



Truth Before the Package

A talk by Sydney Banks · the full transcript

Sydney Banks · Minneapolis

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recording.

The
Hidden Cause

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From the beginning of time, everybody's tried to figure out what this big world is. And as we evolved in consciousness, we started to figure out, how do we think as human beings? How do we function? What makes us angry, jealous, hateful, spiteful, loving, devoted, caring, not caring, on and on and on. The perfect psychology lies within every human soul in the world. Every human soul in the world has perfect sanity. Every soul. That is why it's an impossible task to go outside, out into the world that you see, to find the answer. That is why Christ told you to look within.

But there's something stops you from seeing it. As a matter of fact, there's quite a few things stop you from seeing it. And the biggest and the worst thing of all is what you think. And this is what you call your ego. Your ego creates whatever you see, hear, feel, everything. It's the, it's the judge. Of this material world, you have a God-given right to use your mind as you wish. That is what you call your free will. It's not honestly what I think. Please, if anyone here, no matter what religion you are, you keep your religion, you keep seeking God your way.

That's your God-given right. Now, if you hear me say anything that you might think a little bit mildest towards anybody's religion, I apologize. I don't mean it. I agree one hundred percent with all the religions in the world. But if you can find truth before there's a package put on it, you have a better chance that you're going to hit target. Because you see, all the world is, is one divine thought, a God-created thought. We as human beings are shadows of that same thought. We have the will of God, the power of God at our disposal at all times to play the game called life.

But the point is, we have lost our sanity. We have lost our way of seeing things. We have lost this God-given consciousness. And now what we're trying to do is connect with consciousness. Everybody in the world is consciousness. Seek consciousness. If you want to remain where you are, you seek the other consciousness. So what do we do? We say, Well, now feel the level go down, eh? Listen to it, but it's extraordinarily important. Okay, we're going to talk stories now. We get into trouble. It may be a family affair, a love affair, unhappy at school, you could have all the mental problems.

So what do you do? You go outside to try and fix this problem. You want to become conscious of what your problem is. You want to become conscious of why your business is failing. You want to become conscious of why you don't have a good relationship with your husband or your wife or whatever, right?

What do you do? You go out to the outside, and when you go to the outside, all you find is the mess. Whatever the world is today is created from the consciousness of humanity, which creates the culture of each and every country in the world, in turn creates the entire cultures of every human soul in the world.

It is our life. So we go in to try and fix this mess, and some of these little myths of old Doctor I would say, It's your mother, it's your father, it's your sex, it's this, it's that. All of a sudden, things get worse, and you can't understand it. But what you're doing is you're getting fed back. You're just getting a recall. Any sanction they make can you worse. So they give you some technique to try and get away from this worseness. And that technique won't work because the technique, you already know why you're doing that stupid technique in the first place, so it's really of no value.

Then all of a sudden you find that all you're doing is becoming conscious of the mess. You're not becoming conscious of what created the mess. And the secret is, what created the mess was lack of consciousness. You see, the Eastern philosophers, why in various places to say, and the original psychology, the original, was mind, soul, and spirit. Now mind in the East is God. And only God can be the consciousness of all things. There was the soul, and there was the spirit, the breath of life.

The soul is the in-between mind. You are that in-between person, the soul. The soul is all-knowing. That is where your sanity lies. That's where your wisdom lies. That's where your consciousness lies. Your true consciousness, your true wisdom, the true you. But through time, you lose it because we see materiality. We see the world of material things. And we believe them to be true. Instead of seeing that what we see is not really life, it's the shadow of life. So we seek the shadow instead of seeking what creates the shadow.

And when we see the world as materiality and that's all that's in it, what comes into our mind right away because we've lost our defenses, we've lost God, so we get fear. And this fear creates greed, anger, hate. It creates all negativity in the entire world. And this is when we drop from the heavenly state to the material state. This is where you automatically lose your consciousness. You automatically. Everybody in the world. That's what I'm saying. Everybody. Nobody can escape it. There's no wrong in it.

