fact, most of your problems in life will fade away.

For the simple reason when you see this fact you will see the simplicity and the stupidity of our own ignorant, lost minds, but you'll see it as not wrong. You will see it as perfect, and it's in this perfection that the secrets lie, where the true secrets lie. If you can see the rights from the wrongs, it's still perfect

because it is all god's game. It is all the will of god because our free will and our free mind in reality isn't. It is god's free will and free mind because god is the energy of all things and this all-ness is all things, and this is where we go to find the total secret, the absolute. If you ever find the absolute, you will realise it isn't absolute because there is no end to the absolute. You will realise that all life is nothing but a divine thought, and the way it works is via levels of conscious state and each living soul has a separate conscious state from any other living soul. This is our free will and our free mind in action. But somewhere beyond the mind lies a greater truth and this truth, when heard, drops all the barriers of the ignorance of the mind and lets the light shine in so you can see your happiness before your eyes all the time. Because you have surrendered to the greater, to the all-ness, to realise you never were separate from the all-ness, you only thought you were.

Why you think you are, you're a prisoner of your own free will and free mind. If you look inside and find the beauty that lies within, you keep going in towards this beauty, this love, this understanding. Then you will find your freedom. Then you will realise the secret to all religion that all religions are one, but religion is lost. They have lost the one absolute. When truth is spoken there are musts that occur and the musts are that people must start healing their sicknesses, they must start to become happier, their children must become high children. This is must. this is Christianity because you are touching Christ conscious states, and the second a Christ conscious state is touched, as soon as that Christ conscious state is touched, the so-called miracles must occur because you are handing yourself over to yourself and in the name of god.

You are finding the absolute freedom. You are breaking through the sicknesses of the mind and once found cannot be sick from the mind because you are no longer lost. You have found the way. You have found the way once the Christ consciousness is touched. That person has found the way. He can still stray, but he will always come back to that past. That is the true blessing of mankind. It's finding that all things lie within, all things, totally all things lie within. This is the secret to all religions. Very few will ever hear this, but it's the secret to raising the level of consciousness of the universe so that mankind can start to live in a better space. That's the important thing: space. The space where you live, the level of consciousness where you live, it's the same thing. It's an energised space, and each level of consciousness has varying energised spaces. The higher you go the more energy is in the space and this energy is god

because god is the energy of all things. It's the protection of this space, this energy that protects because the protection is knowledge. When true knowledge is found it must manifest into form. It must manifest into form because it is not a belief; it's a fact. It's an absolute fact and nothing can shake it because it's so simple you wonder why nobody else can see it.

But the simplicity is hidden by levels of consciousness. To find the secret of levels of consciousness all you have to do listen. You already know. It's just the recognising of it, and when you hear it, it comes with a divine thought. It's your inner self opening up to your inner self, recognising who you are, and with it recognising the beauty that you have, that the beauty that everybody else has because everybody else is all one anyway. There is only one thought. It's just broken up from the mind to play the game of life. It is god playing god, put it that way. Find it and you find happiness. Find it and you'll find eternal life, absolute eternal life. If you ever find, truly find, what is called god for the simple reason you'll realise there's no such thing as death. There's only the illusion of so therefore how can there be death. You see the difference between death and life is a conscious state, from the mind via Christ conscious mind, but the mind thinks it knows what it's doing and where it's going. This is the illusion, and when Christ talked he was trying to tell people about this illusion. He was trying to explain to people how to get there. He was showing them the way, but very few, very, very few ever heard. To this day very, very, very few. That's why religion has split. There's only one and it covers all because it sees everybody working as perfect because you're lost. That doesn't mean to say you're not perfect; you're perfect. You must be perfect or you wouldn't be what is and what is, is the proof that everything is because it is. It's here.

You can't argue over that, and if you see that as a fact then once again you've found your freedom. You see to find your freedom from unhappiness and find your freedom from insecurity and everything else that goes in life and all your sadness and all your sicknesses, just find the secret to your own self. Then you'll be taken care of and the more you realise your all-ness, then the more you're taken care of. Of course, when I say all-ness I mean everything is one. There just is and this is-ness is full of little pieces created in an illusion and these little pieces are us in the world but that's just the illusion. The true reality of life lies within, and if you see it, you'll see the simplicity of life, so therefore you'll start to find your happiness. You see if you only accept one side, the good, and you don't accept the bad, then you're judging. As you start

to find the secret to life you realise the perfection of everything deeper and deeper and deeper until all of a sudden there's no judging.

And if you do happen to fall, you're a human being still with your free will and free mind. Decide that you are going to judge. When you do, you realise what you're doing. You realise what you've done, so it really doesn't matter. But even the bad feeling that would come with it, it really doesn't matter. You just take it as stupid, but then you don't like it. So naturally you jump back to the good, and you'll always do this. No matter whoever lived on earth, they would always do this because when you surrender your little to the great, you're not surrendering anything. The great already got you because the great is everything see, so you're really not surrendering anything, that the illusion. You've got to live in the illusion until someday you see there's something different to our reality, and when you see this reality that all things are one, then you start to find your happiness. This is what people call Christianity. You see it's not a person. It's an is-ness. You can call it a spirit or you can just call it an is-ness. It just is energy without form. It's really nothing, and from this energy without form, this nothing, all things appear via thought, via Christ conscious thought to mankind to play the game of life. It's very simple but so, so difficult you know. It's like riding a bike. It's difficult until you learn how to do it. Then once you learn to ride the bike it's easy when you see life as is, so much comes to you that you can go out and help others.

