



You Don't Have to Do Anything to Get It

A talk by Sydney Banks · the full transcript

Transcribed by machine and corrected by a reader against the
recording.

The
Hidden Cause

Transcript version 1.0 · issued 2026-08-10

Well, this is the second time I've been in Courtney, and just about a year ago. It's really nice to be back. There's going to be a lot of people with the message. It's happening now all over the world. Everybody is heading towards the divine being. They're turning round. They're facing inwardly instead of outwardly. There's a lot of people who have to change, change beliefs. They'll have to change their beliefs in the churches, because they're lost too. They're in the past. The words that Jesus Christ spoke are perfect, absolute perfection, but they are lost because we've written Bibles.

Mankind has put his own mind into it and lost it. Now there are men coming. They're going to direct everybody back inside. And to direct people back inside is the only way, the only way, that we'll ever have harmony in this world. And this harmony includes pollution, people starving to death, people killing each other, people robbing each other, so on and so forth, countries fighting. There is no way, there is absolutely no way in the world. Confucian harmony come to the world via our conscious mind.

There is no government in the world. There is no person in the world smart enough to do it, because there is no answer. There is no answer from outside. But if we travel inside and start to realize that all life is a conscious state, and as we get into this divine state, the world will change round about you. As the world starts to change round about you, you go into harmony of happiness, tranquility, peace, love, understanding. Put them all together, and it's what the Bible calls God, because God is the purest of love, and only this love can solve the world's population problems, all the world problems.

It's the only way. They can try ten million ways outside, and all they'll be doing is carrying on the illusion in another form. You must raise the level of consciousness of mankind to find this happiness. Jesus Christ tried it. He raised the level of consciousness of people. This is why they healed themselves, because as he raised their level of consciousness. They came in harmony with the rest of the world and within the self. And when this happens, your sicknesses vanish. You can pay your debt off to society within a second.

It's to hang on to silly, petty, stupid sicknesses to keep us in our place. When you find how beautiful life is, you don't need them. You become free. The only freedom that exists in the world is in your inner self via a conscious state. Because all life, all life is a conscious state. There is nothing outside. These words don't make sense to you. They're not meant to. Because there is no

words can explain it. You can only explain it as close as possible, as simply as possible, and as simple as the better.

So I try to explain it, but it doesn't turn out right. Because it's not the words you've got to hear. It's what's beyond the word. And this comes as an experience. It comes as a direct experience from hearing, not listening. Hearing. Which is a totally different thing. Because when you truly hear, you get a new experience. You raise your level of consciousness. The higher your guide is speaking, the better it is for you. The simple reason, if you hear him when he's speaking high, that's exactly what you're going to do, is go high.

If you talk about petty things like politics, things like this, I've already told you, you'll never solve the problem. Not until you go inside, then you change the world. Because the world is inside you. It really is. Everything is inside you right now. All your happiness that you've ever wanted, all the joy you ever wanted, all the money you ever wanted, all the health you ever wanted, all the security you ever wanted, it's all inside you. Religion as we know religion. If I sound religious, I apologize.

I may be talking about the spiritual side of life, which is the true reality of life, but I'm not talking religion as you know religion. I don't want any dogmas, rituals. Or anything else. This makes us blind. We get caught up in dogmas, rituals, clothes, beliefs, and it blinds us from the truth. Really does. Makes us as blind as bats. And yet we swear our eyes are open. See, I know what's going on. I can hear. You hear according to your level of consciousness. Everybody hears differently according to the level of consciousness.

And everybody hears to perfection. What you say your truth is, is perfect truth for you. What you say your truth is, is perfect truth for you. And what I say my truth is, is perfect truth for me. This is harmony. This is allowing everybody the privilege of being God. And that's exactly what you should allow everybody, because everybody is God. And God is the energy of all things. Not a name. Not a name. Take the word and throw it away. Just the name. It's the energy of all things.

And when you say all things, it must include you. Your very thought, your very being, your very soul. Nothing can be separated from this energy. Because nothing can be separated from this energy. It's a whole. So therefore, you are the whole. You are God. You're a microscopic part of the whole. Once again, you're a microscopic part of the whole. But because nothing can escape the

whole, you are the whole. And it's your birthright to find this out. Then you can let the energy of all things carry you from now to eternity.

Let it do the work. In the Bible, this is what it would say: submitting yourself to God, submitting yourself to the inner self. Zen says, true self. Same thing. But they all agree it's inside, and that's the only place you can get the answer. You can't solve the world problems outside. But if you go inside, just the brave ones go inside, just the courageous ones, the ones with courage, they go inside and they find the truth. And once they find this truth, they have no other choice but to spread it.

