



The Whole World Is a Thought Concept

A talk by Sydney Banks · the full transcript

Sydney Banks · 27 May 1989

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The
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And love will always be the answer. I really mean that. And love and true understanding go hand in hand. And you don't have to understand mentally if you have love in your heart. You just understand. It's a matter of wisdom versus intellect. Wisdom is a God-given thing. Intellect is a man-given thing. You find wisdom, you get the intellect. Find intellect, not necessarily you're going to get wisdom. But wisdom covers both, and that's when you come from inside and look outwardly. Again, you jump the boundaries of time.

The true now isn't now. Here and now. Otherwise, you know the old cliché. I've had people say, Well, you have not a choice but to live in the now because we're here right now. That's not the now the wise speak of. The now the wise speak of is before the beginning of time. And to go before the beginning of time, you don't go back. You just realize that back is an illusion, and you find now. That doesn't make sense, does it? Not supposed to make sense.

Believe me, if you walk out here right now and you say, I've heard all that before. I know what he's talking about, you haven't got it. To find it, all you have to do is to realize the secret of thought. Once you realize the secret of thought, you're home. You're free. All your problems are manifested by a thought. And I know everybody in this room right now could get up and prove to me that this isn't so intellectually. But I'm not interested in intellectually, because I could prove to you that all my problems are not thoughts either.

But that would be part of the illusion. You're going to break the boundaries of the illusion and realize everything is created literally from a divine thought. And when a divine thought is manifested into form, it is called life. And life is geared and run by intellectual thought. Intellectual thought is creates the downfall of humanity. Again, it's the ego. You know, one of the main secrets is just to live life and enjoy it. And that's one of the most difficult things in the world until you realize the simplicity of it.

Just live it. Don't talk it. I never talk like this. I just live it. The only time I talk like this is when I get together with people that want to hear it, you know. Just when you say about the secret of thought, what does it mean by that? Well, just like we've been talking about all day, that life is a divine thought, and we all work and manifest our life by a thought. And it's all the secret of thought. If you can honestly see that, if you can see that all mental sickness derives from thought, all ideas are thoughts, all concepts are thoughts, anger derives from thought, love derives from thought.

Everything is thought. The whole world is a thought concept. And if you can realize the secret of thought, then you'll realize the secret to mental health. You'll realize the simplicity of having a beautiful marriage. It's all created from thought. A bad marriage is created from thought. A happy life is created from thought. A sad life is created from thought. That's why I keep talking about thought, because I know that's how I found it, is via thought. All psychology, secret psychology, derives from thought. And it works in a marvelous way, because once you start to even gradually realize this, your life changes.

A lot of your problems start to dissipate, and people will come up to you and say, 'Well, you used to have the same problem as me. What did you do to get rid of it?' And you say, 'Well, it was all thought.' And they say, 'Oh no, no, no. Mine's is real.' Of course it's real, in this reality, but in a greater reality, it derives from thought. What is thought? Thought is a spiritual thing. It's just a spiritual power. But on its own, thought has really no power.

Thought in itself is completely neutral. It is not until you put your ideas into that thought that that thought gets its power. And whatever you put into that thought, whether it be negative or positive, it will manifest itself as a fact. It seems like it's a process where the form comes into form. That's right. That's all it is. And it comes into form when you put your ideas into it. And your ideas start going into that thought the moment you're born. It's a spiritual conveyor. That's all it is.

That's what thought is. It's a spiritual conveyor. There's nothing in this world stronger than thought. And if you can convince your patients of that, well, have patients' thoughts change. See, that's why they come to you. You're a doctor, and they come to you to try and change their thought, right? So if you can change their thoughts, you change their reality. To change their thoughts, you can't explain where the right and wrong. You have to change—you have to explain the secret of thought. Once you realize the power of thought, the mental sickness, the mental anxieties, and all the hang-ups and all the problems will start to vanish. Simplicity.

Gratefulness is an extremely powerful thing. Being grateful in life. If you're not grateful in life or to life, then you have the feeling of ungrateful. And if you're ungrateful, you'll never be happy. Never. Because no matter what you're given, or what you've got, or what you'll ever receive, without that feeling of gratefulness, you'll have nothing. If somebody comes along and says, Here's a million dollars, and you get that million dollars, you're going to feel really

happy for a short while. Because you're an ungrateful person, the feeling of ungratefulness will come, and the million dollars won't mean a thing.

