



When You Become Unlost

A talk by Sydney Banks · the full transcript

The
Hidden Cause

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Workshops and seminars for all different kinds of problems, trying to figure out the mess, find one fact, one spiritual fact. This is wisdom and all the answers will come to clear not just one problem, but all your problems. Because what wisdom does is it raises your level of consciousness, which is stepping into a higher reality of life. And with each step you go higher and higher towards the truest, purest answer that you seek and that is to realise the one-ness of all things, to realise the secret to life, the secret to all things. When you find it, you'll realise it is simplicity. It's called wisdom and this is why, when wisdom is spoken it creates controversy, because the mind can't understand it because it's a spiritual fact, and for you to get this wisdom you must hear from inside yourself. The spiritual side of you must hear it, then you'll find this wisdom and this is the thing called wisdom that you're seeking.

So if you understand it from the mind, you don't understand it. You only think you understand it, but if you're beyond the word, the words become secondary because you've got the answer. You've found wisdom. And I'm going to keep saying it all night. It's a magic word: wisdom. Wisdom has nothing to do with age. People think when you grow old you grow wise. Not so. Sometimes when you grow old you grow stupid. It's contrary to the belief, wisdom. I know ten-year-old children on this island that are wiser than many, many people that are in the world today because those children have found wisdom. They've found the simplicity of life. They've found something within themselves: a spiritual reality. This is what everybody in the world seeks is a spiritual reality that lies within, and the beauty is it can be told via words. You can be lead to it via words, but then again it's only you can go beyond the words and find it. Think how beautiful it is. There's nothing to do. All you have to do is listen. Listen to this wisdom that you're seeking. Don't get caught up with rituals and beliefs. Look now because now is the only time that exists. Now the answer can come out. It will not—I promise you, if you ever see it—it will not come from any book that you're reading or any tape you're hearing or anything you've told from the past. It will not come from that direction.

It will come from within you, and when it comes from within you, then you'll what we're talking about. By this time, your belief will have changed into a fact. Your reality will change because you're going up levels of consciousness to another reality. It really is true. It really is true. If you haven't evolved enough in conscious states, you will never see truth because they're different realities. One is inside; one is outside. One is the illusion; one is the true reality of life. The true reality and the true reality is what you call the spiritual side of life

that lies within. It's very simple. People scream at us and say we're too simple. We're too positive, too cocksure. You can't be. It's impossible. You can't be too sure of these things because the more surer you are the more you're getting what you're looking for because the second you start to realise wisdom, you realise it is not you. Wisdom does not belong to you nor does it belong to me; it belongs to the all-ness of all things. It belongs to the energy of all things. You've got to break through the barrier of thought to find what you're looking for.

What you're looking for is what you truly are, and all you are is a cosmic thought manifest into form to play the game of life. If your wisdom leads you to this fact, you're free and your children become free and never again will you be mentally sick, never again will you be mentally lost, your stress will fall and with it the sicknesses that the stress creates because you'll start to see the illusion of life. You'll start to see that it really is thought that creates your insecurity. The illusionary thing called thought creates an illusionary thing called insecurity, and we use it to make ourselves sick because we've lost the right use of the mind. Now what we have to do is find the right use of the mind. That's right just -ness. It's the same thing, the right use of the mind. Then you will find the beauty and the love and the understanding that you've ever, ever, ever imagined possible because it'll start to become a spiritual reality. Then there's no end to this spiritual reality, and this is the beauty too. It's when you start to realise you really know nothing. All the wise men from the past will tell you they knew nothing. That's what their wisdom world tells them. They'd be wise enough to know that they knew nothing.