Because as they spread it, it takes them further on their journey. Because To give love is to take love, because it never leaves the source. True love never leaves the source, because it's just love. There's no ties, there's no strings. It's just giving true love is allowing that person to be God. This is why Jesus Christ said, Judge not, lest ye be judged. We all judge because we think we know who we are. We all judge because we think we're smart. We all judge because we think we're different.

It's a big ego trip. All life is an ego trip. It is. It's one big ego trip, that I'm better than you are. I know more than you do. There is not one man in the world. If you really got into your inner soul, you wouldn't have one fraction of information less than the entire world put together. It'd be the information in every computer in the world. It would be the computer. This is how deep it goes. This is what's ahead of everybody that starts going inside.

It's purely beyond the wildest, wildest imagination. It's like the Bible just- The Bible's got the answers, but it's the people that's lost. Somewhere along the line, we've got to get everybody together again. Has to be one religion. And that one religion is go inside. That's all. No Catholics, Protestants, Jews, Hindus, Sikhs, Japanese, so on and so forth. That's all separations. They're all separating each other from the one basic principle of life, God. And they don't see it. This is why we're in trouble. Because we're all going farther and farther away from our very being.

It really is. You know, I used to be an atheist. That's what I thought. And if anybody talked to me like this, I'd have said, That man's as batty as a hoot owl. I really would have. But believe me, and also I would have heard that man talking theory, belief, his belief against my belief. But this is not belief. It's not

theory. It's absolute. I can't even say positive fact because that'd be adding to it. It's just absolute. That place does exist, and it's in our heads.

And all we have to do is listen, and that's the beautiful thing about it. You don't have to do anything to get it. You don't have to go to workshops. You don't have to go and sit in a corner for hours. You don't have to diet. You don't have to go to the other side of the world. You've already done it. All you have to do is nothing, and you've found it. You don't even think. This is why people sit to meditate, so all the thoughts can go away.

Get the thoughts out of your head. Let something new come in. Listen to truth, and it'll happen. It'll happen. If you want it to happen. But you are always, always, always the master. You will never go anywhere you don't have to, or you don't want to. When you're ready to go inside to meet your own creator, you'll go. This is why people go to psychiatrists, to find out what's wrong with them, what makes them tick, why they're in trouble. This is why people go to workshops, therapy groups, to go many, many different ways to try and get this secret.

But these are all outside certainties. So much for everything in the world. How far do you go in a material direction for doing that? I would expect to give all the money away to all the places that need it, and all that, because you would... Yeah. Oh yeah, you've got to watch that, you know. When I say responsibility, see, I hear you say that I... See, I'm not trying to change the world. This is a totally different thing when I say responsibility. As a matter of fact, you've got to even start taking the responsibility of picking your body.

Now people say, Wow, how's that possible? Because I didn't pick my body. How could I possibly pick my body? But you're not hearing me. I'm not saying you. I'm saying the inner you. When I've been talking tonight, I haven't been talking to anybody. I really haven't. There hasn't been one person here that's been separate in my talk, because everything I'm talking about, everybody is included. And when I say I take responsibility for the world, I really mean it. If there's any negativity in the world, I'm just as responsible as anybody else.

I know I picked my body. I know I picked my life. I know everybody in here picked a body, picked a life. But I'm not talking about you as an ego, as a person. I'm talking about your inner self. And this is what you must do. You must go from the mind to the inner self to find the secret of life. And as you go

further in, you start taking responsibility. Until eventually, you take responsibility for all things. It's really simple. Don't see how simple it is?

If you take responsibility for everything in the world, there's nothing else to take responsibility for. So there's no hassle. Life is perfect. It really is. All life is perfect the way it is. But that's on a divine observation. To the mind, it isn't perfect. It's in a hell of a mess. So this is what we've got to do, is fix this hell of a mess, to put it in simple terms. And the way you can fix it, the only way you can fix it, is to go inside and find this inner self, this inner peace, this inner calm.

Call it Tao, It, the Nameless One, just a feeling. Then it's beyond a feeling. It just is. You just know it is because it is, right? And everything is because it is. And this is total freedom. It's total love. It's total tranquility. It's total understanding. It's freedom. ... Jesus said, 'We'll be always happy for with us.' We will always have it. Like, can I put it this way, to answer your question? Two years ago, just over two years ago, I was so concerned with the world, you wouldn't believe.

I was into unions, fighting with the bosses, sons of governments, Vietnam, race discrimination. Every one of them got me so uptight. Those other guys doing all this to those poor, poor people. About the people starving throughout the world, and I was uptight all the time. I was sick from it. This is what made me sick, because all my worries, all my stress, thinking about the rest of the world. Now when I found this little secret, things changed, because I started to realize there was nothing out there at all, that all the secret and all the happiness lies inside.

