

GENESIS OF THE THREE PRINCIPLES

REFLECTIONS ON THE LIFE AND DISCOVERIES OF
SYDNEY BANKS

BY ELSIE SPITTLE AND CHIP CHIPMAN

Genesis of the Three Principles
Reflections on the Life and Discoveries of Sydney Banks
by Elsie Spittle and Chip Chipman

Copyright© 2023 Elsie Spittle
www.3Phd.net

All rights reserved. No part of this work covered by the copyrights hereon may be reproduced or used in any form or by any means—graphic, electronic, mechanical, downloadable—without the prior written permission of the publisher, except for reviewers, who may quote brief passages. Any request for photocopying, recording, taping or storage on information retrieval systems of any part of this work shall be directed in writing to the publisher.

Edited By: Ana Holmback
Book and Cover Design: Tom Tucker

GENESIS OF THE THREE PRINCIPLES

REFLECTIONS ON THE LIFE AND DISCOVERIES OF
SYDNEY BANKS

BY ELSIE SPITTLE AND CHIP CHIPMAN

A THREE PRINCIPLES FOUNDATION PUBLICATION

*Dedicated to sharing the Three Principles
of Mind, Consciousness and Thought
as discovered by Sydney Banks.*

MIND, CONSCIOUSNESS AND THOUGHT

“IT’S NOTHING NEW. It’s something that’s been on this reality since the beginning of time and it’s called Truth. And Truth is a spiritual intelligence before the formation of this reality we know.

How do you get to this Truth? How does it become alive? It’s really very simple. The Three Principles that bring everything into creation... Divine Mind, Divine Consciousness and Divine Thought. And with Mind, Consciousness and Thought to guide you through life, you learn to use them properly.

Now you don’t really have to think about Mind because Mind is the intelligence of all things. You’ve already got it. Consciousness makes you aware. You’re already aware. What’s left is Thought, and Thought is like the rudder of a ship; it guides you through life. And if you can learn to use that rudder properly, you can guide your way through life way, way better than you ever imagined.

You can go from one reality to another. You can find your happiness. And when illusionary sadness comes from memories, you don’t try to figure them out; please don’t try and do that, you’ll get yourself in trouble. All you have to do is, simplicity again, is realize that it is Thought. The second you realize it’s thought, it’s gone. You’re back to the now, you’re back to happiness.

So, don’t get caught up in a lot of details. In this world, the smaller it is the more powerful it is. And here we have Mind, Consciousness and Thought. That’s very simple. That’s the answer.”

Sydney Banks 2000

CONTENTS

INTRODUCTION.....	IX
PART I: CELEBRATION.....	1
True Nature Talking to True Nature.....	2
A Simple Man Looking For a Nicer Life.....	6
Genesis, Something Profound.....	10
Seeing the World From a Different Place.....	13
It's the Experience and the Principles Together as One.....	16
PART II: SYD'S STORY.....	19
PART III: SYD AND SIMPLICITY.....	39
PART IV: REFLECTIONS.....	57

INTRODUCTION

When Elsie Spittle and Chip Chipman asked me to write this introduction, I felt soulfully moved and honored. This beautiful work was born in a conversation I had with them, after expressing the idea to offer a book about the profound experience that happened to Sydney Banks, revealing to him the understanding of the Three Principles.

The idea became clearer when my team and I transcribed the dialogues contained in the DVD, *Genesis of the Three Principles: The Birth of a New Understanding*. Reading the deep simplicity of Elsie and Chip's words, we all knew with certainty we could find everything needed to fulfill our dream.

This book brings you into a conversation about the life of a man from our time, in the voices of two people who were very close to him. In the first part, Elsie and Chip, who have literally kept Syd's message pure, palpable, and genuine, tell of the unexpected enlightenment of a simple, ordinary man, recounting meaningful and unforgettable moments they shared with him.

In the second and third parts of the book, we learn more of Sydney Banks' story; the meaning of what was waking up in him, and how this changed him. You will also find Syd's voice here, and throughout the book, in quotes so powerful that they can take the reader beyond his words, to the essence of what is being conveyed.

In the fourth, final section, Elsie's and Chip's further reflections give us even more insight into the transcendent nature of the epiphany that occurred to an unassuming tradesman more than 40 years ago, and the timeless truth it brought to light.

This is the story... a story full of hope and transformation. I completely feel that Sydney Banks' experience, and the discoveries that continue to flow from it, allow humanity to sense the oneness we share with one another and with all living creatures. That essence is our true nature, and every time we are reminded of it in the stillness of our minds, life is recognized as a beautiful, loving, and deep journey, not to be missed.

With all my love and respect,

Ana Holmback
Scottsdale, AZ 2019

SYDNEY BANKS
1931-2009

Throughout the ages, a small handful
of human beings have experienced
an enlightenment so profound
that their message has forever
changed the course of history and
the very experience of being human.
Sydney Banks was such a man.

An ordinary person, no different in any significant way
from his contemporaries, he was graced beyond measure
with an epiphany, revealing the Three Universal
Principles of Mind, Consciousness and Thought;
Principles capable of lifting humanity
to a whole new level of understanding
of the true nature of existence,
of our own true nature, and of the
mystical and limitless power of love.

PART I



CELEBRATION

Elsie Spittle

A couple of years ago, when I had the opportunity to travel throughout the UK and Scotland, I really noticed that Syd was being, innocently, left out of the picture more and more.

