



True Love, Not Ego Love

A talk by Sydney Banks · the full transcript

The
Hidden Cause

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There are two realities. There's a physical reality and a spiritual reality, and both realities are actually the same. One reality is without form. That's the spiritual reality, and the form is what we see as the materialisation of life. In the control of yourself from both of these realities are controlled via your own thought system. That's why there is a connection between the Eastern philosophy and Eastern religion. Because they talk about little mind and big mind or little mind and massive mind and that's the connection between the East and the West. The Eastern philosophy deals with mastermind, spiritual mind. Western psychology deals with the little mind, but in essence they're both the same thing because the little mind is actually ego. The little mind is actually ego. The ego and the little mind are the same thing. There is no difference. That's the difficult thing to understand, but it's true.

You see mind, true mind, what the Eastern philosophers talk about, is not related to your brain whatsoever. It has no connection to your brain whatsoever. It's just a spiritual thing. It's just a spiritual intelligence. It's everywhere in the universe. It's a force. It's a source and every piece of information that has ever come into this world has come via mind. Human beings have got a brain and they've got a thought process, and any thought that they put out is materialised by this spiritual mind, this force. If you can even drop the word "mind" out of what I'm talking about and just see it as a force and this where all your great insights come from. When a person for a microscopic second leaves his little ego mind, this illusion of the ego mind, because it isn't really a mind, it's only a thought process that they have connected to themselves.

As I say, the big mind is the one that materialises everything. It's a wonderful thought, and if you can find the secret of thought, you'll find the secret to psychology or psychoanalysis. Literally everything comes from thought, all mental anguish, all mental pain, all mental lost-ness. It all stems from the one thing: the wrong way of thinking. We don't think properly. We've lost the power to think properly. Now I heard somebody speak the other day about personal power, and the fellow had it all mixed up. He thought that personal power was something that you took to put down somebody else, before they put you down. Well, that's not personal power. That's ego and ego is fear, and when you have ego and fear, you attack people. Once again, it's like the blind leading the blind. You can never, never, never—it is literally impossible to give any good away by negativity. The same fellow was saying that he thought that

only anger and mental anguish can open the channels of the mind so it can learn something new.

If a person is happy, he's very apt to go dormant and not learn anything. The answers loves all the wise men from the past, from the beginning of time, have always said it's love. Now how can it possibly be love in mental anguish? To create mental anguish on to another person is to psychologically commit suicide yourself because you can't get away with it. When you put mental anguish onto somebody else, then you must pay the cost. If you start to argue and fight with people, you must pay the cost. It is you that will get the mental anguish. What you're looking for is a positive feeling and only the big mind, only the master mind has the feeling of love. The egotistical mind doesn't even know what love is because an egotistical person is so full of themselves they have no time for anybody else. Sometimes they display and act like they do, but it's impossible. This is where a lot of your mental sickness takes place. It's when the ego becomes so vast it thinks about itself constantly, and when you start thinking about yourself, this is where stress, strain, anxiety, [also will 06:14], nervous breakdowns. You must stop thinking about yourself and think of something far greater. You must find peace. With anger, you can never find peace. With hostility, you can't find peace, and if anybody can tell me why they go to awareness groups? Happiness? To work through anger? I can't imagine such stupidity. There's only one way and that's positivity and if you hear of any trainer who is encouraging couples to fight or pitting one couple against the other, walk away, but don't hold it against them. Don't you get caught up in your ego seeing how great you are, seeing how ridiculous the person is because when you get caught up in your ego, just forget it.

See it as innocence, because truly the whole world walks in innocence, and unless you think in innocence you start judging and analysing and you don't get anywhere. Just because you see somebody doing the wrong thing, don't get caught up in it. If you just take it in a practical common sense, you're looking for happiness, you're looking for peace, you're looking for tranquillity, you're looking for love, and you're looking for satisfaction. So you're full of anger, you're full of jealousy, and you're full of lost-ness and you go for help, and the person that you go to turns around and asks you to encourage all the things that I've just mentioned. It's suicide. It's psychological suicide. Don't try and prove an ego. The ego is the sickness of man. It's the ego that turns man against woman and that turns woman against man. It's ego that turns one race against the other. It's ego that turns one religion against the other. There isn't a

problem in this world that ego doesn't create. It's ego that creates all the starvation throughout the world. You could go on and on and on, and it's always the ego and ego is from the little thought system, your little mind. A little mind and a little ego it's the same thing.

They're both an illusion, you see the world is an illusion. It's a thought illusion. That's why all mental sickness is a thought illusion. That's why if a person goes to an analyst or whatever and has an insight, that's why the cure can be instant because it's only a thought. You're always only one thought away from what you're looking for, but to actually find what you're looking for, the way life works. It's a matter of evolution. So it may take many thoughts to actually reach your goal. But always in essence there is always only one thought away from success, one thought away from happiness, one thought away from the secrets of the mind, one thought away from sanity, one thought away from insanity, and if the past is holding you in insanity, to keep the thought in mind and keep it alive, you're crucifying yourself. That's another thing to beware. If a trainer takes you back in the past, walk out. They're taking you back to sickness. They're encouraging it all over again, but through innocence, always innocence, or they wouldn't do it and the answer is always, always, always love. Pure love and pure understanding is the same thing.

