

# How They Attach

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A wound can be a doorway. A thought can be a leash. A feeling, a binding chain.

Energy vampires and drawing entities do not need to touch you. They do not need your name. They need only *access*—and that is granted more often by the wounded heart than by the open door.

This lesson unveils the primary ways these forces gain entry into your field. You will learn how they find you, how they root into your system, and how subtle permissions—given through emotion, memory, or unconscious pattern—allow them to remain.

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## Access Is Permission

No force can attach to your energy without some form of allowance. That allowance may be conscious, inherited, karmic, emotional, or ritualistic—but it must be present.

Vampires and drawing entities rely on you being *unaware* of this rule. They thrive on confusion, exhaustion, guilt, and spiritual openness without discernment.

Here are the most common access points:

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### 1. Emotional Hooks and Wounds

The most common attachment method is the emotional hook. A vampire identifies where you carry unresolved pain or longing, and inserts itself as a balm, mirror, or savior. Once entangled, it uses that wound to feed.

Common emotional access points:

- **Guilt** - “You owe me.”
- **Shame** - “You are bad unless you serve me.”
- **Abandonment** - “I’m the only one who stays with you.”
- **Fear of Rejection** - “Don’t push me away.”
- **Desire to Be Seen** - “Only I truly understand you.”
- **Caretaker Instinct** - “You need to save me.”

These emotions create vibrational weak points in your field. When someone or something aligns with one of them, a hook slides in.

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## 2. Etheric Cords and Psychic Tendrils

When two beings exchange strong emotional, sexual, or spiritual energy, a *cord* may form between them. This cord allows energy to flow both ways—but when unbalanced, it becomes a siphon.

Examples include:

- Long-term romantic partners
- Toxic family members
- Clients who overly rely on your attention
- Healers or teachers with spiritual authority over you

- Obsessive friendships or traumatic ex-lovers

Cords can remain long after contact ends. They can also be formed through dreams, rituals, and even social media if emotional intensity is present.

Some entities—especially non-human—create tendrils instead of cords. These are thinner and more covert, designed to latch onto your light body from a distance and extract specific emotional states (fear, despair, desire).

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### **3. Soul Agreements and Karmic Contracts**

Some attachments are ancient. You may have agreed to allow a being to feed on your energy in exchange for protection, love, knowledge, or power in a previous incarnation. Or you may have inherited the bond through bloodline or spiritual lineage.

Examples include:

- Vows made during occult or magical initiations
- Contracts made in dream or trance states
- Lineage spirits that attach through ancestry
- Promises to serve, follow, or love eternally
- Subconscious oaths spoken in trauma: “I’ll do anything if you stay with me.”

These agreements, once made, act like permissions etched into the soul. They are not permanent—but until revoked, they are binding.

## 4. False Light and Flattery

Vampires rarely come wearing fangs. They often arrive bathed in your unmet needs. They may present as:

- A guide who offers sudden praise and validation
- A romantic partner who sees you as “the one” after two days
- A teacher who “recognizes your power” but demands loyalty
- A friend who “just wants to protect you from everyone else”

This kind of false light creates an emotional high that lowers your guard. You begin to crave their attention and presence—making you energetically dependent. Then the drain begins.

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## 5. Trauma Bonds and Crisis Loops

When you experience intense emotional pain in the presence of another person, your system may bond to them as a survival response. Even if they caused the pain. Especially if they later provide comfort.

These bonds are forged through:

- Betrayal followed by reconciliation
- Verbal or emotional abuse with moments of tenderness

- Repeated drama cycles with resolution phases
- Sudden trauma or spiritual crisis where a “helper” appears

Drawing entities will often generate chaos just to harvest the energy of your reaction.

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## **6. Shared Spiritual Space**

Some attachments form through shared rituals, ceremonies, group practices, or unconscious collective energy fields. These include:

- Group meditations where shielding is not enforced
- Healing sessions with untrained practitioners
- Initiations into groups with undefined boundaries
- Energetic exchanges without clarity of role or power

You may have unknowingly entered the spiritual current of another and taken on their cords, spirits, or attachments.

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## **7. Enchantment and Obsession**

Some non-human entities use glamour—psychic seduction or fascination—to penetrate the mind and create fixation. Symptoms of this include:

- Persistent intrusive thoughts about a specific person

- Dream visitations from a seductive or commanding figure
- A feeling of being “called” or “claimed” by something
- Replaying conversations or moments to the point of obsession

These are often entities that feed on desire, mental attention, and sexual energy. They whisper through dreams and thoughts, not words.

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## 8. Inherited Family Ties

Attachments can pass through bloodlines. Ancestors who died in trauma may not fully cross over. Entities that fed on them may remain linked to the family. These ancestral parasites can attach to you through:

- Unresolved generational trauma
- Repeating patterns of abuse, addiction, or loss
- Inherited spiritual roles (e.g. the family “healer” or “protector”)
- Places where family altars, bones, or ashes are kept unguarded

These attachments may feel *normal* because you have always known them.

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## 9. Dream Infiltration

Some drawing entities operate almost exclusively in the dream realm. They will:

- Appear as seducers, teachers, or monsters
- Feed during sleep paralysis
- Implant false visions of “soulmates” or “guides”
- Present lucid experiences that feel empowering, then drain energy afterward

Your dream state is a liminal realm. Without cleansing or protection, it becomes a hunting ground.

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### **10. Technological Entry**

In rare cases, energy can be siphoned through high-focus digital connections. Examples include:

- Prolonged obsessive texting with toxic individuals
- Receiving messages that produce an emotional drop
- Watching draining videos, rituals, or “channelings”
- Being tagged in or added to dark collective thought-forms online

The energy travels not through the device but through the *attention* and emotional charge you invest.

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## Signs of Attachment

After an attachment occurs, you may experience:

- Sudden fatigue that doesn't respond to rest
- Emotional fluctuations that feel foreign
- Recurring obsessive thoughts about a person or place
- Physical tightness around the solar plexus or third eye
- Unexplained aches, illness, or energetic pressure
- A subtle "presence" in your field you can't explain
- Nightmares or dream visitations that drain or confuse

These are not random. They are signals of energetic occupation. Your field is speaking.

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## Why You Allowed It

This is the sacred question.

The point is not to blame yourself, but to *reclaim authority*. Somewhere, something in you believed that:

- You had to say yes

- You weren't strong enough to resist
- You would be loved, protected, or needed if you allowed the feeding
- You deserved to be drained
- You needed them to survive

Recognizing this silent belief is the beginning of reversal. From this point forward, we withdraw consent.

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## Your Practice for This Lesson

Take time to reflect in stillness. Write down:

1. A person, presence, or spirit that left you feeling drained or fragmented.
2. How you think they attached—hook, cord, contract, glamour, or dream.
3. What you may have believed about yourself that allowed it.

Then speak aloud the following command:

“I revoke all unconscious permission. I deny all cords, hooks, and attachments. This field is mine. This soul is sealed. I claim my name in the light.”

Speak it three times. Breathe deep.

The next lesson will explore **your nature as an energetic empath**—and why that

very gift became the signal to predators.

**[Use the Energy Vampire Detection Tool here](#)**