It's a sharing you, this as is, is taking care of you. You know that because you are this is-ness. You can't be separate, so you should get a whole bunch of stuff and you throw it out. You get all this—anything you want, like love, or understanding. You just want to throw it away, and the more you throw it away the more comes. Fact! It's the same with every human being on earth. The more they give out to life which must come from within a feeling, you give a feeling. You give an understanding and a feeling and understanding which is coupled with another feeling called love. They're all one because true love and understanding are the same thing. There's really no difference. This is what brings health, happiness, and understanding and tranquillity, and it makes you see the world within, the world inside, the true reality of life. It's not another place. It's a space that you still see as an is. You see in here, but it's a space. It's a seeing. It's an understanding of what the prophets said or Christ said, or Buddha said, or whoever said. It's an understanding. It's not a belief. It's a fact. It is an absolute fact, and when you see it, it comes as an absolute fact because it's so simple, so simple. It's just something really nice.

Call it Christianity. Call it whatever you want. It doesn't matter what name you put on it because it's all the same story, the same truth, you can't change, totally impossible, totally impossible. It doesn't last further than the one truth. It can be told in many ways, many, many ways, but there's only one truth and it always, always has been one truth. So, therefore, it always will be. You can't change. You can't because it's is-ness and this is-ness is the source, the true source of all things. We're always out there thinking of a place. It's a space. It's something inside. It's stuck behind there somewhere. So if you hear it, the penny drops. You've got it. The whole world searches to give people information to lift their level of consciousness so that they'll start to be happy or whatever. So we fish them more and more information and that's completely wrong.

What you've got to do is simply listen to truth that's been written in many different places, and there're people in the world that have this truth and raise the level of consciousness. Then when the level of consciousness comes, it comes as new truth. So there's no sense in seeing the old truth, the same thing that everybody's talking about and everybody's written about because even although that truth's true on that level. That level will not allow them to have peace and tranquillity because they're X amount lost from their own divinity. So what you've got to do is raise the level of consciousness so that they see different. They are because they're seeing from another level. They're seeing from a greater understanding, an understanding that's closer to their own divinity, and this brings peace and tranquillity and shows understanding which would in time stop pollution because you'd have the understanding that would stop starvation because you'd have the understanding. But we lack the understanding; it's not that we lack the brains. I'm not talking about minds, experienced brains. We've got loads of that, like in this beautiful. We need it for many things. I'm talking about raising the level of consciousness to try and cool the universe. You've got to raise that level of consciousness. The bible would say, "Jacob's ladder. Step by step. Jacob's ladder." That's what it is. It's a level of consciousness and people think when you talk about levels of consciousness it's a concept or it's an idea. It isn't.

It's an absolute fact and I know a lot of you people that have experienced this know as well as I do what a level of consciousness because you've experienced going through them, but you can't explain it because it's an experience. It's an experience or seeing something that you've never seen before. You can't change the world. I swear before god you can't change the world. It's

impossible. You change you then the world changes because you see different, and the more you see different you spread it to others. Then they spread it to others. Then all of a sudden we're all seeing with more clarity, and we can fix the mess the world's in. And we can throw away all our stupid little sicknesses that we've used for years unknowingly. This is why a lot of these people all of a sudden their sicknesses are vanishing, and they can't understand it. It's because they're finding true knowledge. That true knowledge is truth. It's religion. It's the purest, purest, purest religion. And you only have to hear it. You only have to hear it because you start to realise that this thing called god is not out there. It's inside. You've got to find it now inside, and the second you see it you'll see truly a more peaceful world. Yet understand with more clarity exactly what's going on out there, but you start to go within, you start to go to this new universe within too, and then you can see what's happening and understand at the same time. Then you can see what's happening and understand what's happening at the same time.

This is where the judgement leads, but you'll always judge. But it will go less and less and less because the higher you go the less judgement. It comes in a parcel. You can't split the parcel. Once you jump a level of consciousness, all the information that you've been seeking on how to fix your problems comes. And do you know how it comes? It makes you realise you really didn't have a problem. You only thought you had a problem, and that's the greatest relief in the world to say, "Wow, like really." And yet the most difficult thing in the world to give away, because you don't listen to what's being said. It's not so much the words. It's something beyond the words because remember we've jumped levels, and you're trying to go to something that you've never seen or heard before. You're trying to see like the man first visualised electric light bulbs, like something it had never known before absolutely or nowhere, like a divine thought coming from beyond the mind. Wow, like electric light bulbs. Well, that's the same as what happens when you listen to truth. All of a sudden it's like an electric bulb. It's something for the first time and it's just a thought, but it's such a beautiful thought because it will manifest itself. Once the electric light bulb was thought of then all it had to do was manifest it. That electric light bulb was always there and that's the same as truth. It's already there. All you've got to do is click that light bulb, and you heard and then it'll manifest itself. You just have to be, and all of a sudden you'll find everything you want. Stop searching. Just live. That's it. It's a calming down and seeing life clearer. That's all.



*“It’s a spiritual thought manifest in form via a Christ
conscious state.”*



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