And it is only under such conditions of love and positivity does the mind open up, and it evolves to greater heights so it can assist you through life. If anybody else tells you different, well, I feel sorry for them, and if you really look at them and they're lecturing in a negative manner, you'll see a negative person. If that's what you want is negativity, by all means go. Go and listen because you've no other choice. Until suddenly you realise that you want happiness, then and only then, you'll see positivity and I'm really grateful to you people coming today. I hope you've found something and what you're looking for is that feeling. The secret comes from a feeling.

It doesn't come any other way but a positive feeling. If it's a negative feeling, you've missed it. You're caught in the dangers of life, the scheme of life, the negativity, the one that's creating the mess that the world is in today. Find a positive a feeling. A positive feeling is just like a flower: it blossoms. There's the answer. It's peace, tranquillity, satisfaction, happiness

A lot of us here are still stuck—wait for it—in a reality of trying to find happiness outside. We're also stuck in trying to figure out what we do in life and how we tick and what is right and what is wrong, and we try and analyse

and judge our own activities. The Freudian of going back in the past is actually so outdated it's ridiculous because going back in the past only antagonises mental sickness. It keeps it alive. It proclaims its reality when in fact it's a reality that's gone. It's in the past. It's only a memorisation from the past. Now listen. A memorisation which is only a thought, so everybody is only a thought away from the cure of mental sickness. That's a fact because it's a world of thought.

All mental sickness is thought. It's a reality that's brought into form because that living soul believes and sees what it sees from its own little personal ego. And the little personal ego is responsible for all the problems because the little personal ego creates greed. First of all, it creates fear, with fear comes greed, hate, desire, everything that you can't possibly run away from. So you're a prisoner of your own mind because you live in a world of illusion because that's what the world is: a cosmic illusion created via the world of mankind and everything within this illusion appears as a reality, but in fact it's only a shadow of the truly reality that exists. And that true reality that exists must be a spiritual essence and you look for that spiritual essence that lies within you because that spiritual essence has all the answers that you're looking for.

You won't have to figure them out. The little mind can't possibly figure it out, and the little mind is a prisoner of its own thought system. You see words wake people up, but it's not directly the words. The word is only a guide, but there's a certain catalyst that's needed to change this word into a reality and what is called courage. The courage to look and see that there's something greater than yourself, and when you start to see this, it brings tranquillity to your life because you take all those important memories from the past, the ones that are creating your anxieties and your negative life pattern right now. You start to realise the fallacy of them, so you drop them from thought. The useless negative thoughts from the past lead to nothing but the feeling of positivity, and within you there is enough spiritual power to rid yourself of all mental sickness. There's enough power in you to guide you through marriage. There's enough power in you to guide you through life totally. It is only mind that knows the secret to life. It is only mind that knows the secret of the all-ness and the great nothing-ness and when you really look at it this all-ness, this total all-ness, is also the nothingness. You see if you were taking a camera say to take a picture of the all-ness it couldn't be done because there'd be no camera and there'd be no life, so that means to say the all-ness is really nothing and nothing is everything.

That's the great one-ness. That's the secret that lies within your head that can literally turn your life into a reality that you've been looking for since birth. It must come as an insight from knowledge that's there with you all the time, and it unfolds. When it unfolds, you call it an insight, so it's knowledge that's there with you all the time. If you waste your time trying to figure out why you're unhappy today and why you're unhappy yesterday and why your wife's unhappy and you can't figure out why you're unhappy, but you can always figure out why you're unhappy. It's a game. It's a hell. It's a trap. You've got people all over the world telling, leading people into this trap, and it's called life. If you always go with positive feelings, you won't go wrong. If you get a bad feeling, have a look at it, and I don't mean by having a look at it judge and analyse and figure out why this and why that. Just look at the feeling no further. No details. If you honestly look at that feeling, it will get you out of it and make you feel good, but if you try to fight such a feeling I'd say you're in trouble and we all get that.

Find the feeling of being thankful, not thankful to anybody but thankful for life, thankful for what you've found. You know at Christmas time when the bells are ringing, the trees, and the music's going, and you walk down these malls and all of a sudden you feel "Wow, jeez it's Christmas." And there's a feeling that rushes through you. It's a feeling of elation and you just love it. That's what I'm talking about. That's the feeling that you can look for and find. It's yours. We're just using Christmas as an excuse to bring it out, but when that feeling occurs you can rest assured there's no feeling of hate or anger. There's no feeling of desire. It's contentment and that feeling will take you, and it's that feeling that opens up all the secrets of life.

The whole psychic channel is open by positive feelings that are the key. That's why religion—everybody says the same thing. That the answer is love, and of course love must be positivity. It's the same thing. But true love, not the ego love, true love is when the understanding of life starts in you and you start to see without judgement. That's why when you get the feeling of love, that Christmas feeling, maybe you just look at your child and all of a sudden you get a feeling of love. In that moment, once again you've rested your mind and just because you've rested your mind, the payment is love. You're responsible for that feeling, and to get it all you have to do is literally stop all judgement and see with a clear, open channel and you've got the feeling of love. It is literally impossible to find anything about the secret to life, or secrets of the mind through negativity. It is literally and totally impossible. Look for positive

feelings. Let the positive feeling guide you. As I talked about the Christmas feeling, it's a feeling of love and you can find it.



*“That’s the spiritual reality, and the form is what we
see as the materialisation of life.”*



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