

# Is Love a Miraj?

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There is a powerful allure to being adored, as we are often drawn to grand gestures of love and affection. However, what may seem like a fairy-tale romance could actually be a form of manipulation known as “love bombing” a new terminology in psychology. This tactic involves overwhelming someone with excessive attention and affection to gain control over them. It can be difficult to recognize, as it initially feels like a dream come true. But beneath the surface, love bombing is a deceptive strategy that blurs the lines between genuine care and manipulation. By being aware of the signs of love bombing, you can protect yourself from falling into a harmful relationship.

When someone showers us with intense attention, it may seem like the perfect love story. However, this can sometimes be manipulation disguised as passion.

Declarations of "You're the one I've been waiting for my whole life" can be flattering, but if they come too soon, before true intimacy develops, it may indicate an unhealthy situation.

A genuine bond takes time. It takes shared experiences, disagreements, laughter, and even silence to slowly understand each other. If someone insists they know you on a soul-deep level within a matter of days, what they are really doing is creating an illusion of destiny. They are painting a picture that is impossible not to get swept into.

Imagine someone you've only known for a week declaring you as their forever partner. It may feel magical at first, but there's a subtle element of control at play. They're pushing for your emotional commitment quickly, leaving little room for you to think clearly. What they call "soulmate energy" could be a form of disguised pressure rather than genuine romance.

Who does not like to be spoiled every now and then? A surprise coffee, a handwritten note, a thoughtful present can make anyone's day. But when gifts become an avalanche, arriving one after another, filling your space, and weighing you down with their extravagance, it begins to feel less like generosity and more like strategy.

In healthy relationships, gift-giving is thoughtful, not overwhelming. Manipulators use gifts to gain leverage, creating a sense of debt with each gesture. Society often glorifies grand gestures as a sign of love, but if gifts feel like obligations rather than tokens of care, it may be a form of control rather than genuine love.

The bigger the gift, the stronger the love, we are told. Yet if your heart starts to feel heavy instead of joyful, if the gifts feel like obligations and You might be receiving currency in the form of control.

At first, the endless messages feel adorable. A good morning text, a midday check-in, a sweet reminder before bed. But slowly, the volume increases. They want to know what you ate, who you spoke to, when you will be home. If you do not reply quickly, they grow restless, maybe even angry.

What began as attention later feels like surveillance. You are no longer being loved, you are being monitored and the effect is suffocating.

Healthy love respects individuality. It allows silence, space, and independence. If your phone feels like a leash instead of a lifeline, you may be in the grip of manipulation disguised as romance.

Every romance has its rhythm. For some, the pace is slow and gentle; for others, it is quick and electric. But there is a difference between natural chemistry and forced acceleration. Love bombers thrive on rushing intimacy, skipping over the stages of genuine discovery.

Beware of rushing into intense emotional connections early on in a relationship. This could involve sharing deep traumas quickly, pressuring you to reveal personal secrets, or making long-term commitments before truly getting to know each other. While it may seem exciting and special, this accelerated pace is a manipulation tactic to foster emotional reliance and prevent you from setting boundaries. Stay cautious and take the time to build a healthy relationship at a comfortable pace.

True intimacy is not about how quickly you share your vulnerabilities, but how safely you feel sharing them.

“You are perfect.” “You are everything I’ve ever wanted.” “I cannot believe someone like you exists.” Compliments like these can feel like rain after a drought, especially if you have longed for validation. But perfection is a myth, and when someone insists you are flawless, it is not a compliment. It is a setup.

The same person who once worshipped might suddenly criticize you with shocking harshness. The shift can be devastating, leaving you wondering what went wrong when in reality, nothing did except that you finally showed your human side.

Love does not idealize. Love accepts. If admiration feels like worship, beware, because worship is not sustainable. And when it ends, it often ends cruelly.

Healthy love does not overwhelm. It does not demand instant intimacy or constant communication. It does not make you feel guilty for needing space or imperfect for being human. Real love grows steadily, giving you the time to build trust, to breathe, and to be yourself without fear.

So when romance feels too much too soon, pause and ask: does this make me feel cherished, or does it make me feel trapped? The answer to that question can mean the difference between finding a safe home for your heart and being caught in a web of control.

Love, in its purest form, is not about possession. It is about empowerment of the partner to be peaceful, and help to be respected.

Love is the gentle force that uplifts without constraint. It honors rather than possesses and invites rather than demands. True love provides a peaceful sanctuary where one feels seen, heard, and supported, not through control but through understanding. Love empowers and nurtures growth, standing beside rather than in front of the beloved.

It is the courage to encourage freedom and celebrate individuality. In this love, assistance is given with reverence, and respect is freely offered like sunlight to a tree.

Love is the wind beneath wings that were never meant to be clipped. It does not seek to own, but to honor. It does not demand, but gently invites.

To love is to empower—not to shape the beloved into our image, but to nurture their becoming.

It is the art of standing beside someone, not in front of their path.

It is the courage to say, “Be free, and know that I will celebrate your peace, not fear your distance.”

In such love, help is not a favor—it is a reverence.

Respect is not earned—it is offered, like sunlight to a growing tree.

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