Wisdom's a guide. In essence you can break it down and say every time you get a glimmer of wisdom you're allowing the all-ness of things to guide you. Wisdom is the thing that takes your ego and cleans it. It cleans your mind. It cleans the ego. It shows you the worthlessness of this ego, the stupidity of the ego, the ego being an image of self importance. Wisdom shows you the pitfalls of the ego, where it causes desire, stress, envy, jealousy, hate, wars, so on and so forth. Mankind goes the wrong way. He tries to prove his ego and gets deeper and deeper into the mess. This is why the world is as it is today because the mind is lost. The mind of mankind has lost its spiritual identity. Doesn't know what it is, and if it doesn't know what it is and it's caught up in its ego, it's total insanity. To go back to this there is only one way. There's always only been one way and that's the turn around and look inside and look at the spiritual reality that lies within. And it's really nice you just have to tell the stories now. That's

the way. Just tell these silly little stories hoping that you'll hear it. You'll identify with it. That's what you've got to do is identify yourself with it. It's like stepping forward and saying, "Yeah, right. Me, I see me."

When wisdom is adopted, this is when psychiatry and psychology will be the most powerful two medical things in the universe, most powerful guides in the universe. It doesn't take many. Already there are quite a few psychologists and psychiatrists maybe starting to hear and their wisdom is going to start healing people and guiding others, so it's got to spread. It's really got to spread. What is happening on this island is without a doubt way out of our hands, way, way, way, way out of our hands, and we go around cocky saying, "I know something." Nobody wants to be ordinary. Wisdom makes you ordinary, and if anybody had said to me a long time ago to be ordinary, never. I've got to be different somehow. And this part of your struggle in life trying to be different, if you can honestly see what I'm talking about and become ordinary, here is where all your freedom is. The strange thing is the second you really become ordinary you'll get whatever you want to be for whenever you wanted to try and be un-ordinary you'll get—because the world appears as different and you have no choice in it because you're just ordinary. This is why people come onto this island and say there's something different with you people, "What's going on?" They walk into a room and they see people different.

We still fall in the same trap, and we still want to look a bit more different. But that's the freedom. It's throwing the ego away, and you think if I throw the ego I'll be nothing. That's not so because it's a fallacy. You can't throw the ego away. It's impossible because it's part of you. You can only see how it works, and when you see how it works then you can temporarily throw it away until suddenly it appears again. But the next time it appears you're a bit wiser because you've found wisdom, so you know how to handle it. What you do is you laugh at it and you see it's playing this little game. All of a sudden you see everybody in the world playing the very same game in different disguises, but the disguise doesn't matter because wisdom sees through the disguise, because wisdom sees before the disguise is created. It just sees the game, so you can see everybody and you can talk, everybody included. Then you talk and they start generalising. It's so simple a fact it's not worth calling generalisation. Generalisation is when you make statement the outside world. We're not talking about the outside world as we know it. We're talking about the inside world before the manifestation of the fact. That's wisdom. What you hear right now is me talking about the outside, but I'm talking about the inside. It's your

heads that are turning into the outside, and that's where it's lost. It's lost in the illusion. The illusion is the outside. That's why you can't think it. You can't figure it out because it's non-existent; it's a spiritual reality.

And a spiritual reality can't possibly be explained because it's nothing, because it's an experience. It's an experience that changes it from the mind to beyond the mind, to the world within that shows you what wisdom really is and shows you how to clear your life. And at the same time, it gives you the understanding. People, whatever they're doing is okay too because they're lost and you're not. Whenever you become un-lost, then you can afford to go to the lost and guide them out because you'll get lost again. You know the way. It's like walking into a maze. You find out the way. People are lost in the maze. If you go into that maze you're going to get lost too. So what you do is rise above the maze and you just look down and you see they're all in it. I'm now above. I can see it, so you point and you say, "Go to the left. Go to the right." Sure as fate they'll say, "Why did you say right? I'm not going right I'm going left." Then they got lost again. All they have to do is listen. It's hard for the mind to listen because we have what is called an ego which in reality is the only thing that's stopping you seeing what you really are, what you really do, what really creates your problems, and what really creates all the problems of the universe.

So, back to the ego. If you try and figure the ego out, you'll never make it because it's the ego that's trying to figure it out. It'll never turn against itself. So once again you must surpass the mind, you must surpass the ego. If you ever go to any kind of place to try and find yourself and if people are trying to prove their ego, walk out. If there's anger, walk out. If there's any kind of hostility, walk out. If they start talking about the past and what created their problems, walk out. That's my advice. If somebody comes and says, "You're too positive," walk out!

