



The Truth of Truth Is the Purest of Love

A talk by Sydney Banks · the full transcript

Sydney Banks · Sacramento · c. 1976

The
Hidden Cause

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Mental health. Because if you [00:16] what else is found, then you'll have success beyond your wildest imagination. I can't tell you what it is. it's just an experience that happened. And because it's just an experience, people are starting to find what everybody's looking for is happiness or tranquillity. So the search for what is called god. And to find this, you must look inside. I swear. Absolutely swear, there is nothing outside that can harm you. there are no techniques. There is nothing that can help you.

There is only one place you can get help and by looking inside. You must look inside. And when you look inside, you seek another reality. Because when you look inside and you start to see a fact and fact is greater than the beliefs. A belief is from the mind. a fact is from god. A fact is from your inner self because you are god. Everything in the universe is god. Everything that ever will be or ever was is god. And this is a great mistake that everybody makes is they talk about looking inside, but they look outside for god. You look inside.

And as you start to look inside, [02:19] of a fact. At that moment, you will see beyond the mind of the status quo of mankind today. I promise you. absolute. And this is what's happening is people are starting to realize what is called god is an essence, the energy of all things whether in form or formless. And to find the secret of the mind, you must find out the secret of formlessness. And formlessness is beyond mind. but of course, the mind only knows form. This is why your search for god, for the secret of life, the secret to the mind, because the mind, the true mind of mankind is god.

Find the true mind; you find god. Find the other one; you find the secret to life. The secret to life is the fact that all things are god, and all life is one single divine thought. You must find your part, your relationship to this one divine thought. And when you get a glimmer, your level of consciousness will rise because you have seen a fact, a spiritual fact. The second your level of consciousness rises you have entered into another reality, another conscious state which must always be more beautiful and must start to fix all your problems.

As your level of consciousness goes higher and higher, it must fix your greater and deeper problems. Because once you start to find the true spiritual reality, you find the secret to the mind and its connection to what is called the ego, an image of self-importance. Here's where all the troubles of mankind lie, literally, totally. All the troubles of mankind. As you start to see the secret of

the ego, you see the freedom from it, and bit by bit you start to realize the fallacy of the ego [05:23] the human being is on.

Here's where the freedom lies. Here is where the original mind speaks. Your original mind, nobody else's. And this is what we'd love to do is to have you therapists come to us in Salt Spring, and we'd love to guide, to show you the way so you can go out and change. You do it. because we don't want to do it. that's not our thing. And soon, the people will start teaching each other. It's happening. it's traveling through all over the place now. it's nothing to do with us. It's just something that's happened, a very simple fact. And people are wakening up to facts. And this is why the sick children have been healed, and this is why the marriages are coming together. This is why people are losing all their insecurity. This is why they're all finding this understanding. This is why they're becoming successes at their jobs because it's finding out the secret to life.

The only way you can find the secret to life is look within. To memorize someone else's words is just an echo of somebody else's mind which is just the same as yours. Exactly. All minds, all minds play the same game. They play in a different disguise. And the disguise might be [07:11]. It might be laughter, sadness. It can come in any form, but that's the disguise. If you hear what we're saying, you go past the disguise. And when you go past the disguise, it's simply changing your level of consciousness. And when you go past the disguise, you can see what's wrong with people. Because as you look at your yourself, because in reality there's only one mind. this is the mind you're all searching for; it's called god. It's a universal mind. it's called god. It's called Buddha. It's called self. It's called it. it's called whatever you want. Get attached to one name, and you're off the path.

You must find it. you must talk it. when you talk it, it delivers itself. And when it delivers itself, [08:26] truth, here's where the healings come because truth is. truth is all things. Truth is life. Truth is death. Truth is all things. Truth is stars. It's the skies. And in actual fact, the truth of truth is the purest of love. And the purest of love is the purest of understanding. And the purest of understanding must be god.

And if you've had [09:01] asked and it's hostility, you've missed it. if you go back in the past, you've missed it. and the hardest thing in the world to be is [09:19] because your ego will not allow you to be you. you are truly, truly a [09:29] which is built off nothing but pure energy which has been formed to

suit you and your divine mind. you [09:47] this—and here is the secret. Here's where the secret lies. You can't understand it. there's no way you can understand it because the mind itself is the creator of the form and creator of all the sickness and all the troubles and all the misunderstandings. And it's capsuled in something called an ego. And it completely controls you.

The true you is a divine you which is the purest of pure. Because of our bridge, because of our seeing powers, we have gone away from this perfection and formed whatever we are today. that's just a fact. If we want to clean the world, we want to clean all the mess, total all the mess, all you have to do is raise the level of consciousness. No details. The level of consciousness brings the answer.

See, if somebody tells you something that you already know and you agree upon, you haven't found anything. No matter how he words it, you haven't found anything. When you find something new, quite often you don't want it because it's new. And you say, "I've come here to change because I don't like what I am. However, please don't tell me that because I don't really want to change." But you've got to have the courage to realize you can't have one without the other. You can't.

But if you give up a little bit of ego, it brings you freedom. You really haven't given it up at all; you just simply started to understand what it is and use it for what it was intended for originally.

It's just very hard to realize right now that if you hear, you'll be the best therapist you've ever seen in your life. It's that simple. It's so simple it is unbelievable. And it's infinite. You can find the secret of life, but that's just the beginning. The realization of god is the absolute beginning, and it's infinite. How can you possibly figure out the infinite because the infinite, eh? It has no ending. And if it has no ending, it can't possibly have a beginning because the beginning would be the end. So it's nothing.