*“Why is it so important to know about Syd?
Aren't the Three Principles the message themselves?”*

TRUE NATURE TALKING
TO TRUE NATURE

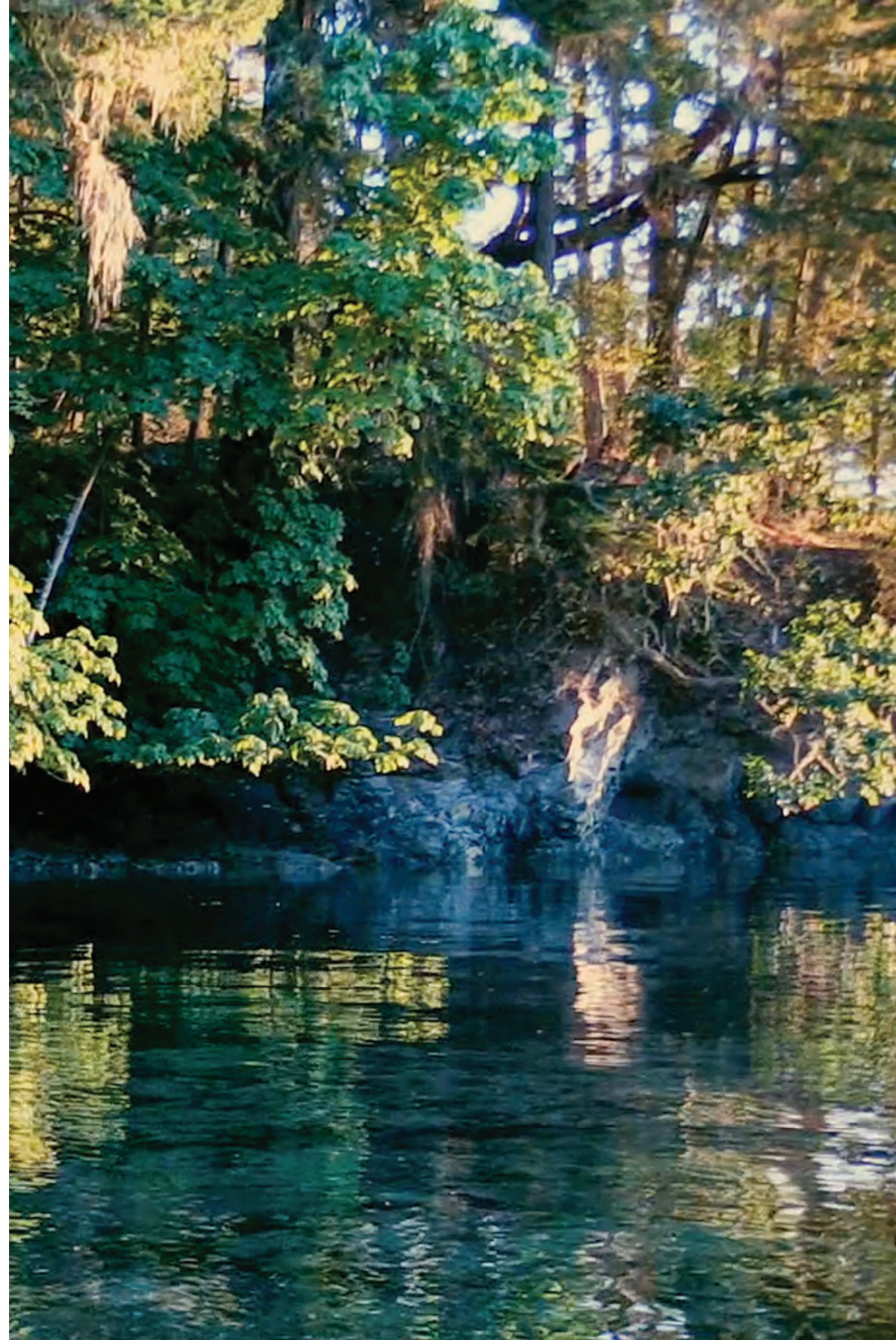
GENESIS OF THE THREE PRINCIPLES

If we lose Sydney Banks' role in this understanding, we are losing the essential message. It's not just the Principles. By all means, the Principles are supremely important. They underlie the human experience; they tell us how it is created. But first, it is about Syd's experience, what occurred to this ordinary man. I talk about it as it being a two-pronged approach which contains Syd's experience, the spontaneous epiphany he had that revealed to him these Three Divine Principles, and the Three Principles per se. So there is this two-pronged approach that meets and becomes one.

As we share the pureness of Syd's experience and the Principles, it brings out a feeling of our true nature. It is also good to remember that it's not just a psychological understanding of these Three Principles or the power of insight, it is a feeling that sharing the complete story of Syd brings about, because he uncovered his true nature.

And there is such power in that; it helps people see they're already home. It's not about taking people home, it's helping people see they're already home.

It is true nature talking to true nature.



Chip Chipman

Certainly, the Three Principles' picture is not complete without understanding the genesis of the Three Principles. A mystical occurrence happened, which, over time, through thousands of years, happens every once in a while to give mankind a truer sense of who and what we are. And that is the only way to solve all the issues that plague this world. And so, when we look at the genesis of the Principles, we go back to a mystical experience that one man had; that everything flowed through him in that experience.

Right now, out there in the world today, there are a lot of ideas about what the Principles are. For example, some people think the Principles are a form of psychology. They are not. The Principles inform Psychology because they inform us of our own true nature, of who and what we really are.

A SIMPLE MAN LOOKING
FOR A NICER LIFE

Every time I think of what Syd brought to the world, I do think of it as a miracle, as a moment in time—a moment out of time—when the pinpoint of where reality begins was shown to Syd; the pinpoint where nothing becomes something.

When we look towards the fact that something very mystical occurred, something that rarely happens to anybody, and that it picked—whatever it is—this simple, working, ordinary man, is perfect, because he saw that the evidence of his understanding, the origins, the genesis of our experience, was in his change. It was by understanding that genesis that he could be anything he wanted to be; something he proved to us every day of his life.

That genesis, from nothing to something, is happening every moment for every human being. And to me, that's the only thing that can really explain all the transformational change we have seen through all of these years, starting with Sydney Banks.

