



THE LONG BEACH LECTURES

Truth Lies Within

A talk by Sydney Banks · the full transcript



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The
Hidden Cause

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0:00

Truth can never be explained

Truth can never be explained. The only way it can possibly be told at all is by metaphors or analogies. And if you listen with your intellect, all you'll hear is a metaphor. And you'll go outside and say, "I've got it. I remember that metaphor." And it has nothing to do with it. You go beyond the metaphor.

And truth is everything. Everything in the world is created from that one truth. One of the major clues is the oneness of life. I'm sure you've all read books, and people are talking about the oneness, the is-ness. Now you're in physics and you want to explain the oneness, you could say that everything in this world is created from a formless energy. And when the form takes place from this formless, it's called creation. And this is where we live, in creation. And to find the answer, to get back home again from whence you came, you have to go beyond the metaphor before the creation of the word.

See, the word is only a guide. The word will take you to a certain level, a certain point in life. And after that, it's up to you to take that one extra step. And only you can do that. Nobody can give it to you. I know people who've been listening for 26 years now, and they still have no idea because they listen to the metaphor. Never mind the word. Go beyond the word.

2:07

Looking for a feeling

You know how yesterday this place was buzzing because there was a nice feeling? That's what you're looking for is a feeling. And when you walk out of that door with a nice feeling, it's usually coming from your soul. It's coming from within you. And that's what you're looking for is your own wisdom. And wisdom is a spiritual intelligence before the contamination of human thought. The secret lies in the mind.

I was talking with George this morning, and a friend of his is a rabbi. This rabbi was talking with me, and he said, "You're talking the original Jewish faith." And I says, "Yes, I know." He says, "What do you know about the Jewish faith?" I say, "Nothing." It doesn't matter who comes up, what religion you are, what you believe, always the same. That's why after 26 years I keep saying to Judy, "This is getting boring," because I'm saying the same thing over and over

and over again. Never change. Truth can never change. And it's very simple: look for mind. Universal mind.

3:52

Another name for Universal Mind is God

Another name for universal mind is God because what you call God is a universal intelligence of all things whether in form or formless. Mind, consciousness, and thought. That's the trinity of all psychological function. Without thought, you wouldn't know that creation existed. Without mind, you wouldn't know that creation existed. Without consciousness, you wouldn't know that creation existed. All three are the same: it's the trinity. And that's very important to remember. Don't try and separate them.

I hear people say, "I think mind is more important than consciousness." Another one will say, "No, I think consciousness is more important than mind." And another one will say, "No, I think thought's the most important thing." They're all equal. Never try and separate them. They're all one. You see we're back to that oneness again. And that oneness, as I said before, is a spiritual intelligence before the formation of creation. That's all you have to know.

And if you ever find the secret to mind, automatically, you'll find the secret to thought and to consciousness. If you ever find consciousness, you find the secret to thought and to mind. Because they're all the same thing; they can never be separated. The only way they can be separated is from the mortal intelligence. And the mortal intelligence doesn't hold it. And that's why I keep saying don't get too intellectual because you can lose it. Don't try and figure it out.

6:12

Keep it simple – don't turn it into form

And somebody came up to me yesterday and said, "You know, Syd, I love the simplicity." And, again, that's the answer: simplicity. Now, I'm telling you those three things are the greatest secret that ever was in this creation. Now you take them and you try and analyse them, and instead of three words, you've got

three books. And from these three books, you get three volumes. And it goes on and on and on, and it's so lost you don't know where it is because you've turned it into a form. Don't turn it into form. Keep it in your head. Try and digest it in your head. Let it sink in, and all of a sudden the simplicity is there.

I know when I first found what I found I was absolutely flabbergasted. It was so simple. Nothing—I really mean it—nothing. All I found was the true meaning of what you call God. Keep it simple. If you start to stretch it out, you know you're going to get lost. Don't try. Keep it simple. I know a lot of people want me to get into a conversation and argue and discuss. No. No way. I've never argued with anybody in my life about this because it's a waste of time. When you know, you know.

