



There Is No Such Thing as the Little Mind

A talk by Sydney Banks · the full transcript

Sydney Banks · Vancouver · 1985

The
Hidden Cause

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It's really a pleasure, sheer pleasure, to find people that really want to hear maybe something a little bit different. Because what we want to try and do on this weekend is try and let you see that there's a connection. There is an honest to god connection between what you call the spiritual life and what you call psychology. Because, you see, everything is mind-governed because everything is thought. The whole universe is nothing but a divine thought.

And from this divine thought via us, via us, our minds, this is how we create our realities, what we see now. So if psychologically, we see a bad life, psychologically we're hung up from the past because of a bad experience from the past or psychologically we're filled up with guilt. Or psychologically, we're just what you call in a mess. How you fix it is you don't try and unravel the puzzle, the psychological puzzle. Because the psychological puzzle is the mess.

What you've got to find out that this mind that you possess possesses the answer because, you see, unless you already possess the answer, how could you possibly hear where it was? How can we possibly recognise when it's truth unless you already know? You must already know the answer. So this weekend, this is what we'd like to do, probably in a manner different from what you're used to. But that's what you're looking for: this something different.

And if you can get the connection between the mind, what we call the mind of man, and what we call the mind of God, if you can get this connection, then you will see that... If you find even a portion of the secret of the mind, you will find the exact same portion to what is called Christianity or religion or the secret to life. Call it whatever you want; it's only words. And once you start to find truth, you find out that words are really of no value, very little value in telling truth. Because truth, honestly, cannot be told. It honestly cannot be told.

When those wise men from the past, when they speak truth, you listen to the words and you take the words as gospel, when, in fact, the words are only actually an echo of the truth that they're trying to tell you. Everybody on earth knows the secret before form. This is what your Christ consciousness is. This is what this super consciousness that lies within you knows. It knows the formless before the form. And this is why when the wise men are guiding people from sickness to health or mental disturbance to calm, when they guide them and they tell them words to guide them, they're telling words before the form. But the listener comes from the form and he hears the wise man talking about form instead of listening carefully and listen to him say "before form."

Because the wise men that have been around this world have all said the same thing, that the form is wrong. This is why there's trouble in the world. This is why there's mental sickness. This is why disease exists. This is why there's riots, killings, wars, hate, corruption is because the form has lost its identity. It doesn't know how to get tranquillity. It doesn't know how to get peace. So what it does is it goes outside in the form and looks for it. And normally, to find it, it gets caught up in greed which is a very, very strong desire, which creates every problem known to mankind today. Every problem.

If you can see this, that you don't need anything to be happy, that the happiness already exists within yourself, the health and the secret to the mind, the secret to your children's minds, the secret to your friends' minds, the secret to a mind that's in the other side of the world that you haven't even met, because the secret to your own mind is the secret to everybody's mind. Because in actual fact, there is only one mind. And this one mind, in essence, all it is, is an energy, an energised force which is the source of literally all things.

All the wise men talk their way. It's the same way. There can only be one way, and that is that you wake up. And you start to find the power of your own mind. You can't use this power... The second you're going to use it in a negative fashion this is the hardest thing in the world. Because the second you see a glimmer of this power, this spiritual power, you will actually go off course. Because you're going to use it to see the way that you normally existed here on earth. And the second you do, all of a sudden, it's like the [unclear 7:41] is gone. It's not there. But if you use it to the good—and do you know the best way to use it for the good of mankind? It's so simple it sounds ridiculous. The best way you can use truth for mankind is for you to become happy.

Because the second one person really becomes happy and understands life better, everybody they touch, because people relate to the happiness. They relate to the tranquillity. They relate to the steadiness. They're attracted to it because that's what they are themselves. But truth—the funny thing... It doesn't come in until you get the courage. And that's what they call faith. It's another way to talk about faith.

They thought it was modesty when these wise men say, "Don't listen to me." The last thing in the world they wanted was to take the praise because they knew it was throwing the whole thing right off kilter. It had nothing to do with them. They're just telling you that there's a spirit intelligence that created

the form that you are and it's your mind. You know your true ego, your very true ego, the thought that you're in existence is your true ego. It's a spiritual identity, and that's what you're looking for is that spiritual identity.

If you look for your psychological, your materialistic identity, then you're on the wrong path. You're too late. The door's closed. You've got to wait until that door opens and get in fast. And that's where the state of meditation is. It's when your head calms and then there's no thoughts except for a divine thought. And right there and then a little gap opens, and you step through to the spiritual reality. And once you see that spiritual reality, nothing will stop you because you've seen it.