And it's only nothing that can possibly be everything. It's only nothing that can be any form or infinite. And what you're seeking is this nothing. You're seeking your freedom from the mind which has tied you in something. you've forgot where you came from. You've forgot your way home. Believe me, all the pain in the world outside, that's not it. that's not prayer. That's reciting poetry. I swear that's what it is. a true prayer, a true prayer is when you, you truly inside start to say "thank you." Then you see it. you ask for it. you receive it

because you know where it's coming from. It's not out there. there's nothing out there. you go out there; there's no power. There can't possibly be anything out there when everything's nothing. How can it possibly be something out there when everything's nothing?

A man can't possibly understand nothing. A man must have something. and you can't lose anything you've ever got. even [15:01] if it vanishes still got it. the only thing is you're not creating form. And if you find out what we're talking about, you'll stop playing the game of the sickness of the mind of mankind. So when people come in to speak, it gives them freedom, freedom from this unknown game that they were playing that created the problem in the first place. And when you refuse to play it, the true understanding comes out as a feeling of love and understanding which is the absolute basic principle behind the understanding and the healing of all things.

It's really beautiful to see what's happening to some of the therapists and the results. And we know that it's unbelievable. We're not expecting everybody to believe it. and we know people can't see even what's happening because we know that the world is nothing but a conscious state, and it's a level of consciousness. And nobody can see higher than they are. Nobody can see any different than what they are. Not until some day they want more beauty, more tranquillity, and they're fed up with the rat race, they're fed up with their sickness, and they want help. And all they have to do is look inside, and the help is there. and they've had it all along, and there was nothing to do.

If you find out there was nothing to do, then it's just a big joke because you've been had. They have no other choice but to see until they find.

Well, this gets fascinating. When you actually start to see there is a point to this world, it gets so fascinating because all the books you've ever read become alive. They change. They come alive. There's great beauty in things. You start to understand what the wise men from the past have been talking about, the simplicity. and it becomes comical to see them now trying to figure out this simplicity. so we start to see life differently. As you start to see life differently, your insecurity just automatically dies. It starts to die because you can't see good and you can't have understanding if you get insecurity.

So when you get the understanding, the insecurity just automatically dies. The second it does any related problem—physically, mentally—related to this will automatically... It just vanishes. You see, it really is a spiritual reality. It truly is

a spiritual reality. And everybody will [18:59] different levels. We know this. We know it will go out and like what you see will be different from what you see. But that really doesn't matter. Because if you hear anything at all, you're beyond the level of consciousness of humanity right now. I'm talking about as a whole. And whatever you've got is so valuable to you and to others that it keeps you going. Because the more you give it out, the more you receive. Absolute. And you can't get anything good unless you give good out.

And the more you understand the more good comes. It's trying to realize what spiritual means. Spiritual means the unknown. It means the understanding which the mind cannot possibly grasp because it has created form for itself and has started to disbelieve that the whole thing came from a formless substance called god.

It's really quite unbelievable this is happening [20:48] because none of us have ever been into anything like this. [20:57] matter. They're not going to [21:01] talking like this. So quite often we look at things like this and [21:07] how lucky can we get? We get experiences now we've never in a million years ever thought we'd get, like flying in an airplane, going to Hawaii. That's where dreams. Dreams, pipe dreams. But now they're starting to come true.

And you get courage and you go into higher levels of consciousness and your dreams come true because you're the dreamer. And all you have to do is dream a divine dream and it'll be granted, providing it's for the right use. And that's what [righteousness 22:00] is, is it? The right use. And how beautiful it is to even think, even for a split second, that this is possible that you can find a perfect partner, that you've got the perfect partner. What? Me?

But it's really true. See? You see, all the answers are in here. It's a level of consciousness. It's a state. And if you hear past the status quo of the mind of today, this level of consciousness, whatever—it doesn't matter what you are. It doesn't matter if you're highest or lowest or in between or any other where. It doesn't matter where you are. Whenever you hear something divine or a fact which is the same thing, that second you hear it, you rise. And you know what that is? The churches would call it being blessed because that's what it is. you're getting a divine thought. And a divine thought comes with tranquillity. It comes with a state of meditation. The state of meditation is not sitting, waiting for something to happen.

It's a conscious state which is already there. it's a divine state that you should go and find, that will carry you through your life, from day-to-day, twenty-four hours a day. That should be your object: to find this divine thing. Because when you're in a state of meditation for a microscopic second that is when something called an insight comes, or a flash. Just have these insights. [24:12] it was a beauty. Ah, missed it. because your mind doesn't want to capture it because it's the unknown and it's unfamiliar. And yet, at the same time, it's a beautiful thing because it's something divine, because it's an insight.

And an insight can't be understood. It's a feeling. and once you get this feeling, and you hang onto this feeling and enjoy it, here is where the knowledge of the mind exists. Here's where the knowledge of all things that exist is in this feeling of positivity and looking inside yourself. Not for wrongs, not for the object, me, the body. Not for any kind of form that I have created in the past. Nothing like that. don't look for that. look for your inner relationship, whatever you call life, look at see what it is to what is called god or your inner self. No suffering. Suffering is the sickness of the mind. it really is. when you get a good feeling, the secret is to be grateful. Enjoy it. be happy. And also know that with that good feeling will come knowledge, always.

Thank you. Good night. [26:03].



“And when you look inside, you seek another reality.”



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