It's just this soul is consciousness. That's all the soul is. Your soul is pure consciousness. So through the years you lose your consciousness. You start to lose it because you get into trouble. And when this starts to happen to the world, what it creates is what is happening now. It creates the wars, depression. It creates starvation for people. It creates all the problems, all the problems that you have in life and I have in life is lack of consciousness. That if you can understand to see that consciousness and soul are one.

Then you've gained back the power that was given to you by a consciousness you would gain your soul. But it must be consciousness of God, and it must be a consciousness that's inside you. It must be wisdom. See, there's many ways, many, many ways to disconnect. What is known in the world sometimes is a mystic. By these two worlds, there's two halves. You live in the material half, then the other half is the spiritual half, where the power is coming from. Now, as soon as the mystic realized the oneness of life, both worlds become one.

You can't possibly think your way out of that. But you can realize it. If I say something to you today, and you walk out there, and you say to your friend, Syd Banks said blah, blah, blah, and that becomes part of your life, then I would say you have nothing. But if you go out there and you said, Syd Banks said this, but what I had was this, and you related about it, you've had a realization. It's to find your own strength. And when I just finish telling you that the soul is consciousness.

You must find it for yourself. It must come out of you. In the meantime, what you do is you look around this big world. You go to your church. You go to whoever you want, whoever you think. And I'm wasting my time telling you this because you're going to do that anyway. Please, I keep repeating, don't listen to me. It's what you think is important. You know, any one of us here have a million things we could be unhappy about, just snap like that. As soon as your level of consciousness drops, your mood changes.

You go down. Then you go after your husband, your wife, your kids, your dog, your cat, politicians. No matter who it is, you've got everybody's throat, and everybody that day is rotten to the core. Now, if the world sees that, that's what's going to happen in the world. Now, if the level of consciousness rises, the mood change rises. It's the same thing. You see clearer, because every time you have a realization, it's like you get another piece of your soul back. You get a little bit of your strength back because, you see, the mind, the soul, and the spirit are the trinity, like the Father, the Son, and the Holy Spirit. Same thing.

But what people don't know is when you go for spiritual enlightenment, If you're getting it, it must automatically change your, your real thought. Then your quality of life changes. It's automatic. And what you're looking for is a deeper quality of life. You look for a feeling. The feeling is a million times more important than memorizing. It wouldn't be Syd Banks's words, it would be you's words. That's the important thing. Always you, always you, always. You must be your boss. Only you can find truth. Only you. As I say, the happiness you seek is within you, but there's too much of a disturbance to see it.

The love is in you, but there's too much of a disturbance to see it. There's faith in you, but there's too much of a disturbance to see it. There's all these positive things just dying to get out, and you can't get out because of your memories. And that's the only problem you have, is your memories, or what you think of your memories, how you've analyzed them. Do you know how I was telling you to forgive that fellow and give yourself the relief? That's what everybody in the world has to learn to do, and the first person they must forgive is themselves.

Because the amount of forgiveness that you've got in you is the amount of forgiveness that you will give to the world. It's a beautiful feeling. Take it home, and you must have faith, trust, that beautiful feeling is what will bring you wisdom, or knowledge, or whatever you want to call it. This is what will start to wake you up, not the negativity, the positivity. It is, is your own common sense. Nothing else, nothing great, common sense. That's all it is. But it's not common to the ego or the little self.

It's a common sense before the ego. You know, we were talking about the soul being a source of knowledge. That's where it's coming from. That's where you seek. That's where you head, to rebuild what you used to have, something that you've lost in time. You've lost part of yourself in time, and you've got to slow down so that part of you that is lost in time has time to catch up with you. And when the two halves get together, it makes a whole. And when the whole come, then that means to say you've found what you're looking for.

So shall we meet tomorrow morning at 10:30? So shall we meet tomorrow morning at 10:30?