All I'm saying to you is look within yourself. And because truth is so opposite. Have you ever tried to tell somebody opposite directions to get them to where they want to go? It cannot be heard from the ears because once again the word does not honestly, honestly have any authenticity to it. You've got to hear what's been said. It's a spiritual hearing. And when you start to find it, here's where you get this understanding to understand your wife, your husband, your children, friends, whatever.

The trouble with trying to go and find yourself—this is a great danger—is that you go into the world and you're told how the mind works. You're told how people work. You're told how people tick. And they've all got theories and concepts and ideas. There's not a theory, a concept, an idea, a judgment not one of them worth a pinch of salt. Because these things are associated with the already formed. The already formed is the illusion. The truth is before the illusion begins. And once again, it's a spiritual answer. It's a spiritual answer in your head that opens the door, that looks to see with simplicity what you've been doing. Now, if you go outside to already formed and you start to analyse and search how your mind works and how all your behaviour patterns are and everything else, believe me, that is the most dangerous thing in the world.

Suppose you do become smart. Suppose all of a sudden, okay, you become smart and you know how the mind works. You know how everybody's patterns are, and you go out into the world. And you see everybody doing their thing. Do you have any idea how that will affect you? It'll drive you crazy because everywhere you go you'll be judging, analysing, figuring out what they're doing, why they're doing it, why they're not doing it, why they should do it, why they shouldn't do it. And every time you do that, you put a brick, another

brick on this load. And that's why I'm talking about minding your own business.

But when you can go out and just say, "What does it matter? What does it matter?" They're all playing life their way because their mind is the perfect vehicle for creating and operating what we call life. Your mind is identical because, in actual fact, we talk about the big mind and the little mind to try and explain a story. But in actual fact, there is no such thing as a little mind and a big mind. There's just a mind. There's just a mind.

And this mind is a spiritual force which is everything. And the beauty is it's yours. And once you start to wake up, this is where all your insecurity dies because you start to realise that all your feelings are thoughts. Thoughts created from your own very mind, but they're real because that's your reality. But if you can honestly keep something back that everything is thought, here's where you'll start to awaken. Don't turn back. Just keep on the spiritual path.

And it must come from you, not from any book, not from any guru, not from anybody. It must come from you. If you follow a guru or you follow a leader or a person and you start quoting, that's exactly what you're doing: you're quoting. You're quoting a manifested thing that doesn't possess the truth because I told you before that words don't mean anything. You're carrying a bunch of words that don't mean anything. You've got to find it within yourself. Then when it comes out, the words you speak, because they're spiritually dusted, so to speak, they've got the power. They've got the power to awaken, to awaken yourself. Must go back to yourselves.

It's all very well to say, "This doesn't help me." Sure, and you've got your appreciation because at the time you needed the help. But when you find it, you'll find out it is not from that person; it must come from yourself. And when it comes from yourself, it's real. And if you start quoting people, all you've done is memorised words. The honest to god answer that you're looking for, it lies in your own mind. As you listen to truth, you see—when those wise men spoke truth, they spoke in the state of meditation and this divine knowledge, this simple, utterly simple knowledge comes forth to you. Once again, I'll throw it back to you.

You see, [unclear 18:06] we never know what form this is going to take. You know what I think? I think we've had enough right now. You'll notice that the hours are very, very short. But it's a powerful hour. And you came here to learn

how to be happy, how to live, and if we sit here talking about it all day, you're going to miss it. You've got to go and enjoy yourself today. After lunch, I'd really love to—it's very, very important. It's just [unclear 18:41] get together and share what you've got. Share what you feel and, honestly, keep the negativity out.

The negativity and any ill feeling is the already manifested. Take the beauty, take the nice feelings. Give them out and they'll accumulate. They'll grow more spiritual power, and that will lead you where you're going. Believe me. You'll never figure it out. Never.

You don't need too much, do you, of this? It's a tremendously powerful thing. And it's something that you can't talk about. You can't tell people, but if you trust that just being here and just recognising that what is happening this weekend is an inexplicable experience and something very spiritual, that's the only thing you really have to know. And it's just something that we get together now and then to reaffirm it for each other. It's something we've all experienced in our life. But it's just something that you need to reexperience and redefine your whole reality again.

With truth, you find that you have to constantly re-evaluate what life is and what your reality is and what your definition of, say, faith is. I thought I knew what faith was, and I found out that I didn't know what faith was. You have to redefine all these things that you think you know. And that's what makes life interesting. That's what makes the world go around.