You see it's amazing. It's how we don't hear ourselves. We honestly don't hear ourselves. Can you imagine somebody writing a book on happiness and saying, "You're too positive. I don't like it." Obviously they don't hear themselves. This is what became extraordinarily apparent to everybody on the weekend that you can't talk to a deaf man. You can't. You'd just as well walk away. You know the old saying [unclear 19:23] whiny. There are other ones, something similar. Don't waste your time talking to a blithering idiot.

They won't hear it. They'll just get angry. They want to fight, and there's no harm in that because they're just perfect where they are. Everybody is perfect

where they are right now. Their level of consciousness is what they've developed since the beginning of time and that's what they're entitled to and that's what they want. They don't want to change. Like very few people in the world want to change but once a thing like this happens in the people that want to change, we've started and we've changed so much that the rest of the world will have to have a look. This is what'll change psychology and psychiatry and who knows what.

You've no idea how much it pleased me last weekend to see the results of what Elsie and Roger did. It was really just incredible. It will create a disturbance and that's what truth does. It has to otherwise it's not truth. If you want to trip, just go and go along the train of thought. What's there today are within the same pattern of life as it is today. Every time wisdom comes into the universe, true wisdom, it releases a level of consciousness, and it changes the pattern. When it changes the pattern of mankind's thoughts, it disturbs because the people that are not ready don't want to change their pattern. They don't want to go to that other reality, and that's why wisdom and intelligence are always against each other. Until the wisdom is found, then the wisdom will accept the intelligence because the wisdom is the intelligence. But the intelligence doesn't know what wisdom is because intelligence by itself from the mind is nothing but beliefs and concepts and ideas. You can go one way, but you can't go the other. You must go inside from where they're both created, but if you go outside you're out in the created. This created doesn't know what it is. It doesn't know what created it, so to find out what created it you must go inside. Find this wisdom, and you'll find out what the creator of life really is.

Now, when you find what the creator of life really is, then you find life. Then you're free. It changes your life completely. It's the beginning of you having a stable life, a happy life, one free from the sickness and stress of the world as we know it today. Share knowledge. To share knowledge is the greatest thing in the world. To try and hold it back from your own possession is the absolutely—you haven't got it. You're not getting the feelings. It is not until you realise the knowledge that the feelings come and that's what you're searching for. Everybody on the earth is searching for feelings, and this is what you must find is beautiful feelings. You take an object and you create a feeling to suit the object. Take away the object and all you're left with is the feeling and it's related to nothing. It's just a feeling, and when a feeling is related to nothing it covers all things. People are afraid of feelings. They're afraid of their own feelings. Frightened of their feelings and the feelings are the very things that

will give you all the answers. Because feelings make you walk in another reality they make you see other realities, and the more beautiful the feeling the better the reality because we're controlled from feelings. That's why a person who is very, very mentally sick and in real distress, that's why he is where he is. And the knowledge you people know can take people from there out very easily, but you must talk the honest truth that you know. Don't compromise to anybody. Always talk your highest because if you don't, you're saying that truth isn't real.

To not talk truth about inner self when you're asked about it is the very worst thing that you can possibly do because it makes all the knowledge that you've got useless. There's just a little, a missing link. Go back to that missing link, just to switch it on. Switch your knowledge into an idea so that you can get those beautiful feelings, and you can get that knowledge that you've been searching for. Because, once you get the feelings, that's it. That's the secret. Get the feelings. When the feelings come and they're accepted, it will bring you the most perfect psychology, psychiatry, theology, and philosophy that you've ever known in your life. This is where it's all hidden. That's where it's hidden. Those wise men they knew the secret, but each one talked differently. So one would be taken as a philosopher. One would be taken as a son and so forth, but if you listen to all the details that surround each person their all different. So the whole story's different, but if you take away all the details and just listen to the very essence of the truth they were talking. Here lie all the answers. Here lies the secret of turning belief into fact and turning fact into a truer reality, an existence that very few people know exists.