I'm sick, you're sick. It was the title of the article. Instead of I'm okay, you're okay. And it was just about all of the different new things that you can have,

you know, premenstrual syndrome or this or that. It was talking about how we create a concept of a disease, and then how we describe what that disease is, and describe the treatment for it. And what it does is it creates a whole bunch of people with that disease. It's just, yeah. In our training—can you folks hear me back here?

Yeah. In our training as teachers and educators, we're trained that we are, number one, supposed to be the curriculum experts, and we're also supposed to be in control of those thirty- some bodies. How can we be experts and be in control, but still incorporate some of this that says, Step back, relax, let your instincts take over? I would imagine for a lot of people here that's a real confusion. That wasn't me, was it? The booby prize, right. Well, it's, again, it's that feeling, Vicky. It's the feeling of feeling responsible, feeling like you have to be in control, that actually makes you lose control.

It's a paradox. The more in control that we feel that we have to be about ourselves or about a situation, what it does is it actually blocks our common sense to have things run harmoniously. What people are looking for when they're looking for harmony, or when they're looking for control in a classroom or control in a situation, is they're looking for a feeling of cooperation. And harmony, aren't they? I mean, that's what we would love to have in our school, is a sense of cooperation and harmony.

Now what we've thought, the way to get that is by controlling other people or the situation. But that's just been a misunderstanding of how you get that. You can get a false sense of control. You can get a delusional control. You can look like you're in control, but in reality you're not. It's just a game. It's just a game. It's just, I'll pretend that you've got the power today and you pretend I've got it tomorrow. It's just, but the power really lies in each individual. And when you recognize that, then you're not feeling responsible for all those other people.

You aren't really. Even though that's what you were taught, you don't have to believe it, and nobody has to believe that. You can choose to believe it if you want, and you'll just create misery for yourself. But it's not true, because no human being can control another human being. All they can do is control— all you can really have any power over is yourself. And the only power you have over your own self is that feeling. You can't control your thinking. I'm sure many of you have tried to control your thinking, but you can't do that.

But the only way you can ever have any power over that is when you let go of your control and you see your innocence. You see that you don't have the control. But this may sound like double talk, you know, but that's where you have to listen deeper, because you can't gain control of anything outside of you because it isn't out there. It's your experience of it. See, reality is created from within all of us. Everyone in here lives in a different psychological reality. Every one of your students lives in a different psychological reality.

And if they can see that they're creating that... That they're the creators of their own reality. That gives them a tremendous amount of power, and they don't have to blame you for their misery. And they don't have to blame their parents. That's all we're teaching kids. We're teaching them that they're responsible for their own reality, and understanding how their mind works, and that gives them the freedom so they don't have to feel victimized, or they don't need to blame anyone. And as an administrator, or as a teacher, or as a janitor, or as a nurse, or as a whatever you're in, all you have to have in order to get that cooperation is that feeling.

It's just living in that feeling yourself. That's my only job at the institute, is that that's all I know I have to do to do my job, is I just need to feel good. If I don't have my own mental health, I certainly can't deliver it to anyone else. If I don't have my own positive state of mind, I can't be of much use to my students. So what I need to do is drop whatever it is that's occupying my mind and get back to that feeling, and then I'll enjoy my day.

I'll have a good day. My students will be cooperative. You know, I'm sure you see that all the time. Can't you tell when you're up and down, and your kids are just like monsters one day and angels the next? You know, just because of your state. Haven't you ever seen yourself in that? Well, I sure have. Any other questions or points that you'd like to see brought out? When you see yourself in a power struggle with a welder student or whatever, it seems like it's just best then to drop whatever is happening and then do something else so that you can come back with a fresh feeling about yourself.

Right. Did y'all hear Gay? Could you hear her? She said, It seems like the best thing to do then when you're in a power struggle with someone or with a student is to drop the situation until you get that feeling back and then approach it fresh. And that's true. You know, sometimes we don't have that luxury. We have to make a decision right then in terms of not being able to go

walk around the lake or go out for a jog or go to the coffee lounge for a while or something. You have to do it right on the spot.

