

The idea that infrasound—sound waves below the human hearing threshold (typically under 20 Hz)—can be used to "program" specific emotions like hatred toward a particular person or object is largely a trope of science fiction and urban legend.

While infrasound can certainly affect the human body and psyche, it lacks the **precision** and **cognitive depth** required to create complex social attitudes like prejudice or hatred.

Here is a breakdown of what infrasound actually does and why it cannot be used for targeted manipulation of opinions.

1. The Physiological "Fear" Effect

Infrasound is known for causing physical discomfort rather than psychological "content."¹ Because the waves are so long, they can cause internal organs and the fluid in the inner ear to vibrate. Common effects include:

- **Anxiety and Unease:** A feeling of "dread" or being watched.²
- **Physical Distress:** Nausea, dizziness, and headaches.³
- **The "Haunted House" Effect:** Vic Tandy, a researcher, famously showed that infrasound at **18.9 Hz** (the resonant frequency of the human eye) can cause blurred vision and hallucinations, leading people to believe they see ghosts.

2. Why It Fails at Creating "Hate"

To make someone hate a specific object or person, you have to convey **meaning**. Sound waves alone cannot transmit a narrative.

- **Lack of Specificity:** Infrasound creates a general state of biological stress. If a person is standing in a room with infrasound, they might feel sick or anxious, but they won't naturally link that feeling to a specific person unless they are already predisposed to do so.
- **Misattribution of Arousal:** While a person might become irritable due to physical discomfort, they are just as likely to "hate" the room they are in, the chair they are sitting on, or the fact that they have a headache, rather than a specific target.
- **Biological Limits:** Unlike a spoken suggestion or a visual image, a low-frequency vibration carries no data. It is a "blunt instrument" for the nervous system.

3. Historical and Military Context

There have been various myths regarding "acoustic weaponry":

- **The "Brown Note":** The myth that a specific frequency causes involuntary bowel movements. This has been debunked by tests (including those by *MythBusters*).
- **LRADs (Long Range Acoustic Devices):** These are used by police and militaries, but they rely on **high-frequency**, painfully loud audible sound to disperse crowds, not infrasound to manipulate minds.

4. Psychological Priming vs. Infrasound

If you wanted to influence someone's opinion, psychology (specifically **priming** and **cognitive bias**) is far more effective than acoustics. For example:

- **Classical Conditioning:** Linking a person to an *audible* unpleasant sound or experience repeatedly.
- **Propaganda:** Using language and imagery to create a narrative.

Infrasound might make someone grumpy or uncomfortable, but it cannot tell them *who* to be angry at.
