



Infra Life

**A new, fresh insight into
new ways to live your life
so much better**

Transformation Now

How to develop your personal skills and insights
with Infra Language

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Introduction

It starts in the world of the senses.

Your body constantly receives information through your senses:

**seeing
hearing
smelling
tasting
touching**

We receive so much information that we don't notice most of it most of the time.

But, each piece of information that we perceive passes through our minds and we react to it. There is a clear sequence to this process.

- 1.** Receiving information through the **senses**
- 2.** Testing its attributes by **thinking**
- 3.** Judging its value against **beliefs**
- 4.** Bundling our assessments as **emotions**
- 5.** Responding through **actions**

We communicate using Infra Language's sequence of modes.



The Mode Sequence

Info Mode

Senses

Watch Listen Smell Touch Taste

Infer Mode

Thoughts

Sort Test Debate Reckon Conclude

Infix Mode

Beliefs

Ensure Know Imagine Theorize Understand

Infeel Mode

Feelings

Confident Shy Glad Anxious Proud

Inforce Mode

Actions

Stand Lift Wave Talk Command



The Sequence of Infra Language Modes

So, we receive information and process it through the
Infra Language mode sequence.

Everyone uses the mode sequence all the time.

But, what happens after the last mode? What does
inforce mode create?

**Inforce mode creates new facts that
we all receive in info mode.**

*“Thought is the blossom; language the bud;
action the fruit behind it.”
Ralph Waldo Emerson*



Being Fluent in Infra Language

**We all use Infra Language.
But, very few understand it.**

It's like body language: right there in front of you
but barely noticed.

Being fluent in Infra Language allows you

- to perceive people's purpose
- to read their reactions
- to predict their behaviors and
- to do something about it.

Infra Language fluency grows as you practice picking
the modes.

Now, take the next step, literally.

Learn how to get active.



Infra Life 1

Activating

You know that you don't do enough.

It's not just that people tell you.

You know from your own experience.

You missed opportunities.

You didn't make that special effort.



If that is you, keep reading!

So, what exactly is action?
Why are some people action-oriented?
How do they do it?
The first thing to realize is that action is a result.
And, it occurs for a particular reason: a purpose.

**Of course, that's just
the beginning of
understanding action.**



A key to understanding action is that it causes change.

It doesn't matter what it changes, but it is definitely designed to create a new situation, a new state of affairs.

The action oriented person strikes out to create change. They may, have a strong purpose, that will make the action meaningful. Some don't like thinking too much. Once the purpose is set, they say, action achieves it the quickest. And, that's that.

Understanding Infra Language can help you make a big difference to your life. The first thing you must do is understand Infra Language because it shows you how action works.

You probably already know that we constantly move through five modes, sometimes quickly, sometimes more slowly. First, we gather facts from our senses. That's called info mode.

Next we sort and measure the information and draw conclusions from it. When you are doing that, you are in infer mode.

In the third mode, you gather your conclusions and judge them against your beliefs and values. That's called "infix mode." It is the repository of your deeply held knowledge. It is what you believe.

Next, in infeel mode, you express feelings about the content of the first three modes.

And, finally, you take some form of action. That's called "inforce mode."



Inforce Mode

The action people take can vary.

- They may start running.**
- They may sit down.**
- They may kiss somebody.**
- They may say something.**
- They may stop themselves doing something.**
- They may change their mind.**
- They may watch more closely.**
- They may even give someone an order or command.**

As you can see, actions are taken within a mode. Deciding to think a little more is an inforce mode action within infer mode. Deciding to watch more carefully is inforce mode action in info mode.



So, to take action, you move through the mode sequence and express your action in one of the modes.

Active people resort to action often.

But, then, don't we all take action? Don't we all go through inforce mode? Yes, but physical action is inforce mode expressed in inforce mode.

So, how do they do it?

First, they trust what they see, hear, touch, taste, and smell. They trust their senses. But, they are not overwhelmed by them. They believe their info mode but they are not obsessed with it nor do they over-indulge.

And, they trust their reasoning (infer mode) and their judgment (infix mode). It is not that they are extreme or obsessive. They simply have confidence in the way their first three modes operate.



If they were not confident, the next step would undermine action. The dissonance caused by uncertainty causes people to express themselves emotionally in infeel mode. Often (but not always), when people express themselves emotionally they drain the energy from physical action.

Of course, lack of physical action does not change the situation. So, the emotional reactions to the situation can become exaggerated.

You can easily imagine someone who, trapped by uncertainty, fails to act and increasingly expresses their frustration, particularly in infer or infix modes.

As Elvis sang:

**“A little less conversation,
a little more action.”**

Someone who is comfortable with their actions has reached that position by doing things and testing them—by taking action and evaluating its outcome.



It is crucial, to become an effectively active person, that you observe in info mode, the precise outcomes. You must methodically draw conclusions. You must judge the action against your beliefs.

And, usually, you must reduce the expression of emotions and increase the expression by taking action. If you become used to taking action and those actions suit your infix value system, your emotional reactions will be positive. If they are strongly positive, they may supercharge your actions.

Everyone's talking Infra Language.

Now, it is time to think about "becoming."