*Do you help them with a misunderstanding
that they're the sum total
of their thinking and their past?
Or on the contrary, do you help them
with understanding that their own true nature
exists and it's unhurt and
undamaged no matter what, and that
that's the source of healing?*

Elsie Spittle

Sydney Banks was a welder at the time of this epiphany. He was truly a nonprofessional; he knew nothing about psychology, he couldn't even spell the word psychology. And this was why when his work was taken into various universities, the results weren't looked at. They simply couldn't wrap their heads around what had happened to this man; and yet, they did start a professional institute, based on Syd's work, which took enormous courage.

It was about a man who was simply looking for a nicer life, a nicer relationship with his wife and family, a nicer way to be at work. And, out of the blue, this spontaneous experience happened.

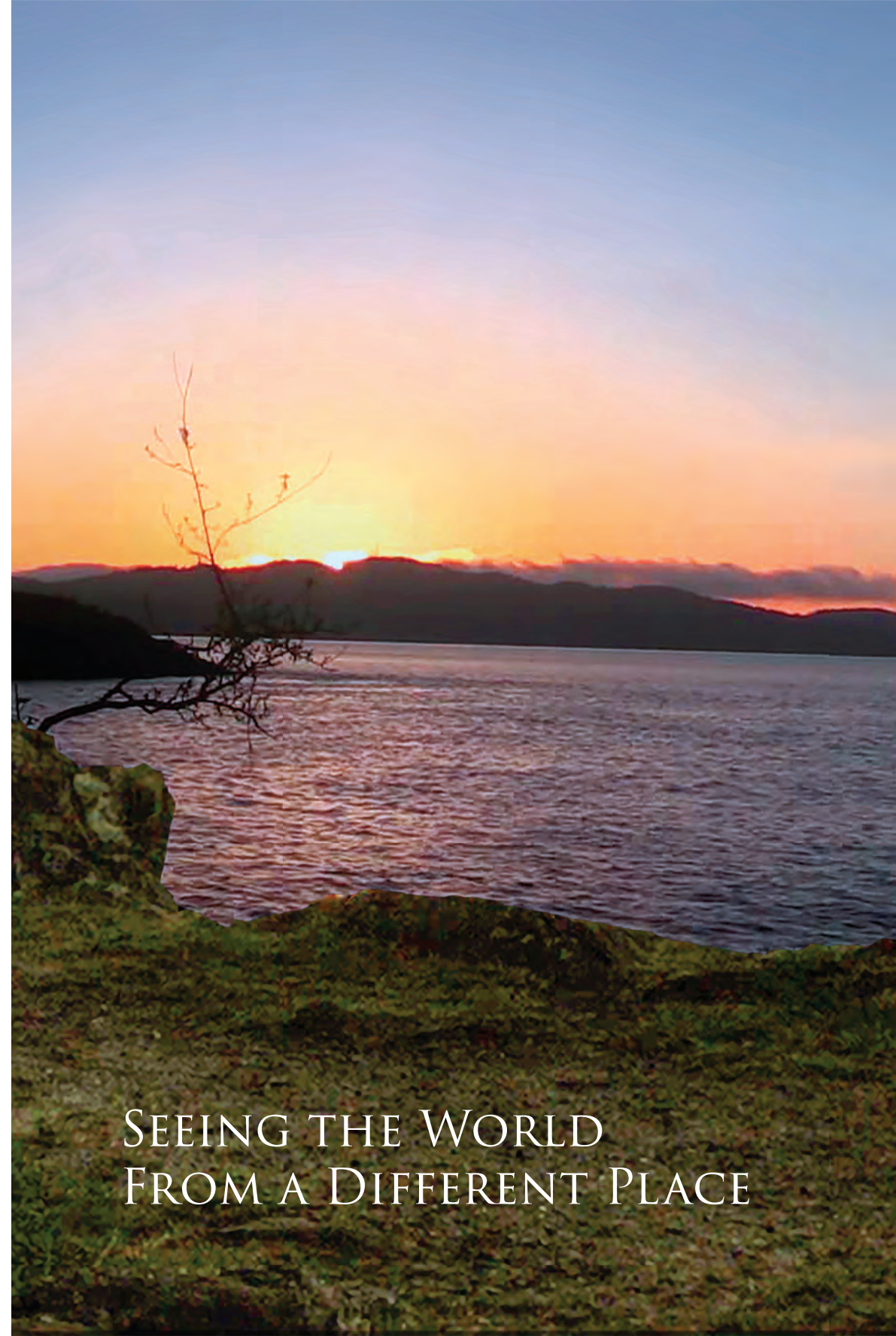
THE GENESIS, SOMETHING
PROFOUND

GENESIS OF THE THREE PRINCIPLES

So, when you look at how fascinating our human nature is, and then you reflect on who and what we are, there's something magical that happens with that. You slip into this world of reflection and contemplation where you are not even reflecting on anything. It is like feeling a feeling. Feeling the feeling of who and what we really are. And then, all of a sudden, insight starts to happen. And even insight without content, where it's just this feeling of...residing in contentment.

This was the other piece that Syd talked about from day one. Once you have a glimmer of who and what you really are, that's enough. That is to say, if you have an insight about Thought, or Consciousness, or Mind, that's enough then.

Don't keep talking about it; just live.



SEEING THE WORLD
FROM A DIFFERENT PLACE

Chip Chipman

It's that ultimate respect for the spiritual fact that everybody has this wisdom within them; to just look away from everything to this beautiful feeling, and trust that when people look back at their lives from that new perch, a new vantage place, a new level of consciousness—they see everything they need to see for their lives.

I love when Syd used to talk about the answer to all complexity lies in simplicity. I remember that phrase used to puzzle me beyond belief because, how could the answer to all complexity be in simplicity? Until I had the experience of standing still and feeling that beautiful feeling. Then everything I looked at from that place looked different to me.

