

OMNI Method

A modern integrated path to self-realisation

Sebastian Lyall

Introduction

The **OMNI Method** is a modern framework for inner balance — a synthesis of meditation, neuroscience, philosophy, and body-based awareness.

It is designed to help you experience your natural state of stillness and clarity while enhancing mental sharpness, emotional stability, and physical coherence.

This work is not about escaping the mind or suppressing thought.

It is about **understanding and retraining the mechanism of the mind** so that awareness, logic, and body intelligence operate in harmony.

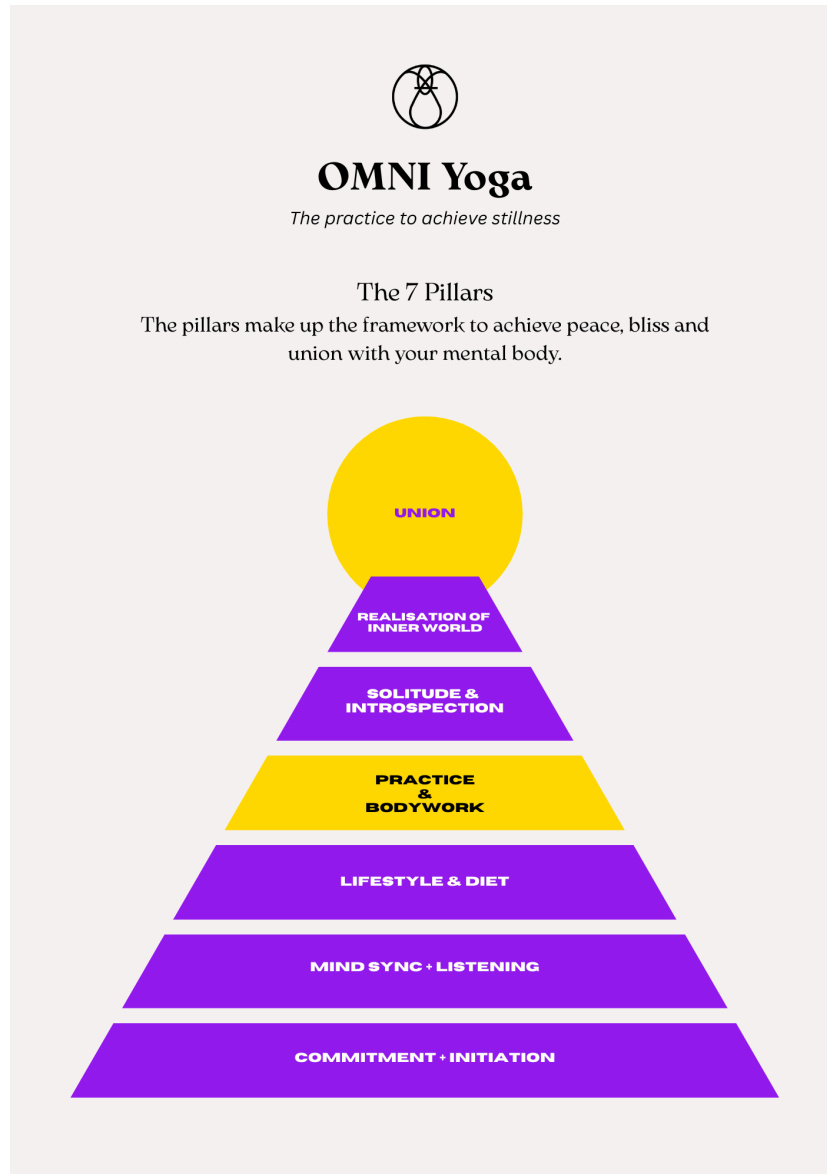
Rooted in the philosophy of **Logical Humanism**, the OMNI Method offers a rational pathway to self-realisation, free of dogma, built on direct experience, and grounded in the human body.

The Foundation: Logical Humanism

Logical Humanism, developed by Sebastian Lyall, begins from a simple observation: the human mind is an extraordinary biological system — capable of logic, creation, and imagination, but it is not who we are.

Thoughts arise mechanically, shaped by memory, language, and conditioning.
The illusion of a “thinker” or “self” is created when thought begins to refer to itself.
Freedom begins not by controlling thought, but by seeing it clearly.