But if you make that a priority for you to, if you catch yourself caught up in that power struggle, you recognize first of all that it's not going to get anywhere. It's always just going to be a repeat of the same old thing over and over again. This is when parents come to us all the time. They say, I keep on getting in these power struggles with my teenage son, and if he would just straighten up his act, you know, I'd be all right. You know, there'd be some peace and quiet like it was before he hit puberty, right?

Recognize that their feeling, that's creating their reality. And so when you just show the parent where the power lies, it dispels the power struggle. There's no more power struggle when you recognize that you have no power over another human being, but that they have no power over you either. You can't blame them anymore for your getting angry at them. You start to recognize that any time you want to access that feeling, it's there, and if you do, and you get to that quiet, positive feeling, it's like all of a sudden that person who's fighting with you, it's like batting at the air.

There's nothing to hit. You can't have a power struggle with one person. What the person does is run into themselves then. They run right smack into themselves. I've had clients come in and they want to argue and rah, rah, rah. I'll just laugh at them, you know. Because they could see where they're at. It's not laughing at him. It's a respectful thing, but it's like all of a sudden they see that someone's not taking their craziness serious. And pretty soon they're laughing at themselves. They get that perspective back.

But you have to take the seriousness out of it in you. If you're serious, and you've taken on a serious state of mind, then that's like a vice that's clamping down on your creativity and your common sense. It just squeezes it right off. But if you just, if you let go of the seriousness, it just like opens up your mind, and that insight can start to flow out again. So think of your feelings like being the gauge, or how you know how much that common sense or that wisdom is coming out.

If you listen to the feelings in you, you'll know exactly what to do, and you can approach insecurity with security. And what you add to the situation is your own sanity. I was with a person a couple of months ago, and we were walking downtown, the new mall downtown. I can't remember the name of it, City

Walk? City Center. And this rather tough young guy ran up to us, and he grabbed my friend by the arm, and he's a great big guy with muscles bulging out. You know, he really looked like a street person.

He says, You bumped my arm on that escalator, and you look what you did, and it's inadvertently spilled malt all over him, his hand. And the guy was just ready to deck him. You know, he was ready to deck my friend. And my friend traditionally would have been very reactive. You know, his old pattern was that he would have just punched the guy's lights out right there, and they would have had the security guards, and it would have been— But he just, he saw what was going on and he just calmed down.

And as soon as he calmed down, that guy just calmed right down. He said, Could you pay me a dollar for the malt? And he says, Okay, sure, sure, you can have two if you want, whatever you say, you know. But it was like, you could see how that adding security to that situation instead of insecurity helped not explode into a situation. And I'm sure you run into situations like that all the time, with this many people running around you're bound to, you know, run into it every now and then.

But if you can just put that feeling in it, that common sense, then you've got a chance to bring a positive outcome in it. Is it about time? Okay. Any other last questions before we end here, or comments? Okay, well thank you very much. You've been a real receptive audience and good listeners. I really appreciate that. And this was a tremendous opportunity for me and I really want to just thank you for it. Thanks, Vicki. Oh, I also, one other thing. I have some brochures on our clinic here if anyone is interested, there's copies here.

Also, we have a training program this summer, a couple of them that are going to be going on. If you are interested in that, those will be posted on the teacher's lounge later this year. We're going to have a six-week course for school personnel that'll meet once a week for two hours at the Minneapolis Institute. That'll be application of the principles of the psychology of mind to the school setting. We'll also, in August. Jeff, what's the date does that start, do you know offhand? Yeah, the school personnel one.

It starts June twentieth. Then we're also going to have a three-day seminar again like Gay attended in January in August, and Keith's got the dates on the August one. I think it's the first. It'll be over a weekend. It'll be a Friday, Saturday, and Sunday. I think it's August fourth and fifth and sixth. I'm not

sure. Okay. Thank you very much. Folks, before you all take off, Arnie's got a couple of things he'd like to say. Joe, I'd like to thank you again for the... Feel free to pick these up, and if you've...



*“Because you see, all the world is, is one divine
thought, a God-created thought.”*



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