It just means that you're an unhappy millionaire. Now remember I said at the beginning of this talk, everything comes via feeling. A feeling comes via thought. It's all connected. You can't get away from it. Again, the secret lies in thought. Thoughts, I'm trying to think about the relationship between intention and thought. A lot of people don't think, you know, that their thoughts are some intention that they have. It seems to me like there's almost always got to be some intent in thought. Well, an intent comes from a thought.

Everything is thought. No matter what you mention, you'll be connected to thought. If you talk to me all day, and it'll all be connected to thought. There's a lot of people, poor people, happier than a lot of people that have a lot of wealth. Now, that doesn't mean to say you can't have wealth and be happy. Don't get me wrong there. If somebody came along and gave me a million dollars, believe me, that would make me happy. Me too. I'd be quite content and quite grateful.

What's the difference between a thought and a feeling? A thought, as I say, is neutral. A feeling is a reaction. Yeah, right. It's a positive reaction from thought. It's a feeling. You have a bad feeling, but it's still a reaction from thought. And if you can get a good reaction from thought, a good feeling, remember I said to you, if you walk out this door today with a good feeling, as Sam said, it's a good reaction. And you're way ahead. Well, as if you were a strict Freudian, I guarantee you'd walk out of that door today with a bad thought, you know.

The whole world is a reaction to thought. The entire world. Whatever is in the world today, whatever conditions is in the world today, is a reaction from thought. I'm just trying to prove to you that everything is thought, and that's the most incredible thing in the world that can happen to anybody, is to realize the power of thought. You know the old therapies where you get up front, you know, speak your mind and tell your friend or your spouse or whoever your true feelings. Your true feelings are contaminated, eh?

So you go up and you say, you know, I don't like you because, and off you go. Boy, that creates a reaction to thought, I'll tell you. That creates mental sickness. And that's still going on. But there's nothing wrong in doing it, honestly. It's all done in innocence. But you sure as fate, a therapist is not

going to do that if he honestly or she honestly knew it was going to do a lot of harm. They all mean good. They all have good intentions. That's right. And you can see that.

You know what they say about good intentions, eh? Yeah, they want to bank on their intentions. They want to bank on their intentions, yeah. They say the road to hell was paved with good intentions. Yeah, really. That's... you've already got what you're looking for. The only thing is those little hurdles, those thoughts, stop you from seeing it. And when you discover it, you say, By the grace of God, I found it. Because it's the God power within that has the power to take your ego and push it aside, and there you are.

You'll see what they call the light. Literally, you've seen what you already have before the contamination of thought. And there you are. Is that why they say the modern-day version of it is the little light bulb goes on? The little light bulb goes on. Same thing. So, again, I thank you. Well, hi folks. Here I am again. Isn't a little piece of tape I'd like to give to you, and I know that you people are Trying to help as many human beings as possible, and I thought this would be kindly nice for you.

You know, for twenty years now, I tried to give up this psychological knowledge as I found, and after the weekend in Vancouver, I realized my mission was accomplished. And now I'd like to try and help in a deeper way the people that made this possible. And to do this, I have to tell you to go beyond psychology as it's known today. Go to the spiritual side of life. And when I say that, what I mean is look within your own soul, look within the very depth of your own consciousness, and this is where you'll find the answer.

And when you find it, you'll find innocence, love, and gratefulness. And that's what you're looking for. You're looking for love for each other. You're looking for a new life without the old, old haunting you. And if you go back in the past and go through all your trials and tribulations, all you're doing is repeating history. The wise have always told us, look within, and that's what you have to do. Because, see, what you're looking for is you're looking for the connection between mind, consciousness, and thought. Now, when I say mind, I mean spiritual mind.

I mean universal mind. And that universal mind is God. You look for consciousness. Consciousness and soul are one and the same thing. You look into, enhance, what the religious people would call your soul, or what

psychology calls consciousness. You're trying to enhance your consciousness, your ability to see life better. And this is done via what is called thought. Now, I'm not talking about your thought, my thought, their thought. I'm talking about a universal power called thought. This universal power called thought is the catalyst from which you see, feel, taste, your five senses all come alive via what you call thought.

So you have to find the connection between mind, consciousness, and thought. That is the spiritual connection. Once you find this, believe me, you will find the happiness you seek. You know, the wise have always said love is the answer, and that's very, very true. Because when you find love, you find a beautiful feeling. And that's what you're looking for, is a beautiful feeling. You're looking for a feeling that will take you through life. You're looking for a feeling that will bond you. To your spouse, even deeper than you ever thought possible.