The OMNI Method transforms this understanding into practice, showing you how to observe the mind, experience stillness, and live from presence while remaining intellectually sharp, emotionally balanced, and physically grounded.



The Pyramid of OMNI

At the heart of the OMNI are **seven pillars**, forming a practical structure for integrating awareness into everyday life.

Each pillar supports the others, creating a dynamic process of realisation that touches mind, body, and perception simultaneously.

1. Commitment + Initiation

The first pillar is the conscious decision to begin.

It marks your initiation into awareness — a shift from seeking peace externally to discovering it within.

This is where self-observation begins, supported by a clear logical understanding rather than blind belief. Your guide will initiate you into the process, explain the method and introduce you to the system, which we will follow. A meditation session will follow to give you a glimpse of what the practice and the inner world looks like.

Number of sessions: 1-2

2. Mind Sync + Listening

Here you learn to listen to your teacher in discourse/satsangs. You will allow the mind to sync with the reality beyond what is known to you by the limited human knowledge. This silent listening starts opening up new pathways in the mind, allowing the flow of energy to move in a different direction from the old patterns.

You will also observe how thoughts arise automatically, forming patterns of emotion and behaviour. Through this observation, mental noise begins to quiet naturally.

This is where the work of **cognitive rewiring** begins, teaching the brain to operate with clarity rather than compulsion.

Number of sessions: Ongoing in every session

3. Lifestyle & Diet

The body influences thought more than we realise. Pain, dysfunction and nervous system imbalance directly impact our thoughts and hence action.

Through simple, science-based adjustments in diet, rest, and rhythm, you begin to stabilise the

nervous system and regulate energy.

This pillar creates the biological foundation for sustained awareness, aligning physiology with mental clarity.

Number of sessions: 1 + Ongoing work

4. Practice & Bodywork

This is the experiential centre of the OMNI.

Here, we use breath-connected movement, self-massage, and meditation for **proprioceptive retraining** to reconnect the brain with the felt sense of the body.

The practice restores the body's natural intelligence, helping you sense your physical presence from within, not as an image in thought.

Through this pillar, awareness descends from the abstract mind into living embodiment.

It is both calming and energising, sharpening the mind by grounding it in the body.

You will be carefully trained for this practice, as you start integrating this in your everyday life, helping you propel towards achieving the state of OMNI. This also helps the body and mind, the machine, to become aware, conscious, to perform action as a fully embodied system, instead of that of a fragmented and distracted nature.

Sessions: 2-3 + Ongoing work

5. Solitude & Introspection

As you perfect and get used to the practice, solitude becomes the laboratory of self-understanding and the deepening of your understanding.

In quiet introspection, you observe thoughts, emotions, and sensations as temporary expressions within awareness.

This is the space where **observation evolves into a sense**, a direct, non-mental form of perception that can notice without judging or interfering.

Over time, observation becomes as natural as sight or hearing, a new human sense that brings depth and composure to all experiences.

Sessions: Ongoing & self work

6. Realisation of the Inner World

As thought slows, you begin to experience the inner world not as imagination, but as reality itself, a living, interconnected field of perception.

This stage deepens self-awareness and marks a shift in cognition, where logic and presence coexist.

You start perceiving from a unified intelligence, where reasoning is sharp, but free from anxiety.

Sessions: Ongoing & self work

7. Union

The final pillar is the recognition that awareness, body, and life are one continuous process. There is no conflict between thought and being; both serve the same consciousness.

This is not a spiritual escape but a **biological and psychological harmony** — a state of coherence where the mind functions optimally and the body remains at ease, while you can enjoy being in the restful state of observing and the doing and action happens in line with the laws of nature and consciousness.

The Overlapping Aspects of the Journey

The seven pillars of the OMNI Method are not linear steps but interwoven dimensions of transformation.

Together, they cultivate four primary outcomes:

1. Cognitive Rewiring

By learning to observe thought without reacting, the neural pathways associated with anxiety, overthinking, and self-doubt begin to dissolve. Borrowed ideas of success and growth also start to rewire. New connections form around focus, logic, and presence.

This process has measurable psychological and physiological effects: reduced cortisol, improved prefrontal activation, and enhanced emotional regulation.