To find happiness, if you find happiness, there would be no stress. If you've got happiness, you've got clarity in life. If you've got happiness, you know how your mind works. You know what your mind is. You're at peace. But first of all, you've got to find out what you're looking for. It's like I had no idea what I was looking for. Ken didn't have any idea what we were looking for. We thought we had it together. And I remember being asked, "Are you happy?" And I swore up and down I was happy. Even though I was in total misery, I said I was happy because for me to say I wasn't happy meant I had to re-examine my reality. And I was frightened. There was no way.

But that happens over and over and again. So what we've all got to realise is that's the way it is and accept that and learn that's part of the growth and that we're never too clever or too smart, because you just have to keep learning that life is always there to teach us. Life will always be new. You have to see that it's

more spiritual. That's what I really see because if you start to get caught up in life and thinking that you know what life is, you go off. You go off into your own importance of what you feel you've learned. And so, you've missed the whole point of the fact that it is inexplicable and that it is spiritual and that it's a presence. It's a power that is doing this whole thing far beyond our own mind, our own limitations. It's a power that's within us. And that power just gets deeper and deeper.

And it takes courage to examine your own reality and give up what you think your reality is now and how beautiful you consider your reality to be and how wise you consider yourself to be. You have to give that all up again.

[It's tough. 03:33]

That's right. That's right. It's seeing the mind, like really seeing the mind and the power that the mind has because it's the most powerful thing in the world –the mind. And what I loved particularly about what Syd spoke about this morning was the power of thought and that thought is just the vehicle. It's your amount of power, your amount of good feelings that you allow that controls that thought, like the thought is secure as well as...

The disease.

As well as the disease. And that, to me, was a very revolutionary idea because it's so real. Like if you think you're sick, you are sick and it's real. If you think you are miserable, you are miserable and it's very real. But just to have an inkling of that power that you can, that it is the cure, that's a tremendously valuable thing to have. That's your safety because the rest of world when you look around and see how the world is, it's crazy. Like, it is. It's insanity. And if you began to live that way and began to run your business that way and your family that way, you'd be where the rest of the world is.

You have to learn to live inside in this day and age. In any day and age, but particularly this day and age. You must learn to live inside. And I too, like I always thought it was a religious thing. To live inside was a religious thing, but you see the way religion is today and you see the way the self-help groups are and psychology and that kind of thing, and you see that they don't really have the answers. And so, you're left on your own again to take your own responsibility and create the reality you begin to see is possible.

Like, we didn't know this kind of a thing was possible until we saw what happened with Syd and until we saw what happened with Barb. So really, to me, that's the only reason why we ever get together like this. Because I know I can't tell you anything. I know that for sure. I can't tell you anything. I think it's a farce even to sit here and try. But it's only reaffirming it for ourselves. You talk together. You share your consciousness together, and you have an idea that, okay, there is something. There is something in here that will help fix this mess that's out there. It's getting a hold of the fact that it really is, it must be spiritual.

That's a tremendous affirmation.

Yeah. You feel that, do you?

Yeah.

You'll find that you just walk right through the world regardless of what's happening. And it's nothing that I've done or anybody's done, but it's just automatic from that going inside or having a look inside. None of that affects how you feel any longer. I remember a long time ago Syd said something about staying away from negativity, staying out of it. And then some day, you'll reach a point where you can see it and walk through it and it won't affect you. And you don't have to hide from it, but you're protected from it. And I've really been experiencing that. You see the insanity going on in the world. You see it clearly, and yet you're not caught by it. You don't get the feelings. You don't experience those feelings. And yet, you have the empathy and the understanding.

That's beautiful. That's having some control over your life.

It's interesting. You have to learn how to listen to become new. You learn to sit back and listen so that the newness in you can come out again. And boy, like you've got to learn to bite your tongue and sit and listen. And it is, it's like sometimes you've got that ego. That's ego. And to sit and listen, you must give up your ego. And sometimes that ego is like this big lump in your throat that you've got to just... And it's something. So ego is very easy to define. So when people try and say ego is tremendous and build up your ego. I think, "Good lord. If it got any bigger, you'd choke."

It's beautiful feelings. It's not being afraid of your emotions and letting go and sometimes you have to just—I don't know how—but you just face that. Face

yourself and let the emotions come in. And sometimes, they're so beautiful that you don't know what to do with them. And so, you just relax and you settle down and you begin to find that state of meditation. And then, all of a sudden, before you were even aware of it, those beautiful feelings are there. And you wonder, "What on earth was the fuss?"

