



You're As Good As Anybody

A talk by Sydney Banks · the full transcript

The
Hidden Cause

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My name is Syd Banks and as you know I am attached to the Sydney Banks Institute of Innate Health and today I would like to talk about the importance of the three principles called Mind, Consciousness and Thought.

Now, these three principles are gifts. They're gifts that we use to guide us through life and, from the cradle to the grave, our life as we know it is a psychological experience and to make this psychological experience a reality we use the gifts of Universal Mind, Universal Consciousness and Universal Thought and we attach it to something called a free will and with this free will we guide ourselves through life.

Now, being students, if you use those three principles and you create in your own head the feeling of insecurity, then you will go through life and go through school as an insecure person. On the other hand, if you use those three gifts to create security, then this is how you will go through life, as a secure person, because it truly is a world created from our own thoughts. This is what creates our reality. It is not outside that creates a reality, it's inside. Inside, what we call inside, this power that lies within is all created from the usage of the three principles of Universal Mind, Universal Consciousness and Universal Thought.

Now, a lot of people I know have had traumatic experiences in their life and have gone through a lot of negativity and this has damaged them mentally. It creates a burden for them and from childhood they carry this burden, these negative thoughts, and you wonder how can we get rid of this, because these negative thoughts, what they do is they stop you from living in the now, because they contaminate your mind system, your thought system is contaminated from the past and you can't possibly live in the now and, if you're going through school and you're studying, you can't possibly study well if your mind is full of negative thoughts or negative feelings and negative memories and the more you can live in the now, the better chance you have of being a good student.

What you have to really look closely at is the fact that the past no longer exists, it really doesn't. It's all in your head, it's just a memory, your worry's a memory, a memory is a thought carried through time and creates the illusion that it's still a reality, but in fact it is not a reality and this is why going back into the past to try and find the now, to try and find mental health is really a fallacy, it really is.

There was a great psychologist, the father of psychology, his name was William James and he had an insight and his insight was that somewhere inside everybody lay mental health but he couldn't prove it and he was honest enough to say he didn't know the answer, but he did say that hopefully someday, somewhere, somebody would discover principles that would change psychology from a personal philosophy into working science and I honestly believe that we have found those principles. The principles of Mind, Consciousness and Thought and it is how we use those principles that dictates how we see life and if you can see this, if you can see that all your insecurity, if you feel insecure about your studies or you feel insecure or you feel inadequate to go through and become a doctor or lawyer, an engineer, a scientist or whatever you're studying, those thoughts would be very detrimental into your study and if you can see that all it is, is thought, if you can truly, truly see that, then what it does, it clears the psyche, it clears the mind. It brings you back into the now and when you come into the now, all those negative feelings and thoughts from the past, they vanish and what happens is, you start to see with clarity.

These three principles are the three greatest gifts that humanity was ever given. Without them, there wouldn't even be reality as you see it now. They truly create our reality, how we use them is up to us. You have to look at this and if you can use your thoughts, your thinking in a positive manner, this will guide you through life and help you in every aspect of your entire life.

You know, we use our own thoughts against ourselves all the time. An example is, how many of you people listening to my voice know doctors, lawyers, scientists, brilliant people who worried all the way through school. They worried about exams, they worried if they were good enough and eventually they passed their exams and they qualified for the profession that they picked. Now look back, look for logic, remember I said those three principles turn them into logic. Let's look back at all those brilliant people that we know that are certified doctors etc. Was the worrying a reality or was it all made up, was it all in vain? And I'll bet you it was all in vain. It was all needless and probably if they had their time over again, they would say, look, I know I can pass, I don't have any worries, I'm going to study, and when they studied, there was no insecurity, no fear, no doubts, their studying would be far, far more successful and this is what makes a successful man or woman, is the way they think.

Again, I tell you, it's a world of thought. Think about it, do you worry needlessly at times? Look back a year ago, look back six months ago, three months ago, a month ago, a week ago, a few days ago, were you not worrying needlessly? Think about it. I know all my life I did and I don't know anybody else that didn't, but I know a lot of people who worried all the way through life and became mental cripples until they realised how the principles work and these principles turned our thought system into logic and logic is whatever you think you are, that's what you are. If you think you're insecure, you're going to be an insecure person. If you think you're a loving person, you'll be a loving person. If you think you're a spiteful person, you'll be spiteful. All this negativity is created from our own thoughts. Positivity is created from our own thoughts. Love is created from our own thoughts. Caring, sharing, empathy, they're all by-products of our own thoughts.

Now what I'm trying to tell you is whoever you are, you're as good as anybody else. You work from the same three principles as anybody else. You have the free will like anybody else and deep inside you lies this innate mental health, this innate wisdom. You know it's a fallacy that wisdom comes by from age, it's a fallacy that wisdom comes from the outside in. Wisdom is inside and the only thing that stops you from seeing this is your own thoughts and if you can clear away all those negative thoughts and start feeling good about yourself, this wisdom will come out. This is why all the sages and the wise from the past have all told you to look within for the answer that you seek. Another way they say that is "Look inside" and when they say look inside, they're telling you to go past your personal thought system, go deep into your psyche and there lies the answer. The answer's always been there and it always will be there and nobody can take it away from you and when you say inside, it doesn't relate to the physical body, it relates to what we call the psyche and the psyche in essence is pure wisdom and everybody, literally everybody has it inside.

Another way to say that, instead of saying psyche, is pure consciousness because that's what the psyche is, the secret lies in Mind, Consciousness, and Thought. This consciousness gives us the ability to recognise existence. Consciousness gives us the ability to walk through life seeing creation. Use your consciousness wisely, use your thoughts wisely, use your mind wisely and you can't go wrong, otherwise you will create a lot of stress for yourself, a lot of doubt, a lot of fear, a lot of insecurity and this will all be detrimental to your studies. It's detrimental to your life as a whole, it's detrimental to your marriage. Try and use your mind, your consciousness, and your thought wisely.

Use it with common sense and try and see that you are as good as anybody else and, if you can see this, it brings some pride to you. It brings everything you're looking for, happiness, it brings love, it brings beautiful feelings and beautiful feelings lead to good behaviour and good behaviour leads to happiness.

You know, one of the very main things in life for a student is attitude. If your attitude towards your studies is good, then you will have a good life, but if your attitude is wrong, this creates a lot of problems for a student, because it makes it a problem, it makes it a chore, it brings insecurity, it fills the mind with doubt, but if you have a good attitude towards it, this is healthy, and if you have a good attitude, you look at studies as interesting, you find it very interesting that every day is full of wonderment, it's full of finding something new, then truly, truly the only difference between a good attitude and a bad one, again is thought.

Let me read you a little quote from my latest book, it's called 'The Enlightened Gardener' published by Lone Pine. 'Only in the quiet chambers of your mind will you find real knowledge, for it is here with the assistance of Mind, Consciousness, and Thought that the incubation takes place and the wisdom you seek is brought forth into this world of form. As I said before, the secret lies in three principles, Mind, Consciousness, and Thought.

Now, after you listen to this tape, I think it would be very wise if you start to discuss exactly what you think these three principles are and how they relate to your life as a whole. I thank you very much for listening and I hope you have a wonderful life. Thank you.



*“Try and use your mind, your consciousness, and
your thought wisely.”*



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