Now since that time, I am sure, absolutely sure, I have done more in the past year for humanity than I would have done in ten million years of the old Syd Banks. And anybody that's ever heard, really heard, they too have started to change the world, because everybody they talk to changes. People are changing very rapidly. Their health is being changing. Mysteriously, so-called mysteriously, the sicknesses have been vanishing. This is how I can answer that. Once again, you can't solve the problem outside. You must go inside, and each individual soul in the universe must find his own utopia.

Then when he finds it, then he comes out in full blossom and gives all this love and all this knowledge to change the level of consciousness of the universe. And this is the only way you'll ever have peace on Earth.

Do you honestly believe that most people... Well, I've got to go through the symptoms. Those symptoms are put there by thought, our thought, belief. They're really non-existent. The change of life to people should be beautiful. It's a new life, totally new life. But it's because we try and hang on to the past. But it's a fear that they're losing their youth, that they're losing their womanhood, and it's been pounded for centuries. It's a belief. It's so strong, it carries lots of sicknesses with it. This is why the psychiatric wards are full of people right now.

It's the same with men. They think they're losing their youth. So they start doing all sort of weird things. It's all taken for granted because, well, that's your age, you know, just carry on. Well, you've got that sick problem too, eh? Oh, it's your age. You've got a sudden earache. Oh, it's your age. You're cranky? Gone through the menopause? Oh, it's just your age. But all of this is an unnatural fact. If you really wake up to the fact that time and age, it's all an illusion, then you really don't have to grow old.

Every day should be brand new. Every day can be a brand new life, a brand new experience. And for those people who get to middle age, instead of thinking they're losing something. It's really realizing the beginning, the most beautiful thing in the world. If anything, at the River Harden, their youth can be gotten, but twice as well, because now they're a lot smarter. And so don't drop some of the silly beliefs from the past. You've got to drop the silly beliefs. Beliefs is what makes the world go round.

And belief never got anyone into heaven. You must drop belief, go beyond belief to knowing. To knowing it's a fact. Then you're free. Isn't that awful? Serious. Sydney, when we were over here, someone asked you a question about discipline and the role of discipline, something about what discipline was, and you said the only discipline that you really have to have is the discipline to separate mind from essence, sort of. Sometimes I find it difficult to be watching my mind and to separate what's ego from what's not ego. And I find that I wonder about the discipline I have to have around what I put into my body and various things that I do in order to keep the mind sharp, sort of.

Keep the mind sharp. If you try and do anything, you're creating a stress. If you try and do anything, you're creating a stress. Don't do anything. Just live. Just live. Really, that's the secret. Just live. And how I've been saying all night that it is because it is. Just live. Same thing. But always trying to figure out, how can we sharpen this mind up? How can we sharpen my wits up? And how

can I control my ego? How do I know when it's my ego? If you're really honest, we all know, because it's just like a little uh-uh in the ribs, and you think, Ooh, wow, doesn't feel good.

If it doesn't feel good, it's ego. If it feels good, you just live without it. But you've got to be aware of false ego, and false ego comes with competition. And competition comes with desire. Desire, competition, which creates and generates hate, envy, jealousy, so on and so forth. This is why you've got a tennis player, and if he desires to be the best tennis player in the world, you can rest assured he's not really enjoying tennis. He's enjoying the challenge to make him the best tennis player in the world.

But if that man ever gave up the desire— To be the best, then he would enjoy tennis, and he'd probably play and be the best. It is only when there's a desire that you've regimented yourself into that certain way. It's the same with people with diet. Jesus Christ keeps saying in the Bible, food is for the body. Truth is for the inner soul. That's the food, is truth feeds the inner soul. There is no diet, there is no exercise, there is nothing in the world can assist you.

You can't do it. It's a separate thing. So what you can do is take care of your body to the best of your ability. Then also, there's another place. It's when you go beyond your mind, then really your body will be taken care of. That's why a lot of these people in here tonight, all the sicknesses have gone because they found truth. But if you've got any discipline, it's a stress. To discipline is to say, here I am, an image of self-importance, and I, me, the big one, I am going to find the answer, because I, me.

I am going to discipline me, when me has nothing to do with it. Me's just a little wee insignificance, little nothing, just nothing. You've got to leave this thing here, this body, this image of self-importance. That's your ego. And every time you see that ego crop up, kick it in the pants, because you're in trouble. The ego gets you in trouble all the time. And if you catch it, it's the most natural thing in the world because it's life. We all use our ego. There's nothing wrong in it.

We all use it. But when it crops up, instead of getting uptight about it, because if you get uptight about it, then your ego is saying, Go get a load of him. Then you start worrying because you were so damn smart you caught yourself. But you're not so damn smart. You're still worrying. So instead of worrying about doing things wrong, laugh at them. If your ego comes up and you catch it, say,

Ooh, there I go again, and laugh at it. And I guarantee, if you keep laughing at it, no matter how hard it is, through time it gets so funny you can't do it.