But it's just a conscious change, a change in a level conscious state. Like when you were twelve years old you saw the world differently than what you see it now. This is the same thing only much, much more. It's just a change of scene to see what really is instead of the imaginary what wasn't and it's the what that creates the mental sicknesses. It causes all the unhappiness. It causes all our problems, all our problems. No matter what problem it is, that's what causes it. So we're really lucky we've broken through. We should be happy about it instead of glum, like hanging on. You become happy because you're glad you found it, and the second you're glad you've found it, you've found a feeling and this feeling is so nice you say, "Wow," and you start giving the feeling away. That's what it is. You find feelings. Feelings are attached with knowledge because you can't get that knowledge until you get the feeling. It's all in this feeling. It's inside the feeling, and the longer you keep in the feeling the more

knowledge you get. But not a negative feeling; a negative feeling is sick feeling. It's the sickness of mind. It's a lost mind. It's a mind that doesn't know what it's doing and anybody that argues the point that it's natural. I'd say yes it's natural. As far as we know natural here. But in true reality it's the most unnatural thing in the world. Its insanity and we're all so insane that we don't know what sanity is and the only thing that can bring sanity back is when the lost mind finds its way home. That's where sanity lies, and the more you get towards home or the secret of life or whatever you want to call it, the happier you become because the more you start to live in feelings.

It's a beautiful feeling. It automatically eliminates all bad feelings, and we create beautiful feelings. We think it's wonderful. We feel tremendous, and then minutes later we've lost all our feelings because we don't know how to hang onto a feeling. We don't know what a feeling is. We can't touch it. You can't write it. You can't talk it. You can't explain it. It just is. Nobody can explain that feeling. But if you find the beautiful feeling, it must be positive and if it's positive, it's full of information. If you can hang onto the feeling because it's here, you start to see life nicer, better, with more clarity. It's here you stop judging and analysing. This is where the secret lies: in the feeling. That's all we have to get out now is a feeling. It's really very simple. It doesn't take many people to spread truth because it is not a belief that has to be built up. It's always now. It's always ever powerful, always, because it is and it's the is-ness being released.

Have you any idea how powerful that is? When the is-ness gets released and starts explaining to men how their minds work, it's super powerful, very super powerful. And the best thing about it is you don't have to understand what's happening. You don't have to understand the words because you've already been explained it's impossible to understand. You've got to get the feeling then the understanding comes, but the words mean nothing and it's not a little secret riddle if I listen to as words and they mean something else. What could they mean? That's trying to figure out the words in a puzzle. There's no puzzle. There's really no puzzle. If you just hear what I'm saying, you'll hear it, but you've got to hear the words without the analysing or judging or trying to figure out. You must just go beyond the word. The only way you can go beyond the word is to see right through it. You must understand it, but then you don't have to go any further. You're as far as you can go. You're there. It's very tricky and there's only one truth. No matter what anybody says this one truth will cure all things because this one truth is the way. It's the way to guide many,

many people back to sanity away from hell. When I say hell, I mean the hell of life, a tormented life, a sick life, an unhappy life. This is the way to take them back, by psychologically speaking from beyond the mind, beyond the understanding of the mind of mankind.

It's not an insult to mankind because it's my mind too. It's simply that the mind can't possibly comprehend how to lift a level of conscious state to find out what it's looking for. I know there are millions of methods, millions of ways, millions of ideas, but that's all in the illusion. You've got to step outside the illusion. You've got to step outside what the mind thinks, and what the mind thinks is the illusion. If mankind knew how to fix his own problems, he would have done it a long time ago, then we'd all be happy. But he can't. He can't possibly. There's only help from one way and that's to go inside to that super consciousness state that exists inside yourself and release it. Don't talk about it. It's of no value to talk about it. You can talk about until you're blue in the face. You've got to release it. When you find it and you start talking about it and you don't have the feeling, you haven't got it. You've only half got it, but you won't release it.

It's like having a beautiful, big, wild stallion caught up in a small pen, and outside there's a big pasture and it's yours and you won't let it go. And the second you let it go, all of a sudden you realise there's a big corral all over and all over that big pasture. It never gets away. It can't get away. Now let it go. That's what you've got to do: release it. Just become happy. That's all I'm asking you to do, but you can't be happy all the time. You have to be really sick. Somebody once said to me, "I can be happy maybe once a month. What you're talking about is ridiculous."