There's nothing to teach people in that sense and I love that. I love that simplicity; the world seen through the true simplicity, which is when we're quiet for a bit. Because you could talk for 3,000 years on the same theme and not learn as much as that moment that you get to see the world from that different place.

Elsie Spittle

Just to wrap this up, it's the simplicity of the feeling, that deep feeling of essence that is our teacher.

And, as Chip beautifully put it: Syd is the messenger, but it's the experience and the principles together as one.



IT'S THE EXPERIENCE
AND THE PRINCIPLES
TOGETHER AS ONE

PART II



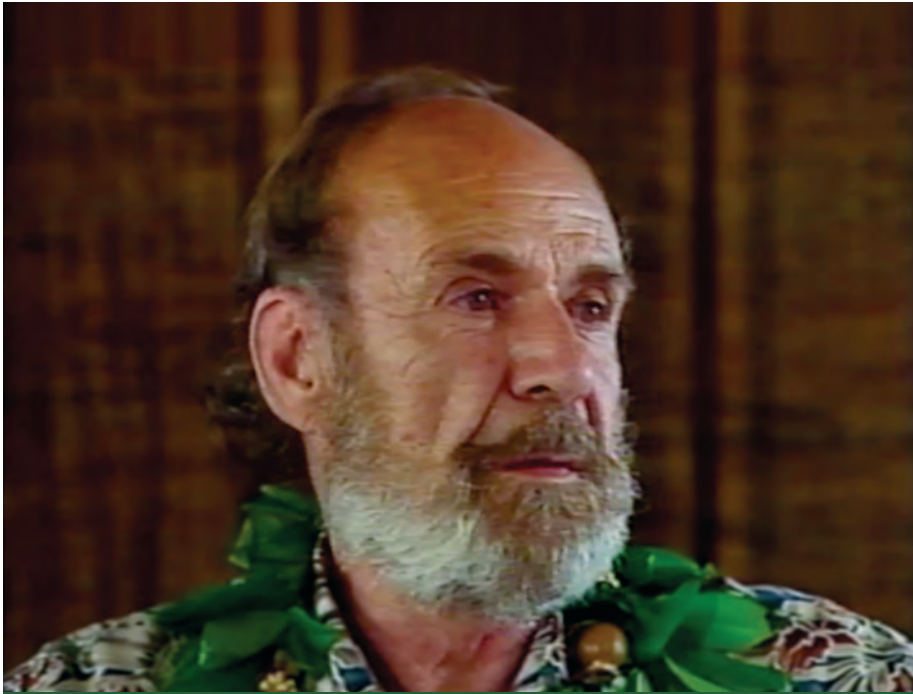
SYD'S STORY



Chip Chipman

When we look at the genesis of the principles, we go back to a mystical experience that one man had.

*Do you know that everything flowed
through him in that experience?*



“And if you can use those Three Principles, not just for yourself, but for everybody, because the more help you can give to humanity, the more help you bring to yourself.

You know that saying, ‘To give is to receive’? when I’m giving you this, I’m filling up so much, I can hardly talk, because I’m giving away something that I know will help you through life.

You know how they say, ‘Love is the answer’? Because pure Mind, Divine Mind, is pure love. Divine Consciousness is pure love. Divine Thought is pure love. It’s purity of Thought. And, once you realize that, you’re home, you’re free, you’ve conquered this world, and you’ve found your way home from where you came from. You’ve traveled through this journey. You’ve looked, turned around, gone home. And, once you do that, then you help others.

And the more you can help others, the more you help yourself. Believe me, that’s really true. The more you can help others, the better the feeling you will get, you know? I keep telling you, it’s a feeling.”

Syd Banks

Elsie Spittle

The “before” picture of Syd didn’t prepare him, certainly, and didn’t prepare anybody for what happened to him. I knew him as Scotty, a good friend of Ken, my husband. They worked together at a pulp mill and, although I had heard he was an excellent tradesman and well-liked at his work, that was all I knew about him.

Syd was a kind man. He was a generous soul, even before his experience. He cared for others. But, as he has said in many of his talks, he lived in a lot of insecurity. That’s why we got along so well with him and his wife, Barb; because that’s where Ken and I lived, in an insecure world.

When we got together, we would talk about what was wrong with work, what was wrong with our relationships with family, and with our spouses and children. And so, even in talking about what was wrong, we had a good time. This was an interesting aspect of our relationship in those early days, that we could have a good time together talking about what was wrong! It’s funny how wisdom speaks to you; even when it’s hidden by “what’s wrong” with the world, that wisdom stirs, and so it was stirring. We didn’t know that’s what was happening, but it was stirring in us; it was stirring in Syd.

We started to hear about various awareness groups, and Syd and Barb were attracted to one program, that they went to. What was interesting—and the timeliness of that experience—is that the door to Syd’s soul, to this Divine Consciousness, was stirred while he was there by a conversation he had with a participant:



“We were having a cup of coffee with this young couple, and this young couple were there because they had problems and, he, himself, the fellow, he was a psychologist; he was a doctor. And we started talking, just having a cup of coffee, and he was telling me how insecure he was, and I said ‘Well, you got a partner, because I’m really insecure.’

And I told him why I was insecure and I went into all the details in my life why I was insecure; ‘Poor Syd... poor Syd... poor Syd’ and he was listening to me. A couple of nights later, I saw the same man, and he said the most unusual thing to me.

He said, ‘You know, Syd, the other night you told me you were insecure, and I’ve never heard such nonsense in all my life.’

And I *heard* him. And what I heard was ‘There’s no such thing as insecurity; it is only thought.’ And it hit me like a ton of bricks, that all my insecurity was only my own thoughts. And it was like a bomb going off in my head.

