**Differences between Twin Flame/Twin Soul and Soulmate**

Twin Flames and Soulmates represent different energies, but similar attributes. Both indicate a partnership and have some agreement. A soulmate might be a partnership that's good for life or a period of time. A twin flame has purpose behind it, driving toward a goal.

Sometimes twin flames are also together in love, but even if they are, that's convenient for the bigger picture... something to be accomplished together. Soul mates exist together for joy and life extension. Twin flames exist together to accomplish something that neither could do alone. They also can be both!

At a fundamental level, all souls are connected, all souls flow back to the One Spirit. We have all been given the opportunity to experience at least one soulmate, twin flame or kindred spirit connection in life. These relationships teach us so much about ourselves, our gifts and our unique potentials. In the end, if we’re lucky, we are brought back to the one great truth: that we have been Whole and Complete all along. Soulmates, twin flames and kindred spirits merely help to remind us of that.

**Twin Flames/Twin Souls**

The energy of a twin flame is one that's your mirror-image energy. A twin flame is one who finds the "other half" of what it is seeking in purpose. Twin flame energy isn't necessarily a partnership issue like a soulmate is. It's more about coming together to fulfill a wholeness that's missing in potential or purpose. Your twin flame is a person who you are destined to feel connected to on a physical, emotional, mental, and spiritual level. Your twin flame represents your friend, lover and teacher in this life. He or she is the catalyst of your spiritual growth and the mirror of your deepest desires, needs, fears and shadow element. Your twin flame will reflect back to you all of your inner shadows, but also your deepest beauty and greatest strengths. In this way, your twin flame helps you to access tremendous emotional, psychological, and spiritual growth.

The purpose of the twin flame relationship is to help us undergo soul work and become the best version of ourselves possible. Your twin flame could be your greatest dream or your worst nightmare (or both). They will test you, provoke you and love you fiercely all at once. At first, twin flame relationships can be intense and tumultuous.  This can carry on for many years. But once both [egos](https://lonerwolf.com/what-is-the-ego/) surrender to their purging and purification, the gifts of humility, empathy and unconditional love are finally obtained.

Our twins reflect the disowned parts of ourselves; they are the yins to our yangs, the suns to our moons, and the light to our darkness. They propel us into shadow work, deep self-discovery and the fulfillment of our potential.

**Soulmates**

A soul mate is a partner. It does *not* have to be a romantic one. It can be mother and daughter, or two unrelated people who team up for whatever reason. And yes, it can also be romantic. Therefore, it is a partnership energy. Soulmates are people in our lives whom we connect with on a deep level. As the name implies, soulmates are primarily friends of the soul. If you have found your soulmate, they will likely be the best, and truest friend, you willever have. You’ll be able to share everything with your soulmate, from your wildest dreams, to your secrets.

Spiritually, soulmates usually play a key role in your development. It is possible for soulmates to be platonic, romantic and/or sexual in nature. You can also have multiple soulmates in one lifetime, hence the many love triangles we see and experience.

There are different types of soulmate, some of which include:

Soul friends — Soul friends are very similar to kindred spirits. However, the essential difference between the two is that kindred spirits are more personality-based, and soul friends are more essence-based. In other words, soul friends share our deepest dreams, values and drives (not just similar personalities and tastes). This is the most common type of soulmate.

Soul teachers — As the name suggests, soul teachers appear in our lives to help teach us vital life lessons. Sometimes these lessons are taught deliberately, and other times these lessons are unintentional. Soul teachers often appear in the form of ex-lovers, family members, friends and even enemies.

Soul companions — This type of soulmate is a combination of both friend and teacher. In fact, soul companions most closely match people’s perception of what a “soul mate” is. As confidants, soul companions deeply understand, love and cherish us. The depth and blissful harmony that you experience in this relationship will outshine any other that you’ve ever had.

**Twin Flame Signs**

Whatever emotional or psychological stage you’re at in life, it is always beneficial to be conscious of the people you live with and meet. These following twin flame signs might help you to open new pathways and opportunities for union:

1. You feel a strange, inexplicable sense of “recognition” when you meet the person. This might manifest itself as déjà vu, or an unshakable feeling that you’ve known this person before, or are somehow “meant to be together.”
2. You have a feeling that they are going to play a very important role in your own development, without knowing when, why or how.
3. You’ve established an immediate, intense connection with them that is invigorating and shocking at the same time.
4. You feel as though you’ve finally found a “home” or safe place with the other person.
5. You are able to be your [authentic self](https://lonerwolf.com/authenticity/) – warts and all – without the fear of [rejection](https://lonerwolf.com/fear-of-rejection/), persecution or judgment with them.
6. You both embody the yin and yang, in other words, your dark side is balanced by their light side, and their dark side is balanced by your light side.
7. You feel a sense of expansion with them, as though you are larger than your limited identity.
8. They make you a better person, and you make them a better person.
9. When together you are both bonded but free, attached but unattached. In other words, you still maintain your freedom even though you might be in a relationship with them.
10. You are finely tuned to their energy, and they are finely tuned to yours. This means that you are both very conscious of the present play of energy (whether happy or sad, angry or forgiving, open or withholding) present in the connection. You’re both therefore highly [empathic](https://lonerwolf.com/empath-test/) with each other.
11. You feel as though you have been waiting for this person your entire life.
12. You both connect deeply and mirror each other’s values and aspirations for life beyond surface similarities.
13. You twin flame is a mirror of what you fear and simultaneously desire the most for your own inner healing. For example, if you are a highly-strung person, your twin flame will most likely be relaxed and messy. If you like to play the victim, your twin flame will be a strong character who refuses to give you pity or sympathy to perpetuate your complex. If you are creatively repressed, your twin flame will be a flourishing artist. In this way, our twin flames challenge and infuriate us but also teach us important lessons about our fears, [core wounds](https://lonerwolf.com/core-wound/) and repressions.
14. No matter how many times you avoid or leave your twin flame, you’re always magnetically attracted back to them. (Don’t confuse this with abusive relationship complexes.)
15. One of you is more [soulfully mature](https://lonerwolf.com/soul-age/) than the other, and often serves as the teacher, counselor or confidant within the relationship.
16. You are taught important life lessons such as forgiveness, gratitude, empathy and open-mindedness by them and with them.
17. Your connection is multi-faceted. In other words, your twin flame is likely your best friend, lover, teacher, nurturer and muse all at once.
18. Your twin flame doesn’t try to change you. They accept you for who you are and what stage you’re at and encourage you to do the same for yourself (and vice versa).
19. You can be truthful with each other about anything.
20. Together, you both feel driven towards a higher purpose, whether spiritually, socially or ecologically.