

3 Principles information and additional resources

Sydney Banks

The 3 principles:

Mind as “the universal intelligence behind life,”

Consciousness as what “creates an awareness of what we call reality,” and

Thought as “the power to create our moment to moment existence.”

“All feelings derive and become alive, whether negative or positive, from the power of thought”

“Words are merely a form. Listen not to words, but to that which words attempt to convey”

“Somewhere in the innermost recesses of our consciousness lie the answers to the questions all mankind seeks.

As our consciousness descends, we lose our feelings of love and understanding, and experience a world of emptiness, bewilderment and despair.

As our consciousness ascends, we regain purity of *Thought* and, in turn, regain our feelings of love and understanding.

Additional Resources:

Websites:

- The 3 Principles Global Community: <https://3pgc.org/>
- Sydney Banks website: <https://sydbanks.com/>

Book recommendations:

- The Enlightened Gardener – Sydney Banks
- Second Change – Sydney Banks
- The Missing Link – Sydney Banks
- Coming Home – Uncovering the Foundations of Psychological Well-being – Dr Dicken Bettinger and Natasha Swerdloff
- One thought changes everything – Mara Gleason
- The Inside Out Revolution – Michael Neill

Youtube:

- The 3 Principles of Human Experience - Dr. Aaron Turner:
<https://www.youtube.com/watch?v=pTkXZTldP9U>
- A Life of Ease - A Conversation with Dicken Bettinger and Natasha Swerdloff:
<https://www.youtube.com/watch?v=lw8pNbU70q4>