And I turned around to him and I said, ‘Have you any idea what you just said?’ And he says, ‘Of course, I do. I don’t make idle chatter!’ But I knew he didn’t, because *he* was telling me how insecure he was and it was so enlightening. It was unbelievable.

And for three days and three nights I never slept, because there was such beauty coming into my life that I’d never experienced before. And I’d lie in bed and it felt like the entire evening was like 15 minutes. It just went that fast; then, it’d be daylight. And, on the third evening, we went over to Salt Spring Island, where my mother-in-law lived, to spend a couple of days with her, and the first evening I was there, I’m sitting in the living room reading the newspaper. My mother-in-law and my late wife were in the kitchen making supper; they were talking to each other. And suddenly, you hear that cosmic humor, where you see beyond the words, and I burst out laughing, because I knew they didn’t have a clue what they were talking about.

And my old mother-in-law got fuming mad and she came walking into the living room and she said, ‘May I ask what you’re laughing at?’

Well, that made me laugh even more. Both the ladies sat down and I sat down. I thought, ‘Boy, I’m in trouble. I’ve got two women against me.’ I’m thinking to myself ‘How can I get off the hook?’ So I stood up to try and explain why I was laughing, and instead of doing that, I turned around, looked out the picture window at the ocean, and it was like being sucked down a tunnel. And all of a sudden, I was buzzing, and there was white light all around me, just buzzing, buzzing, and I was in the middle of this light. Nobody could see it, just me. And it was like I was captured in this white light, and it was just, buzz, buzz, buzz, and I, right there and then, I realized the true meaning of God and I started to cry.

I turned around to Barb and I said, 'I'm home. I'm free. I've made it. I've conquered this world. This means to say that you and I will be traveling all over the world. We're going to change psychology and psychiatry, so millions of people will be healed.' Well, you can imagine what these two women looked like. They looked like somebody had hit them right between the eyes. And, because I had found the secret to Mind, I knew what they were thinking. So, I started to talk about normal things, just everyday things, but that didn't take the fear away. And the following day I was talking so different; I was talking without thought.

And everything was just coming out, like I'm doing now. You don't have to think. And out it came and nobody knew what I was talking about, and I'm scratching my head saying, 'Wait a minute. Am I talking in some foreign language?' I'm talking so simple, and everybody's going, 'Whoa!' Well, I went back to my work two days later, and when I started to talk nobody knew what I was talking about. Now, I wasn't talking about *this*, I was just talking about everyday life; but, still, there was something wrong.

I worked in that mill for 10 months after it. No intentions, whatsoever, of leaving. And, one Friday afternoon, I was working away, and I stopped, and I stood up. I thought, 'Oh, I've got to leave.' And I walked into the office and I said, 'I'd like to hand my resignation in.'

They said, 'Oh, Scotty. Come on. Please, think about this. You've been here nearly 14 years. You got all this seniority. You can't leave.'

And I burst out laughing, and I said, 'I'm sorry. I've got to leave.'

And they said, 'Well, what are you going to do?'

And I said, 'I don't know.'

They said, 'Have you got money to support yourself?'

I said, 'No'

'Oh, you better think about this.'

And it was a real turmoil and I said, 'No, please, I'm leaving in one month's time.' Now, how they knew, I don't know, but one month later, I went over to Salt Spring, and from all over the world, people came. Gurus from India, monks from Tibet, people from all over the world, and to this day, I still don't know how they heard about it. And that was the beginning. And it was the beginning of good fun, because I met the most unusual people you've ever met in your life."

Syd Banks

Elsie Spittle

What I can offer is my observations of the “after” picture of Syd, the transformation that took place in this ordinary workingman, whose soul opened naturally and spontaneously.

I’ve had numerous people over the years say. “Well, where did he get this? I mean, he must’ve studied. He must’ve gone to the library. He must’ve done some research, read other philosophical books.” He did not. What came to him, came to him naturally, it came to him unsought. He didn’t look for it. Syd often said, “I didn’t know there was anything to find.”

When we saw him and Barb about three days after his experience, what I noticed was the feeling about him; that he walked with presence. I am still impacted when I visualize my first picture of him as they walked into our front room. He used to walk sort of hunched over, as if he had the weight of the world on his shoulders, and, when he strolled in that next day with this gift of spiritual understanding, he held himself proudly and with confidence.

Syd was imbued with presence, spiritual presence. And then, it was the way he talked, as he started to share what he had found. It was strange to say the least. It was strange, because he started talking about he had found the secret to life.

What 's that about? What secret? There's a secret?



“Be grateful for what you’ve got, because gratefulness is the most beautiful feeling you can have. Grateful for having your child, grateful for having a good spouse, grateful for life, grateful for having a job, grateful for a place to live. It’s all a feeling. Look for a feeling.

The feeling holds the secret to life, and the missing link to connect you to that feeling is Thought.”

Syd Banks

His confidence, his certainty as he shared this, was also spellbinding. And then I started to see that there was not only this presence about him, but that his face, as he spoke to us, became illuminated. There was a glow about him as he talked about this secret he had uncovered. His understanding was like this blanket of love that covered everybody he came into contact with.



“Thought is the missing link that everybody, literally everybody, in the world, is looking for. And, if you can see that this is the way it is, you’ll find your happiness. You’ll see your children different; you’ll see your marriage different, you’ll see life different.

As long as you put in the proper disk, and, as I said before, the disk is Thought; go to happiness, and if you go in that direction, you can’t go wrong.”

Syd Banks

Elsie Spittle

He never wavered. He knew what he’d found and it gave him courage that was not of this world. He just knew, deep in his heart and in his soul, that when you serve this divine essence of life, behind life, when you serve that, you’re taken care of.

He lived in a place of unknowingness, and yet, that was his stability. It afforded him certainty, courage, love, and the feeling, again, of essence, that rippled out into this world of energy and drew people to him like magic. And people, first of all, on the island, were attracted to him, just like they were at the pulp mill where he’d worked, and started to seek him out. They were drawn to this unconditional love that the man lived in most of the time.