I remember someone said to me, "Syd, I wish you wouldn't say you knew." And I said, "Well, I have no other choice." And they said, "See? You're doing it again." And this went on for a little while, and I was sort of playing. Finally, this lady said to me, "Can't you just say you think so?" And I said, "Yes, I could. I only think so." She said, "See? There you are. Aren't my thoughts as good as yours?" And I said, "No. Because I know and you don't."

And it's not an arrogant knowing. It's simplicity itself. If you know your own name, you know your own name. And if your name's Joe Blow, and someone comes up to you and says, "You're really arrogant, calling yourself Joe Blow." You say, "Well, that is my name." "Couldn't you call yourself Jim Smith?" "Yeah, I could, but it wouldn't be true." And I'm not going to sit here and tell a lie because it's simplicity.

When I first had this realisation, that was the simplicity of it, because the second I realised the true meaning of God I realised the true meaning of mind.

9:27

Infinite levels of understanding

A level of consciousness is just a level of understanding life, and there are many, many levels of understanding life. There's infinite amount of levels to understand life. And what you have to do is try and raise your understanding of what life is and what life's about. Level of consciousness, level of understanding: two words meaning the same thing. And if you have an insight or a revelation, there's two words. The same thing again. But if you have an

insight, that means to say you've gone inside and your own inner wisdom has come out to assist you in life. It purifies your thought system, then you see life differently. And you go through life with this new-found knowledge. And who knows, a week, a month, a year later, you have another insight. Then again, your level of understanding increases again.

I had lots and lots of people say to me, "I thought I was finished with this because it helped me so much in my practice, but I see now I didn't even know what I was talking about." But they did know what they were talking about. It's just that it's starting to become old. Truth never becomes old. It's just idea and concept. An idea and a concept comes from the human thought system. The human idea. It's a belief. And a belief and a concept or an idea is not truth. Truth comes from within. It comes from within you, and that is the most important thing in the world to remember: that truth is not out there. Truth lies within.

11:34

Truth lies within

That's why all the wise from the past have always said, "Look within for the answer." Or the mystic might say, "Look inside." And the people will think, "Oh, look inside." And I've heard many people say, "It's in your chakra or it's in your heart." Now, a wise person might say you've got to go to your heart and find out. But they're not meaning the physical heart. They're meaning the very essence of your soul. That's where the answer lies. We are all divine, little human beings walking around with the answer. The answer is lost through time, space, and matter. That is life. And to find that answer, you have to ignore time, space, and matter. Look within to that spiritual knowledge that you were born with. That's what truth is. It's before the formation of existence itself.

The spiritual truth is a truth before the contamination of human thought. Truth is the essence of all things before form and after form. And what is truth? Again, it's another word to explain God. And that trinity I was talking about—mind, consciousness, and thought—what I'm talking about is different from what you do in your office or what you do in your hospital or whatever you're doing, because you're talking about the human mind, you're talking about the human consciousness, and you're talking about human thought.

Now, I'm sitting here and I'm not talking that. I'm talking the impersonal. I'm talking about universal thought, universal consciousness, and universal mind. And that's where you have to see there's a difference. Here's where what you call the ego comes in. The image of self-importance is the ego, and that's what destroys all the spiritual knowledge that lies within. It won't let it out. It's a cosmic joke. We're all put on this world to go and find ourselves. And we look everywhere for it. Some people go up the Himalayas; some people go to India. Some people go to China. Some people go all different places, looking for it. They'll never, never, never find it until they look in the mirror. So you save yourself an air ticket. Just look in the mirror. That's the Scottish version. Of course, in that case, all the Scottish would be enlightened.

