



The Equalizer

An excerpt from a talk by Sydney Banks · the full transcript



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

The
Hidden Cause

Transcript version 2.1 · updated 2026-08-26

It's amazing, our thoughts get us into trouble, and it's our thoughts that get us out of trouble. And if you're in trouble with your thoughts, there's no sense in digesting them over and over and over again. You forget them. You forgive yourself. You have to learn to forgive yourself and other people. And unless you forgive, you'll go through life in a hellhole to put it bluntly. And if you look with logic, you'll see what I'm talking about is common sense.

When a person is suffering because of the past, to go back into that past again and create more suffering, it doesn't make common sense. What that person needs is love and understanding. To get over the trauma of the past. And if you give them love and understanding and the knowledge that all it is is a memory carried through time by a thought, then there's the healing process is taking place right there.

When I say forget the past, it doesn't mean to say you actually forget the past. A lot of my past is beautiful memories. There's nothing wrong with having a beautiful memory. A beautiful memory is a healthy memory. There's nothing wrong with that. It's when you have unhealthy memories that are creating your mental problem now. You drop those unhealthy ones. And the healthy ones, you still realize it's just a memory, but it's a beautiful memory.

That's quite different. And another important thing to remember, each day in our life we have probably thousands and thousands of thoughts going through our head. Some are good, some are bad. Like some are positive, some are negative. Now this is where your free will comes in. You have the free will to use whichever thoughts you want to. That's quite different. Now if you have a bad thought, you don't always act on it.

It'd be a terrible life if everybody acted on their bad thoughts. You just ignore them and you act on the good thoughts.

When you're ready, you will find what you're looking for. I don't care who you are. I don't care where you are. If you're in the middle of the Sahara desert, and the right person, it's time for you to find the answer. The right person will appear in the middle of the desert and let you know. They will say something to you that will trigger something inside you, and that's where that life comes from inside out.

It's spiritual. It's a spiritual knowledge. It's there. Everybody has it, and people don't realize that. There is no human being more spiritual than you. Everybody is equal. And know what the equality is, that we all derive from Mind, Consciousness, and Thought. That's the equalizer. And while you have that equalizer, you're as good as anybody on this earth. You're as holy as anybody else on this earth. You always have been, always will be.

The only thing is you don't see it because of your thoughts.



“You’re as good as anybody on this earth. You’re as holy as anybody else on this earth. You always have been, always will be.”

Rightsholder unknown. Transcribed by The Hidden Cause.

Sydney Banks’s words are unaltered.

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