

Infrasound—sound waves with frequencies below **20 Hz**—is often called "the silent frequency" because while we cannot consciously hear it, our bodies can feel it. Using infrasound to influence people is a real phenomenon studied in both psychology and engineering, though it is more effective at altering **temporary moods and perceptions** than permanently changing a person's **personality**.

Here is how infrasound can be used to influence thoughts, emotions, and behavior.

## 1. Influencing Emotions: The "Fear Frequency"

Infrasound is most famous for its ability to induce negative emotional states without a clear cause. Because the sound is inaudible, the brain struggles to identify the source of the physical discomfort, often leading to:

- **Anxiety and Unease:** Research has shown that exposure to infrasound (specifically around **17–19 Hz**) can trigger feelings of "something being wrong," sorrow, or even revulsion.
- **The "Ghost in the Machine" Effect:** Engineer Vic Tandy famously discovered that a **18.98 Hz** standing wave in his laboratory caused him to see "grey apparitions" and feel a sense of dread. This occurs because the human eye has a resonant frequency of approximately **18 Hz**; infrasound at this frequency can cause the eyeball to vibrate, creating visual artifacts or "shadows" in the periphery of vision.
- **Awe and Dread:** In music and film (such as the movie *Irreversible*), sub-bass and infrasound are used to create a physical sense of tension or "numinous" awe, often used in cathedrals (via organ pipes) or horror movies to prime the audience for a supernatural experience.

## 2. Influencing Thoughts: Cognitive & Physical Disruption

High-intensity infrasound doesn't just "feel" weird; it can physically disrupt the way the brain and body function:

- **Cognitive Decline:** Studies suggest that prolonged exposure to low-frequency noise can impair higher-order cognitive functions, leading to distraction, reduced concentration, and increased error rates.
- **The "Sick Building" Syndrome:** Infrasound from poorly designed HVAC systems or industrial fans can lead to headaches, dizziness, and nausea. When people feel physically ill without a known reason, they often develop "thought loops" or paranoia about their environment.
- **Sleep Deprivation:** If used chronically, infrasound can disrupt sleep cycles. This leads to irritability, memory loss, and emotional instability, which are often mistaken for personality shifts.

## 3. Personality Changes: Real or Perceived?

There is **no scientific evidence** that infrasound can fundamentally rewrite a person's core

personality (e.g., changing their values or temperament). However, it can cause **symptomatic changes**:

- **Chronic Stress:** Long-term exposure to infrasound (from wind turbines, traffic, or industrial sites) can cause chronic stress. A person who is constantly stressed and underslept may appear more aggressive, withdrawn, or irritable—effectively a "personality change" caused by environmental exhaustion.
- **Suggestion and Priming:** Because infrasound creates a "blank" feeling of unease, people are highly susceptible to **suggestion**. If you are in a "haunted" house and infrasound makes you feel anxious, you are much more likely to interpret a draft as a ghost or a creak as a footstep.

#### 4. Summary of Effects by Frequency Range

Frequency	Primary Effect	Perception
17–19 Hz	<b>Resonance with human eye/organs</b>	"Ghosts," dread, chest pressure, chills.
7–10 Hz	<b>Organ resonance</b>	Nausea, dizziness, internal vibration.
Below 5 Hz	<b>Slow brain/body cycles</b>	Drowsiness or general disorientation.

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#### Ethical and Practical Limits

- **Intensity:** To have a significant effect, infrasound usually requires high volume (decibels), which can be difficult to generate without massive specialized speakers.
- **Individual Variability:** People have different "resonance points." A frequency that terrifies one person might have no effect on another.
- **Legality:** Using infrasound as a weapon or for psychological manipulation is highly regulated and viewed as a form of non-lethal sonic warfare in military contexts.

Would you like me to look into how infrasound is specifically used in modern film scores or haunted house attractions to manipulate audience reactions?