The key is the feelings. You always come back to that key—the feelings. And deeper and deeper feelings than what you think are possible, and I mean that literally, what you think. You think you know that this is it and this is the deepest you can go. And then a deeper level of truth comes along, and again, you have to let go of everything you've held up to that moment as beautiful to reexperience beauty again. That's the way it goes. And certainly, the only way to get rid of ego is to acknowledge those beautiful feelings because, in those beautiful feelings, there's no way ego stands a chance.

It's interesting to note that you can change your attitude in life. That's something I thought was impossible—to be able to change your attitude. And I thought your attitude was part of your character and that was you. But it's complex—the human mind—because you do, you literally change every part when your consciousness rises. Every part of your mind and all your beliefs and all the things that you use to view life have to change, have to give you a deeper understanding. And there's no way that you can affect that unless you just allow that consciousness to rise in yourself by putting yourself in the power or whatever means you use.

But it has to change every part of you. From inside-out, it has to change every part of you.

Elsie, if there weren't words, where would the mind be?

Lord knows. I don't.

Because every word seems to have—like when you say realist, that just brings a whole set of beliefs into play, and I know everyone in this room would have a different idea of a realist and reality. Every word.

That's why it isn't the word because everybody does have their own idea of what that word means. And so, you can see it'd be utter confusion for somebody to think they know what that word means. That's why it's spiritual. And that's why, like even in psychology, they talk about the mind and they try to explain the mind and superficial games and how you work and how you

interrelate with other people and all that kind of thing. And it goes into various levels. But it's not the word. It's that power, it's that presence that's just felt. But how beautiful to know that it relates to everything. That no matter what position you're in or what it is that you're thinking you have problems with, whether it's in your business or whether it's with your family or relations with other people that if you find that feeling that we're talking about this weekend and you find that you're starting to re-examine what you think life is and what you think you know, you'll find that it covers everything. It doesn't just cover one detail which is very, very important. That's how the world is run.

You go to sessions for this. You go to a seminar for this and you go to a seminar for that. Hopefully, if you go to twenty-five different things, twenty-five different areas in your life will be okay. But this, it's the one thing. If you start to realise that somewhere inside you there is an intelligence and a clarity that makes life easy, you're beginning to get what it's all about. It's knowledge that's already there. It's simplicity. When you find this wisdom, it's simplicity. It's like utter simplicity so that you begin to really see the useless of trying to tell people because nobody can find it but you.

Like taking responsibility for your own reality is the biggest thing. When you take responsibility, you're looking at yourself. And that's the hardest thing to do in life because if you really looked at yourself, you'd find what you were looking for. And then the game would be up. And we haven't. We're still looking.

Stumbling.

It's not like what it was. At least you have a clue that there is something there. And that makes the difference like night and day when you find that. You find this, what you're apt to do is go out and change... Even when you move a love—I've really found this too—you begin to find this change in yourself, and so your life isn't the same. And I immediately go out and try and change Ken. You've got to watch that. You've got to allow yourself and your partner their own space and your children their own space. There are different ways of showing each other.

I used to always think it was verbally. Okay, now I've got it. That's what we're saying. Now, okay, Ken, I'll tell you what it is I think you're doing wrong. It doesn't work that way.

Immediately there's a fight.

That's right. Immediately. Because you're challenging that person's reality. You're challenging that person's ego. And immediately, they're going to, "What do you mean? This is right for me." That's really important that you learn that —that you just leave people alone. You mind your own business again. When you really find that deeper level of truth, there becomes a gentler way of teaching people.

And like I see Syd and Barb do it in utter silence. That's how they've shown us. And especially since coming back from Miami, they haven't said verbally to us hardly anything. It's been spiritual. And that's something that you have to just open up yourself and allow that deeper spiritual to manifest in your own life. You cannot tell anybody. I could never figure that out. I'd [unclear 15:52]. And isn't it something to know too that it's never too late. Learn to live quietly, learn to be ordinary.

When I started to get a bit of this wisdom, I thought, "Oh, this is..." Because the wisdom was special, if you're not careful, you begin to think you're special. And I know everybody has experienced that. You begin to think you're special. And then you go out and you have this thing on your shoulder that says "special." And it's just aching for someone to come up and knock it off. You've got to learn how to be ordinary. Truth is special definitely. Truth is unbelievable. But we've got to learn that we're not.



*“Because, you see, everything is mind-governed
because everything is thought.”*



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