And I also want to say that, although Syd lived in this spiritual essence, he also was a human being. And the beauty of that is there were times he experienced his humanity, but he still had the certainty and the ability and resilience to bounce back in an instant, which, again, illustrated that we are always at home. That, even when we face life’s challenges as a human being, we are never not at home. And Syd demonstrated that, time and again.

This extraordinary message was shared without thought, without a plan, without goals or objectives. It was shared from the unknown, because Syd knew that Divine Mind had a plan and he was in service to these Principles that he uncovered. And it continues to this day. That's why we're here: to share this message with the world, so the world doesn't forget that Syd always must be the center of these principles in regard to, not Sydney Banks the human being, but Sydney Banks as a level of Consciousness, and in regard to Sydney Banks' experience that happened to him.

That's what shows us, and will continue to show the world for generations to come, that this miraculous experience that happened, unasked for, *could* happen. These three Divine Principles of Mind, Consciousness and Thought, and the divine experience that Sydney Banks had, are the complete package for the world.



“You're home. You're free. You've conquered this world and you've found your way home from where you came from.

You've traveled through this journey. You've looked, turned around, gone home.”

Syd Banks

PART III



SYD AND SIMPLICITY

Chip Chipman

Syd came to a friend's house, which was a beautiful place. It was on a point where the lighthouse is, on Mayne Island, which is a gorgeous spot. When Syd came, there were 10 or 12 people who had come to meet him and hear him speak. I went reluctantly. I remember walking in and there were people standing around the living room, and I knew which one was Sydney Banks right away, because he was kind of holding court. People were all around him and their attention was rapt, and to me, he was just talking in very simple terms about where happiness came from and so on, and I dismissed it. I really didn't want to be with that group of people, so I made my way past them and found a little corner to kind of hide in, and sat down by myself.

Then my wife Jan came along and said "Well, you've got to meet Syd. Come and meet Syd." And I said, "Oh, man... Yeah, okay." So I walked out to the kitchen, where he was standing, and put out my hand, and it was the strangest experience. As soon as I looked into his face, into his eyes, I just knew that he knew something. I don't know how to explain that.

It was a very disturbing experience, actually. I was locked into the world that I saw, but when I looked into his eyes, I knew there was something there. It wasn't like adoration, it wasn't that; it was utter and total fascination with what the man was saying. As simple as it was, people couldn't look away, and, pretty soon, I found I couldn't look away, either.



“It’s a mysterious life. Life is a divine mystery and, once you realize that, you join the mystery. It is a mystery. It is a mystery that can never be told. We try. Remember, this morning, I told you ‘You must go beyond the words.’ The words can only express... so much.

The words are a guide, and you go beyond the words and when you hear beyond the words, it’s what you call an insight, a revelation. And I could never figure out how anybody didn’t understand me. I know I have a little bit of a Scottish accent, but I thought I was talking English, and it was a funny thing that everybody in my life understood me prior to this, so ‘why don’t they understand me now?’ And I could not figure out, for the world of me, why nobody understood what I was saying.

Then one day, it just dawned on me. I was giving away insights. I was giving away the invisible. I was giving away the unformed. I was giving away the mystical secret of life. And, to hear it, you have to have an insight. You go inside, you recognize what’s being said, because you and I are one.

You and I are one. That’s back to that oneness again.”

Syd Banks

It is interesting, the way you remember some things in your life... Like when Syd was talking to you, my experience was, you were the only one in the room. You were the only other person that existed, when he was talking directly to you.

Syd had the most amazing certainty. That is what I remember most about him from when I first met him. He would not say, “I think this” or “Maybe, it could be that way” or “This is my philosophy.” It was: “These are spiritual facts. This is the truth about what the world is.” And it was said with absolute certainty and, at the same time, with no ego about it at all. It wasn’t personal, you know. It wasn’t about what Syd Banks knew, you could see that. It was what was coming through him.



“They tell me it takes years and years to find mental health. That’s not true. You are looking for one magical Thought and if you can find that one magical Thought, you’re free. You really are. You are free for life. And, honestly, all it is, is love and understanding.”

Syd Banks

I remember having a very clear insight about my life and my experience, and the possibilities of living without so much insecurity. I called Syd up and he didn't answer, I just wanted to talk to him. I had an idea he'd be out in his yard, so I jumped in my truck and drove across the island and went down Syd's driveway, and there he was cutting his grass. He saw me coming and turned off the lawnmower, and I started blabbing on about this insight that I had and how great it was. And I can just remember, he holds his finger up to his lips and goes ... “*Shhh.*”

I'm like, “Oh, he doesn't want to hear about it right now.” He walked off, leaving me standing on the lawn, went into the house, came out with his dog, and walked into the nearby woods. I thought, “Okay, we want to find a better place to talk about this insight that I've had.”

We went walking through the woods and, pretty soon, came out to a clearing on the ocean. It was a beautiful, sparkly day. We sat by the edge of this little cliff, this bluff over the ocean, and Syd was just quiet. He sat there looking out at the sea. The water was just popping, just sparkling, and there were sailboats going along. It was the ultimate Salt Spring picture, and as I was looking out there, I finally stopped thinking about what I wanted to talk about, and what had happened that morning.

I looked over at Syd and his eyes were watering, his face was glowing, looking out at the water, and, as soon as I saw that, it grabbed me. It filled me up, and we just sat there looking at the sea for a long time. After a while, he stood up and brushed himself off, turned and threw a stick into the woods for the dog, and we walked back toward his house. We got to the yard and he went right over to his lawnmower and started it up, and I got in my truck and drove home.