It's really neat because once you start finding knowledge you start to realise what you haven't given yourself all those years. Then all of a sudden you're giving it to yourself. You're giving yourself all those beautiful feelings that never existed before. You realise that you've robbed yourself of all those feelings which in turn created all that knowledge. You've robbed yourself all your life because you didn't know what life was. But the second you find it, you just lay it on yourself, all those nice feelings, and all of a sudden it's a nice place. And all of a sudden the knowledge comes in with the feelings telling you exactly what's going on. You start to see with clarity when people play their little game and then another little person plays his little game and, by god, we're all playing the same game.

As you start to realise that, you realise and you look inside and say “me too.” That’s a toughie. Me too! But, not me too bad because as you start to see it’s a little game and you see everybody doing it to each other, doing it to themselves. No matter what they’re doing they’re doing it to each other and doing it to themselves. So to get away from that and watch all this circus, then of course this is where the cosmic humour comes in because it’s a circus. There’s only one way you can find it now because if you ever truly find it you realise there never was any other time but now. But time is only an illusion. It’s an illusion to play the game of life, so we play it. But to find the game of life you’ve got to go beyond that playing stage to find the true reality so that you can find out how it works and play it better, happier, with more feelings, with more seeing, rather than acting. Sit back and enjoy it, but still do whatever you’ve been doing. It’s just a conscious change; it’s a state of consciousness that changes, nothing else.

Negativity creates that feeling that you don’t want. It’s a feeling of—it’s a horrible feeling, so you’ve got to get rid of that horrible feeling. So what you do is you learn to see clearer, see life clearer, and as the truth starts to unfold you’ll see once again nicer feelings and it’s those nice feelings that will bring you all the knowledge that you seek and you can’t explain. I swear, if you try, you’re just doing a silly thing. You can’t explain to people their problems. You can only tell them facts, conscious facts, and if they hear the conscious fact their problem will vanish. If you tell somebody their problem, all you’re doing is convincing them they’ve got the problem, and the second they see truth their problems will vanish because they’ll realise it’s just the illusion. It wasn’t true. They just thought that way and it’s our thinking mind that gets in trouble.

We’ve got to take this thinking mind of ours and clean it up, and the way you clean it up is you take all the negative thoughts and feelings and you get rid of them and it leaves good feelings which in turn take you to what you’re looking for. As you start to get the feelings, this alone will bring you the knowledge of how to get more if you un-lowered it. You can only take so much and you can’t take any more. You’re filled to the brim and you’ve got to give out, and if you’ve got to give it out, give it to yourself. Give it to yourself. I don’t care where you spill it over. Give it to yourself. All you’re doing is giving yourself a beautiful feeling by realising the knowledge that’s inside you. You give it to yourself and I guarantee you the second you give it to yourself, you’re going to

give it to someone else. You can't help it because just being you in that state of good feeling you'll be giving something to somebody else a beautiful feeling.

That's the knowledge that you're looking for. It's just everlasting. You throw it away and it's there. You can't throw it away. It's not like a boomerang. A boomerang might not come back, but this is different because there's nowhere to go. There's nothing thrown. There's nothing thrown. There's nothing thrown. There's nowhere to go. It's already there. You've already got it, and you only pretend. You only go through the pretence of not having it. And all we're doing is sort of leading you along a path towards those feelings. It changes life entirely. Not in a belief system, but in the actual fact system, in actual fact the fact system is living in a state of meditation, not sitting looking for it, but actually living in the state of meditation. That's the fact system because from there everything is a fact because it's truth because the mind isn't in the way and this is what everybody's searching for is the state of meditation. Once again we go the opposite way to try and find it because we pack our minds with more information to get to the state of meditation or try to tranquilise our mind. We read more or we fight more, or we argue, or we do something to get more of what we don't want and don't see it. It's so simple. When it's put before your eyes, you can see it but we all go the opposite way. We all go the opposite way. So I know I'm grateful that I found what I've found out, but you're close to thanksgiving. That's it for sure.



*“You’ll start to see that it really is thought that
creates your insecurity.”*



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