15:00

Thought is neutral

You can't really explain consciousness. You can't explain mind, and you can't explain thought. But you can explain what to do. But you can't explain the essence. And a very important thing to remember about thought: a lot of people feel guilty when they have bad thoughts or so-called evil thoughts. I guarantee there's nobody in this world who can control their thoughts. Thoughts just pop in your head, and you don't know where they come from. They just pop in. But when they pop in your head, they're neutral. No matter how bad they seem, thought is neutral. Thought has no power of its own. It's only when you as a human being act upon that thought.

See, I could have a thought right now saying, "I'd like to punch you right in the nose." And [exhalation of breath] it's gone. Because you've done something bad to me. But unless I act, that thought is neutral. So if you ever get the so-called bad thoughts or jealousy, the thought of hate, the thought of too much desire, these are all those contaminated things I was talking about yesterday. If you ignore them, they go away. And in its place, comes a neutral thought, a nicer thought that you act on. Unless you as a human being put life behind that thought, it will just die, completely die. And I hear people really trying to explain the best they can mind, consciousness, and thought. But they could go on forever and never explain it.

So you may as well cut it down to simple and stay there. If you were going to write 10 volumes on mind, consciousness, and thought, that's a lot of words, a

lot of figuring out, a lot of garbage. Then somebody comes along and says, “Look, let’s make these 10 volumes... Let’s digest them a bit.” The author says, “Oh, okay. I’ll let you do that.” And the publisher comes in and he says, “There it is. It’s all on one piece of paper: mind, consciousness, and thought.” He’ll say, “Wait a minute. You’ve lost it.” No, no, no. They’ve found it, because it cannot be explained.

And that’s what that friend of yours, George, was saying. The reason they stopped teaching about mind is it cannot be explained, and that is perfectly true. Nobody, nobody in this world can explain the true meaning of mind, consciousness, and thought because they have no form. They’re spiritual in essence. They’re spiritual essence before the creation of form. And you can’t possibly explain before the creation of form. You can only talk the words, hoping, really hoping that the person listening can go beyond the word to the true essence and find out for themselves what it is. And when they find out for themselves, just like a lot of you therapists here right now have found out. You’ve found out to a certain extent. Your consciousness has risen, and you’ve found out a certain amount. It’s changed your life, and it’s changed a lot of your patients’ lives.

19:12

Hearing and hearing

But you know yourself, you could go up to some patients and explain till the day you die what they are and they’ll never hear it. Not until they learn to listen. Do you know how in that book *Second Chance* and a lot of the mystical books that you read the mystics talk about the difference between seeing and seeing? And hearing and hearing. Well, the one hearing, the simple, little one is from your own mind, from your own thought system. You hear it intellectually. The hearing, the mystics talk about, is beyond the intellect, before the contamination of thought. And when you hear it, it’s yours for life, and it’s your secret. And you can never give it away. You can never give it away. You can only guide.

And this is what the kahunas—these Hawaiian priests—they talked about it’s a secret you can never give away. And I’m going to tell you a story. When I lived in Hawaii, one night I was all by myself and I turned the television on. And it was a talk show. And the two guests were this beautiful elderly Hawaiian

couple. Really beautiful people. You could tell they were beautiful people. And this elderly lady said her great, great grandfather was one of the best-known kahunas that Hawaii had ever had. And he used to tell the family, "It's a secret you cannot give away." Now, that's the way she was brought up.

But she picked it up wrong. She picked it up that you shouldn't give it away. So she got onto the television with her husband, and she said, "This is modern days, and I would like to break the secret code and tell everybody." And then she started to talk like a kahuna that was a little bit lost, because she didn't realise her grandfather would've willingly done anything in this world to give it away, but he knew he couldn't. It can't be heard from the ears. It can't be seen from the eyes. It is only seen from within. The eyes and the ears are part of the physical, and nothing in this physical can give you the spiritual.

And that's what you're looking for is that bridge that takes you from the known to the unknown. And the unknown, when it's finally seen, you realise you've known it all along. The only thing, it was hidden within the contaminated consciousness of your own mind. Again, I thank you. And I know you enjoyed yesterday off, so go and have a good time.



*“The spiritual truth is a truth before the
contamination of human thought.”*



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