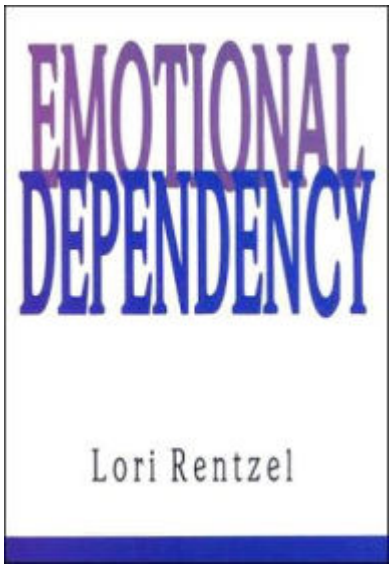
“Are ‘Twinflame’ Relationships Real, From God, or Demonic?”

Does the term “twinflame” come from God? Does it come from a “divine” source? Would this be considered demonic due to its telepathic tendencies and reincarnation belief? I have a family member who thinks they have found their “twinflame” and believes that he has a “higher” connection with this person then his wife. I have been brought up in a Christian home, and feel that this goes against everything that I have been taught. Did Jesus himself preach about reincarnation? What can I say to this person to let them know that “twinflames” do not exist?

I had never heard of the word “twinflame” till we got your question, but as I researched it, I had to chuckle with rueful recognition of the relational dynamics. Websites addressing this supposed “twinflame” phenomenon of one soul in two bodies describe the breathtaking rapture of an immediate and intense connection with another person that often overshadows actual real-life relationships (such as a spouse, as in your family member’s case). What’s really happening is that a person becomes infatuated with their *perception* of someone else, imbuing the object of their intense affections with a kind of “magic” fueled by their imagination and fantasy; in their mind, the other person is more beautiful, smarter, more eloquent, more sensitive and more of an amazing match than the all-too-real known quantity of the flesh-and-blood people they do life with. As Focus on the Family’s Dr. James Dobson said early in the days of the internet when we were discussing the ugly downside of online relationships, of course the fantasy wonderfulness (my words, not his) of the other person is going to overshadow the spouse who leaves socks or towels on the floor!



Someone has put a New Age spin on an old, old temptation of *relational idolatry*. Putting another person or the relationship up on a pedestal as the most important thing in life is idolatry, and it is sin. Lori Rentzel nailed this concept in her excellent essay "Emotional Dependency." (You can find the essay online here. It is also available published as a little booklet by InterVarsity Press.)

Interestingly, as I read about "twinflame" to a friend who spent decades as a lesbian activist, her comment was, "Oh, there's the beginning of a lesbian relationship!" The intensity of relational idolatry is a counterfeit to true intimacy no matter the gender of the people involved. (Consider my blog post The Dark Underside of Female Friendships.)

You asked about supposed "telepathic tendencies and reincarnation belief." There can certainly be a demonic component to this kind of relationship because there are layers of deception going on, including belief in previous lives. Probe has several articles and answers to email about reincarnation you might find helpful (and no, Jesus didn't preach about reincarnation because it's not real):

The Mystery of Reincarnation – A Christian Perspective
Does the Bible Talk About Reincarnation?"
"Was Reincarnation Ever in the Bible?"
"You Should Research Reincarnation and the Lost Words of Jesus"
Reincarnation: The Christmas Counterfeit

Having read the entire Bible multiple times and studying it for decades, I assure you that Twinflames is not a biblical concept. No, it doesn't come from God.

What can you say to your family member to let them know that “twinflames” don’t exist? How about something like, “I am very concerned that you are buying into a deceptive lie about this other relationship that threatens to wreck your marriage and your spiritual life. I’ve done some research; please consider that the concept of ‘twinflames’ is a made-up idea to justify illegitimate attractions to another person. I can give you more information if you want it.”

I send this with a prayer that God will open the eyes of your family member before he drives his marriage off a cliff.

Blessing you,
Sue Bohlin

Posted March 2017

Addendum 2/20/2021:

Having received scores of comments on this topic since publishing this page 4 years ago (and not being willing to allow that amount of falsehood and confusion on our website by posting them), I am more convinced than ever that the idea of Twin Flames is one of the most clever, heartbreaking, demonic deceptions ever invented. The degree of anguish that people have shared over this powerfully evil deceit demonstrates why the Lord Jesus said that Satan comes to “steal, kill, and destroy” (John 10:10). This is yet another one of his nasty methods of hurting people and holding them hostage through a lie.

Lots of people have written that the Twin Flames phenomenon is in the Bible, but it’s not in the text. For example, identifying Jesus and Mary Magdalene, and David and Jonathan, as Twin Flames. Claiming that Adam and Eve are the original Twin Flames. That the Song of Solomon is all about a Twin Flame relationship. There are lots of relationships in the Bible, including intense ones, but no Twin Flames. It’s not there.

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