

Most people think intimacy is only physical.

But in Hindu wisdom, it is much more than that.

Hinduism does not warn about many partners because of morality.

It warns because of karma.

In this philosophy, physical contact is not just a moment.

It is an exchange of energy.

Every intimate relationship creates something called Runanubandha.

It means a karmic bond between two souls.

These bonds do not disappear quickly.

They can stay with you for a very long time, even across lifetimes.

The more people you connect with,

the more karmic bonds you create.

And you do not only share love.

You can also share pain, emotions, and karma.

Your energy becomes mixed with many others.

Your mind becomes restless.

Your spiritual path becomes harder.

What feels like pleasure today

can create confusion in the future.

That is why the ancient rishis said:

Do not take physical union lightly.

Because when bodies connect,

karma connects too.

Choose your connections wisely.

Some energies stay with you for lifetimes.