

Video 93: The Twin Flame Phenomenon vs. Narcissism

Written by Wes Penre, November 7, 2018

This is a transcript to video:

<https://www.youtube.com/watch?v=2vStllwHwRE&t=8s>

It has been brought to our attention that there seems to be a misunderstanding between narcissism and the Twin Flame phenomenon. This is understandable because in a twisted way, they are in some senses connected. I hope this video will help people understand the differences between the two.

It is our understanding, from having researched the Twin Flame phenomenon for a while, that it is not overly common that people meet their twin flame during a lifetime, and if they do and are not on the same level when they meet, they might not recognize the phenomenon. It is far more common that people get into relationships with narcissists, however, and they might confuse it with having met their twin flame.

So, what's the difference between a twin flame and a narcissist? The narcissist mimics their partner and the twin flame mirrors theirs—two things that, on the surface, appear to be the same. This is where the confusion seems to be.

People who research the twin flame phenomenon might think they recognize that they do have or have had such a relationship with somebody. Because a twin flame relationship can be both extremely passionate and triggering at different times, it fits the picture of narcissism up to that point. Therefore,

people think that the relationship they can relate to themselves is a twin flame relationship when it's not. It also seems to fit in the sense that if the twin flames are immature, or not on the same level when they meet, they might argue and fight a lot, while in the next moment they feel extremely close, similar to the narcissist and codependent. It's a magnetism going on between them—sometimes repelling and sometimes attracting. The triggers can be too intense to handle, so they withdraw from the situation and become reactive by blaming the other. We can understand that under such circumstances, it can be difficult to distinguish between a twin flame relationship and a narcissist/codependent relationship.

So, let's explain the differences. We would almost like to call a narcissist an "anti-twin flame" because they are the OPPOSITE of a twin flame, only appearing to be the same. The narcissist mimics the codependent and the twin flame mirrors their partner. These two phenomena might appear to be the same, so both the narc and the twin flame trigger the other. But in the similarity lies also the difference; in a mature twin flame relationship, the two parties help each other to HEAL, while in a narcissistic/codependent relationship, none of the parties heals. The narcissist FEEDS from their partner, while the twin flames help each other HEAL, and often, the twin flames heal without having to do anything—they get triggered, and sometimes, before they know, the triggered energy discharges all by itself and dissolves, without any conscious attempt from any of them. Other times, they both need to work on it. It's a healing and VERY nurturing relationship where BOTH win, and no one loses. In a narc/codependent relationship, no one wins. Of course, the codependent can ultimately gain from a narc relationship in the sense that if they reflect on their relationship after a separation, they can mature spiritually from the experience, but that's not how a working twin flame relationship **works**.

The narc is mimicking their partner so that they can feed off the emotional energy, and they feed off them by love bombing their partner, only to turn that around and start to INTENTIONALLY trigger the other, so they can feed off what they built up in the partner during the love bombing period. The twin flames are not mimicking each other—they are naturally “the same,” but they do mirror each other.

So, in summary: the narc/codependent relationship and the twin flame relationship might appear to be the same to a certain degree, but the difference is that in the former, the persons don't grow, but in the latter they do. In a twin flame relationship, it's a win-win situation, and in a narc/codependent relationship it's a lose-lose situation. In an immature twin flame relationship, where the parties might fight and hurt each other because they are immaturely reactive in triggered situations, it's difficult to distinguish what kind of relationship it is, and if this is the kind of relationship you've experienced, only YOU can determine whether it is/was a twin flame or a narc/codependent relationship by analyzing it. To be able to do so, you would need to learn about both narcissism and twin flames by studying both phenomena.

We hope this will sort a few things out. Please continue asking questions and write comments below.