In essence, you rewire how your brain perceives reality, from identification to observation.

2. Proprioception Retraining

Modern life disconnects us from the body.

Through the breathwork and movement practices of the OMNI Method, proprioception, the sense of self-location and spatial awareness are reawakened.

This retraining allows the mind to anchor back into the physical form, creating stability, coordination, and energetic balance.

The result is a state of relaxed alertness, a calm mind inside an intelligent, responsive body.

3. Development of Observation as a Sense

Observation, when trained, becomes a sense, not a thought process. This is a sense which allows you to experience life with the perspective of life itself, and not as a limited human entity, as observation allows for myriad concepts to emerge and dissolve. In this state of non-attachment with thought, the mind can go beyond its own workings and start experiencing life in shapes and forms previously not known to it.

Just as the eyes see without effort, awareness observes effortlessly once attention is stabilised. Developing this sense allows you to experience emotions, thoughts, and interactions with calm neutrality, while retaining full mental sharpness.

It's a state where the intellect functions at its highest capacity without being hijacked by reactive emotion and conditioned ideas of reality.

4. Evolution of the Human Experience

Ultimately, the OMNI is an evolutionary path..

It represents a step forward in human development, where logic and consciousness merge.

Through this integration, individuals begin to live with expanded perception, emotional depth, and mental precision, all within a state of grounded peace.

This is the next stage of human potential: a life where awareness is not in conflict with intelligence, and presence enhances performance rather than opposing it.

Session & Guidance Structure

Each one-to-one session lasts **60–75 minutes**, combining dialogue, guided practice, and integration.

1. **Exploration:** Understanding your current patterns and cognitive structure.
2. **Practice:** Guided OMNI Method meditation or bodywork sequence.
3. **Integration:** Reflection and discussion on how awareness interacts with daily life.

Sessions are held **in person or online**, tailored to your pace and intention.

A series of **8 sessions (2 months)** is recommended for lasting results. You will also have access to Sebastian for ad hoc 15-minute calls a few times when needed. After these 2 months, a system may be developed for ongoing support and guidance if required.

What You Can Expect

- Noticeable reduction in mental overactivity and stress.
- Improved focus, clarity, and emotional regulation.
- A sharper yet calmer mind.
- Stronger body-mind connection and spatial awareness.
- Deep states of stillness and presence, without disengagement from life.
- A reorientation from reaction to conscious response.

This is not a spiritual experience detached from reality — it is the *refinement* of human functioning.

Who This Is For

The OMNI Method is ideal for:

- High-performing individuals seeking inner stillness without dulling their drive.
- Entrepreneurs, leaders, and creatives needing clarity and cognitive balance.
- Those exploring meditation and awareness through a logical, grounded approach.

- Anyone seeking for the ultimate truth about reality and their place in it.

No prior meditation or philosophical experience is needed — just openness and sincerity.



About Sebastian Lyall

Sebastian Lyall is a philosopher, author, and teacher of awareness.

He developed **Logical Humanism** and the **OMNI Method** as frameworks for modern self-realisation, blending neuroscience, psychology, and contemplative science with embodied practice.

His work focuses on separating consciousness from thought and reconnecting awareness with the physical body to achieve both inner stillness and peak functionality.

Sebastian works internationally with entrepreneurs, artists, and seekers committed to living with depth, intelligence, and freedom.

The Journey Ahead

The OMNI Method is not about learning more; it is about seeing more clearly via the development of new sensory mechanisms.

Through practice, the noise of the mind fades, the intelligence of the body awakens, and awareness returns to its natural place as the quiet observer behind it all.

Stillness becomes your new baseline, a mind which cuts through the noise of thought and focuses on action.

Practical Details

- **Session Length:** 60–75 minutes
 - **Format:** In-person or online
 - **Recommended Duration:** 8 sessions
 - **Confidentiality:** All sessions are private
 - **Availability:** Limited one-to-one spaces per month
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Next Steps

If you feel drawn to begin this work, please reach out to me.

Contact

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“Stillness is not the absence of thought — it is the clarity behind it.

When awareness leads and the mind follows, life becomes effortless, intelligent, and whole.”

— *Sebastian Lyall*