And when you find this, it doesn't dissipate with time. On the contrary, it gets stronger and stronger. And I'll tell you right now, again I tell you, you will never get it by going back in the past and rehashing old experiences. That's not where it's at. That's where, you know, the Eastern philosophers are always talking about the now. Well, that's what I'm talking about. You have to find it now, not anything else from the past. The past, you disconnect yourself from the past. I know you will always, in your mind and your memory, you will always remember it.

But that's not what I'm talking about. If those bad things happened to you in the past and you still remember them, the beauty is when you see them in a different light, when you see them with an understanding that what you went through all happened in innocence. That's where the true bonding takes place. That's where the bonding of the mind, soul and consciousness, they get together, and the power of the three of them together change the existence that you live in. And it's really very, very simple, because all it is is the wisdom that lies within yourself, and it's been there since the beginning of time.

The only thing is, because we see life and we have experiences in life. We forget that. But if you can find somebody, whoever you think, look throughout this world, find somebody that you think can wake you up. And that's what you have to do, is try and have an awakening, awakening to something that you've known all your life, only thing you've forgot. And once you have that

awakening, all your past trials and tribulations fall by the wayside. And here you will find that true love that you're looking for.

I know the two of you are beautiful people, and I know the two of you try your best to help people throughout this world in many, many ways. But the greatest help you can give anybody in this world is to give it to yourself. Find it for yourself first. Then when you find this healthy outlook in life, this love you're looking for, then you really know what you're talking about. And all you have to do is be yourself, and everything else will fall in place. You know, to have something in this world very special to share with a partner is the most wonderful gift in the world. And once you find this gift of sharing with a partner, your life changes because you don't ask why.

Or how did this happen? It's just something that's happened. It's something between the two of you that is so important that is nothing in this world more important than having this love together. I'm going to keep saying that because it really is. Do you know when you know that you've got this? It's when each one of you say to each other, I'm lucky, I'm glad, I'm grateful for finding a partner like you. When you can both honestly say this, you know you're together. Once you find true love, there's no turning back.

But one of the most important things, and I'm going to say it again, is the feeling of gratefulness. It's a feeling. You're looking for a feeling. You're not looking for particulars. You're not looking for any answer that Doctor Bloke can give you or whoever. You're looking for a feeling. A feeling is deep within your soul because that's where it comes from. It doesn't come from outside. It comes from inside you. Do you know how the religious people would say, Look within for the answer? Well, that's what I'm talking about.

Look within. Look before your mind. Are your thoughts were destroyed through social activities. We see, we go from birth, and we socialize, and we pick up all these bad habits. But if you can go before this all happened, then you will find an answer that is a thousand times more beneficial than anything that you can find outside. The answer is not outside. The answer is inside. And I'm going to say again, the answer lies within your own consciousness. It lies deep before the contamination of thought.

And that's all I'm trying to tell people, how to clear thought. This is where the wise from the beginning of time, no matter if you call them religious or mystical, they always spoke the same thing. They told you to look within your

own consciousness for the answer. And that's all I've been saying to you for many, many years. Look within for the answer. Here you will find the true love that you're looking for. And once you find this, you have no other choice but to love your partner and the world to a far, far greater extent.

You know, sometimes I get up in the morning, and I'm so filled... With a feeling of humanity that's very, very powerful. And I never had this in my life before. And when I can give this away to somebody else, and they pick it up, and they can't help it. Once you pick it up, you'll give it to your children, you'll give it to your spouse, you'll give it. And it can help you. Once you pick it up, you'll give it to your children, you'll give it to your spouse, you'll give it to your friends, because you'll be you.

Always just be you. Never try and be anybody else. Never copy anybody else. Just be yourself. And if you can be yourself, believe me, you'll find the happiness and the contentment you've been looking for all your life. You know, life is very, very short. And the more love that you can find in this world, the better. And when you find someone who loves you, you're a very, very lucky person. And if you do find such a person, treat them with love and respect, and they in turn will treat you the same way.

And this is what creates this incredible bond, maybe once-in-a-lifetime bond. And if you ever find that, don't throw it away. Take the opportunity to get something out of life that's so precious, and that is the love from another human being. And I know that you people have this, and all you have to do is settle down and look and see that you have it, and be together the rest of your life. And I guarantee it will be a happy one. Well, folks, this is a short tape, but I thought I'd send it out and again thank you for everything you've ever done for me.



*“Because, see, what you’re looking for is you’re
looking for the connection between mind,
consciousness, and thought.”*

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