This was just about my favorite experience with Syd Banks and there wasn't a word said. I don't know if this experience demonstrates what we're trying to say about the way he lived life, the way he carried himself, where he was in terms of being in the now, right now, just this moment, nothing else. That was the best part of being around Syd Banks. He lived there and, if you wanted to, you could go there with him.



“Only you, only you, possess wisdom. Only you can find your happiness. Only you can make you sad. Because it’s your Thoughts, your Mind, and your Consciousness.

It’s the usage of these Three Principles, and that’s what takes you through life.”

Syd Banks

It wasn't about Syd Banks, the man, it was about an unbelievable experience that can't be defined, an experience that happened to him. An experience that set about a change in the world, that we've gotten to watch for the last almost 40 years and see it expand and grow. When you listen to his story, when he talks about his experience you hear him try to explain that Sydney Banks, as a man, basically disappeared for a moment, and the wisdom of all the ages rushed into his consciousness.

If we ever forget that this is how it started, we will lose the power behind it, or we'll diminish the power behind it, because the Three Principles—Divine Mind, Divine Consciousness, and Divine Thought—have profound implications for humanity, profound implications for understanding the psychological functioning of human beings. All of our psychological and psychiatric friends know this, for sure. They've seen a completely different path, a completely new understanding of how to serve people. So, it's true that the experience Syd had, had those implications, but the implications aren't the thing.

And even though people will take these implications going forward to help and serve others, the power behind those implications is the fact that that experience occurred. It has occurred a few times through history, when mankind needed it most, and it has occurred again, and we don't know how to explain that. And if people are uncomfortable with that idea, that something profoundly spiritual, that the truth and the wisdom of all the ages came through somebody at the right time; if they're uncomfortable with that, there's not much I can do about it, but I can say this: without the recognition of that fact, that that is what happened, we do lose something. We do lose something.

Each individual who comes across the principles recognizes that this was not a new intellectual concept; this was not a new mousetrap or a new idea. This was not derivative, in any way whatsoever, of anything that has existed in terms of helping humanity. This was a profound truth, a profound insight, that came from somewhere on the other side of Sydney Banks.

And so part of my fascination and observation with Syd through the years is just watching this beautiful man, this kind man, who really did have incredible feelings, and was so generous with what he found, just watching him explore and change with that knowledge that he found. I mean, it was newer to him than it was to us. He didn't know what it was, like Elsie mentioned earlier. And, yet, he had the courage to just keep listening to it. Syd never, for one second throughout his life, lost faith or even thought twice about the profundity and the power of what had come through him. He was absolutely, to his last breath, dedicated to that.

So, sometimes certainty is hard for people to take; and yet, how could it be as powerful as it without that certainty?

And going back to the man and not putting him on a pedestal—I don't want to do that—but, I have to say that given what I've gotten to see in my life—my family, my friends; and, now, people in countries all over the world—it's hard not to feel a debt of gratitude to somebody who had the courage to not only see what he saw, but to spend his entire life trying to share it with a very skeptical world.



“And, if you can use those Three Principles, not just for yourself, but also for everybody, because the more help you can give to humanity, the more help you bring to yourself.

You know that saying ‘to give is to receive’? When I’m giving you this, I’m filling up so much, I can hardly talk, because I’m giving away something that I know will help you through life. And when you go home, you’ll give it to your children. You give it to your children. They pick it up, they go to school, and, instead of being little tyrants, there’s something happening to them. They go to school, they find new friends, and they give it away. And it’s like a chain letter: it just keeps going.

Syd Banks



Chip Chipman

What was it like 30 years ago, and what was it like to hang out with Syd?

I know a lot of people probably picture us sitting around, talking about the principles 10 hours a day. The truth is that, in all those years, Syd probably talked about the principles and the spiritual nature of life maybe 5% of the time you were with him. Now, that was powerful, when that happened. That was incredible, but just as powerful was being in his presence. He loved the feeling of life. We joked about every cup of tea was “the best cup of tea” he ever had. Every glimpse of the ocean was the most beautiful ocean he ever saw. So, he lived in that incredible state of discovery because the way I picture it, he’d lost so many beliefs and ideas about what the world was that he was like a child, seeing it new all the time, and it was incredible to him.



“It honestly is a mystical dream, and we’re in this mystical dream and you have a free will to go through this mystical dream the way you want, the way you see it.

And people say ‘Oh, well, that’s okay for you, but, what about me? I’m a different kettle of fish.’ No, you’re not. We’re both in this mystical dream and the only way you can get out of it, the only way you can see it, is to realize the true nature of Mind, true nature of Thought, the true nature of Consciousness. There are three; take your pick. Because one will lead to the other, because the three of them are the trinity of all psychological experience here on Earth. Once you see that...Ah! You’re free! You made it! You have to walk through this divine dream knowing you’re a dreamer and looking at this world in a different way.

You know that saying ‘I am what I seek’? That’s the oneness of life. The oneness of life is the greatest thing in the world that you can realize, and I hope, someday, that everybody in this world can realize that. That’d be a marvelous thing.”

Syd Banks

PART IV



REFLECTIONS

Elsie Spittle

What was striking to me, Chip, as I started to get a bit curious, was that I would try to talk to Syd about our problems, but he wasn't having any of it. You don't talk about your problems, because you would make them real. It was like the problems were already in the past. And so, it's just thought, that's the missing link. The fact that problems are just thoughts was so over my head. That was such an unnerving statement to me, to hear that it's not your problems; it's just thought.

So, as your Thought changes, so will your experience in life. I could not understand that. I remember one time, going to him so distraught about the latest argument Ken and I'd had and, again, wanting to tell him, and he said, "Dearie, just do the opposite of what you're doing now. Just do the opposite." That's as much as he would give me.

Now, fast forward, to after I had my own insight: Thought creates feeling. That was the start of my journey. That was my start of getting on the train of wisdom inside myself.