You just can't do it because you've burst out laughing in front of this person. So this is the idea, is laugh at life. Laugh at your silly self. This is drop an ego, when you can look in the mirror and say— You are a nurse, definitely. And at the same time, if you go high, you look in the mirror and you say you're perfect, even though you're a nurse, you're perfect. And hopefully someday you can look in the mirror and say all the imperfections that are on your face or whatever, they're perfect too.

Then you live in perfection. It's only when the mind brings in the imperfect, eh. It's the mind that does it. It's a world of thought. It's a world of cause and effect. The thought of the sickness is the cause, and the sickness itself is the effect. When you go beyond your mind, you start hearing truth, you uncreate the cause because you accept it. And once you've accepted that you were fully responsible for the trip, it's gone. You're clear. You've found out freedom again. It's there all the time. It's popping up every day.

Everybody's going to crack at it. Every day you walk down the road, every day you walk into a grocery store, you have another crack at it. You'll hear the teller talking pure truth. If you could hear her, you would be there. You'd have the secret of the universe. Everybody tells everybody all the time. You tell me. You tell me all night that you knew. You ever tell me about all your hang-ups, will you? You ever tell me all your problems, and you were solving them, and you're sitting here smiling now.

We all do that because this is the name of the game of life. We all know the secret somewhere, eh? So we all work from that secret, from that inner basic thing called God, our inner self, if you name it. You put your own name to it. But we all work from there. It's a conscious state. Like, we can't get it in our heads that this is the only reality there is. This is only the illusion of the true reality, because the true reality is the spiritual side of life.

It's not a place. It's a conscious state. There's no place to go, eh? Because we live in the great nothingness, and from this great nothingness, all things arrive via our minds, via a conscious state. All things are manifest, and you've got to go back to where it's originally manifest to realize that you're the manifest. Like, there is nothing separate from God, like, or that essence of all things, you

name it. And don't try and figure out your problems, because if you try and figure them out, that's where you're going to land, with a lot of problems.

Listen to truth, and if you hear truth, your problems will solve themselves. You look back and laugh at them. I say don't talk about the past, because if you go back in the past, you go back into that negativity. You go back into your old beliefs, and you get caught up in the past because you are your past. Whatever you, the sum total of you now is your past, nothing else. It's the past. So before you get this sum total, which is you right now, and you've got to cut it up into little pieces, and you've got to throw away all the garbage and just leave the pure.

And the pure is always something that's non-existent. It's a space. It's a conscious state. You are that conscious state, and just leave the pure. And the pure is always something that's non-existent, and you've got to cut it up into little pieces, and you've got to throw away all the garbage and just leave the pure. It's a space. It's a conscious state. You are that conscious state. You really are. And that conscious state, no matter what problem you've got, I really mean it, there is no problem in the world that it can't solve.

Totally no problem, because it is everything. It really is. It is totally everything. It is the creator of all things. And it's yours if you want it, because you are it. You are Christ. You really are. We're all Christ. Christ. Not Jesus Christ, because he's another guy. He's another man, another person. But whatever your name is, Christ. Whatever your name is, Christ. What your name is. Because we're all Christ. As soon as we say Christ, we think of a person. Don't think of a person. Think of a conscious state, a godly conscious state, a state where all things come from, where all things manifest from the mind of possible.

All things. That's quite the difference from thinking of a person. That's why Jesus Christ said, I am Jesus of Nazareth. Call me Jesus of Nazareth, because he wanted to keep away this Christ, to make sure everybody heard him say when he said, I am and you are. We all are. If each individual soul in the world could stand up and say, I am, and really hear it. He'd be happy for eternity because he would realize he's divine being. And the simplicity that it didn't take years of study or years of anything else.

It was simply changing thought. It was simply changing thought, changing your level of consciousness to the Christ consciousness. And it's just that. If

you don't want it to be that, have it as long as you want. It's your choice. But it's always your choice to talk about heaven and to talk about hell. The only heaven and hell that exists is put there by thought, our thought. There is no hell other than what is put by your thought. Drop the thought of it and you're free, and all life is thought.

I think that's what Colin questioned. All I can say is, God bless.



*“As the world starts to change round about you, you
go into harmony of happiness, tranquility, peace,
love, understanding.”*

Rightsholder unknown. Transcribed by The Hidden Cause.

Sydney Banks’s words are unaltered.

All of the talks, with their transcripts running alongside:
thehiddencause.com/sydney-banks

If you’d like to know when another talk goes up, you can join the mailing list at thehiddencause.com. Nothing is held back from you either way – the talks and the transcripts are free.