At one point, Syd was invited to an area in the Sierra Nevada Mountains. A couple of psychologists were doing a retreat up there for about 75 people, a week-long retreat, and they ran into difficulties, so they invited Syd to go there and try to help soothe the situation. Syd invited me along. The adventure of getting there was amazing.

Everything was an adventure. Everything was enjoyable. If maybe you had a faulty car, you know, if there was something not quite right with it, Syd would find a way to fix it, and even that could be enjoyable. Like mistakes could be enjoyable. He saw above a lot of what was going on in the world and he would find the silver lining in clouds that occurred.

We got to the area where this retreat was being held. It was showering. There was a fire that was really trying to burn. There was smoke, billowing smoke and a few people forlornly sitting around this smoldering, smoking fire. The two psychologists who had invited Syd came over to him and said, "We don't know what to do. We've got problems, Syd. I don't know what we should do here." What I loved is that Syd did nothing, in a sense. Just by magic, he somehow, fixed the fire. People started to come out of the woods, literally. They had been on a whitewater rafting experience and were soaked, and frozen, and shivering. All of a sudden, we've got this crowd of people drawn to the fire and to this love of Syd, not even knowing the man at that point, because these were strangers to him. They all belonged to the mental health field.

Not once did Syd talk about problems. Because in those days, there was a lot in the self-awareness movement about "face your fear." Syd just shared love. He didn't talk problems; he shared love. That's such a powerful point in this new paradigm that's now over 40 years old, but still, in the field of psychology, considered a new paradigm.

That, to me, is one of the keys; that everybody has this wisdom inside of them, this innate health, and Syd illustrated that, always kept pointing to it, because it wasn't about him. Often times, he was the catalyst, but when the feeling awoke within you, he always said, "It's you. It is you."

And then, he insisted about no problems. You don't have to go into the past. You don't have to talk about problems.

How did that strike you, when you first heard about you don't have any problems, Chip?

Chip Chipman

Well, at first, it struck me as absurd, totally absurd. My whole life was problems, and my marriage was ending. And that was clearly a big part of his message, when I first listened to him. Syd wasn't saying you don't have problems. He was saying there were no answers in searching through your problems. The answers were upstream, I mean, that you could look inside and look away from all of that and go to a place where you could look back and see it with understanding. And with Syd, it was like, "Just never mind that for now. Everybody's got their stuff going on. Everybody's got theirs—just ignore it."

The first time I heard him talk about insecurity being an illusion created by Thought, that really grabbed me. And I'll say right now, only intellectually, at first, but even that was very powerful because I was fascinated by the thought of "What if that was true?" Then I started to think, "Wow, that would be a totally different life."

At first, it was really hard to comprehend—the idea that, in spite of the fact that you had all these problems, that you felt all this insecurity, that you had this history in your life, this terrible history, that your true self was still healthy and was a vantage place from which you could look back at your life and see it with all the understanding that comes from being in neutral and looking back. Look to what you really are. You can talk about your thinking until you fall over, and there are valuable things to learn about what thought does in the world. But the most valuable thing is to find your way *inside* and look back and see it all, and have some understanding of what an incredible miracle every moment is.



“Thought is a magical paintbrush that paints the reality you see.

One thought away lies happiness.

From sadness to happiness is only one thought away.

From happiness to sadness is only one thought away.

From anger, from understanding, is only one thought away.

And the next time you go and get angry or wild at somebody, stop and just think, just for a few seconds, ‘Is this my thoughts creating this anger, or is it really what I see?’ And I’ll bet you a dollar to your doughnut, it’s your thoughts.”

Syd Banks

Elsie Spittle

What was so beautiful about this, the nature of living in wellbeing, is that Syd would get that twinkle in his eye as he refused to talk about the problems and he would say, “It’s thought; it’s just thought, you know dearie” and “Find a nice feeling. Find a nice feeling and it’ll be okay.” Syd would be in that nice feeling and, more often than not, I would then be captivated by the feeling. I would somehow find myself on the slippery slope of beautiful feelings and, after the fact, after our visit or our going out for a cup of tea or whatever the situation was, I’d find that I was still in a nice feeling, and my problem wasn’t there. I was experiencing wellbeing.

Talking and living in shorthand.

And that's what Syd did. He talked in shorthand; he didn't explain much. And he lived in that way; living in the moment and living in the feeling of love. That resilience, in a way that I'd never experienced before, that he could do that. Syd talked so much about thought and he would say, "Change thought and your reality changes, your experience changes." It's that simple, and Syd would make it that simple.

He wouldn't extrapolate like so many of us love to do. We can take thought and we can spend two days talking just about thought. I remember Syd saying, on one tape about consciousness, that Consciousness is your awareness of life, of existence. That's it. And he said there are people who will write three volumes about that. So I loved his shorthand, his brilliant, profound clarity: "There it is."



"The happiness you're looking for is inside you. It really is. That's where mental health lies. Everybody—everybody—is only one thought away from whatever you're looking for. If you can find that one thought, then, do you know what it does? It gives you a nice feeling. And that's what you're looking for. There isn't one human being in this world that's not looking for nice feelings, because you can't get a nice feeling from somebody else.

A nice feeling has to be inside you, and if you can take all those negative thoughts away and get nice feelings, you'll start living a nice healthy, happy life. It's that simple.

If you get a nice feeling today, you're getting it."

Syd Banks

This book is dedicated with love and deep gratitude to
Sydney Banks, 1931-2009

A Three Principles Foundation Publication

The words in this book are transcribed
(with minor edits for flow) from the film:

***Genesis of the Three Principles:
The Birth of a New Understanding***
A Three Principles Foundation Production

www.threepinciplesfoundation.org

Our gratitude to Stars of Well Being
www.starsofwellbeing.com

Sydney Banks excerpts by kind permission from
Lone Pine Publishing & Judy Banks

Thank you.

© Three Principles Foundation, 2019

