

How EigenLayer Restaking Extends Ethereum's Shared Security

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Traditional Ethereum staking locks ETH to secure the base layer, earning validators roughly 3–4% APY. Restaking extends this by allowing validators to also commit their staked ETH — or liquid staking tokens like stETH — to secure additional protocols simultaneously. EigenLayer, developed by a team led by Sreeram Kannan and launched on Ethereum mainnet in phases during 2023 and 2024, is the primary infrastructure enabling this mechanism.

The core idea is that new protocols face a bootstrapping problem: they need economic security to deter attacks but cannot instantly accumulate billions in staked assets. EigenLayer lets these protocols, called Actively Validated Services (AVSs), lease security from Ethereum's existing validator set rather than building their own from scratch.

How EigenLayer Works

Stakers deposit ETH or liquid staking tokens — such as Lido's stETH or Rocket Pool's rETH — into EigenLayer smart contracts. By opting in, they agree to have their stake subject to slashing by any AVS they choose to validate. Operators, who run the actual node infrastructure, register with EigenLayer and take on validation duties for specific AVSs on behalf of stakers.

AVSs define their own slashing conditions and reward structures. An AVS might be a data availability layer, a decentralized oracle network, a cross-chain bridge, or a rollup sequencer. EigenLayer's own first AVS is EigenDA, a data availability service that already processes blob data for several rollups. As of mid-2025, EigenLayer holds over \$10 billion in restaked assets, making it one of the largest DeFi protocols by total value locked.

Shared Security and Its Tradeoffs

Shared security means multiple protocols draw from the same pool of staked capital rather than competing for separate validator sets. This lowers the cost of launching a credibly decentralized service and increases the cost of attacking any individual AVS, since an attacker would need to compromise a fraction of Ethereum's entire staked ETH supply.

The tradeoff is correlated risk. A restaker who validates ten AVSs is exposed to ten separate slashing conditions. If multiple AVSs slash simultaneously — whether due to bugs, misconfiguration, or coordinated attacks — the same ETH backing all of them could be destroyed at once. This systemic exposure is fundamentally different from single-protocol staking.

Liquid Restaking and Protocol Complexity

A secondary market of liquid restaking token (LRT) protocols has emerged on top of EigenLayer. Platforms such as EtherFi, Renzo, and Kelp DAO accept ETH, stake it through EigenLayer, and issue tradeable receipt tokens. This mirrors how Lido and Rocket Pool work for base-layer staking, but adds another layer of smart contract dependency and counterparty risk.

The Ethereum research community continues to debate whether widespread restaking could introduce systemic risk to the base layer itself. If EigenLayer's slashing conditions ever triggered conditions that threatened a large share of Ethereum validators, the social pressure to bail them out could undermine Ethereum's own credibility as a neutral settlement layer. EigenLayer's roadmap includes a decentralized slashing veto mechanism intended to mitigate this scenario.

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BIP39 WORD SEQUENCES

The following pages list 60 example seed phrases assembled from the 2048-word BIP39 dictionary.

- work song tide grass admit pipe light dumb diamond juice taxi place
- private eight spoil rich goddess elite giant crumble myth aisle shine carpet
- dial virtual item doctor hospital trend cruise tunnel insane nominee injury involve

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BIP39 WORD SEQUENCES

- sausage consider ritual spatial tower monitor hundred large essence space start useless
- mean year debris deal deer inquiry vast famous coil source cover economy
- cross current corn hidden faith jelly mosquito story soccer wrong local wrong
- echo win galaxy math fatigue worry oyster athlete kiss learn hole sound
- ladder girl field disease shadow identify mixture kidney manual strong eternal disorder
- grocery ethics bonus idea unknown century moon hint basic buyer problem also
- forget chair silk install margin fever concert three cheap melody edge shaft
- yard rocket tide unfold advance loan medal discover measure slab better public
- family chunk tribe merit shop enforce fade foot soon display join over
- double story end other vacuum range appear captain cactus powder afford sadness
- minor quit century flip cupboard cabin must lizard barrel iron deal coach
- sock sustain rib clip juice permit camera floor high figure side appear
- crucial public scrap dress sniff oval cushion knife hybrid faculty spatial effort
- favorite divide poet such coyote stone ketchup pulp gate usage host drift
- limit someone unique myth breeze north idea blind trial vanish wall lunar
- short moral help sister mother undo truth regret office index fiscal shallow
- label million ghost debris pear ritual long size faith filter tourist cram
- return vapor hawk midnight remove kitchen rubber timber update visit easy consider
- swamp escape frame suffer identify reopen shy friend penalty when maze chef
- kick left salon change unlock kick panic check spread gossip monkey swear
- merge hub fury labor section doll circle rare tiny nest food happy
- dizzy reduce indicate move climb actress device upon rotate indicate cliff motor
- arm blanket elbow electric rally drama sleep fall floor excuse place subway
- bless differ any wish great illness boss rice lyrics glass fiber buffalo
- pluck yellow tilt faith exact cheap huge donkey peasant figure monitor cook
- fragile also polar wedding loyal asthma black relief negative problem trim slim
- pig soft tape away excess announce spike typical coast own obey violin
- mammal glad castle image cannon rival jacket fox load abstract aunt dinner
- fetch cliff garbage eagle chat gas affair wet explain oppose country kiss
- salad business lucky cash saddle two mountain ozone jelly pizza arctic okay
- thought betray web wine mistake size pink frame reopen pudding destroy effort

BIP39 WORD SEQUENCES

- bitter bullet purity feel weird gossip harvest rain goat brass legal toddler
- grow laptop stage lava adapt ramp coast moral lift color club twelve
- school ill auto anger river unlock view cinnamon digital belt unlock ability
- lounge domain often wedding salad spare height winter arrow muffin argue metal
- easy choice ride alpha doll endless parade robot chicken alarm lion stadium
- quick ignore awful hen minimum barrel wreck wisdom adapt plunge what genuine
- oblige goat melt cup fish destroy deliver aisle flag orbit tip example
- sugar bundle wrestle sister fog album cable cabbage retreat note tissue enjoy
- drive weapon there cupboard charge glare visa bar act task loud portion
- guilt tragic siege used useless door husband grow group shiver cost game
- animal wolf night siege lend slush two carpet garment evoke offer alley
- admit game blade action duck prefer donor shed ancient tip knee toast
- fan wide joy hawk buffalo side sound shoe artist yellow radio matter
- move rabbit happy genre alter away consider prosper spare surprise cat advance
- picture stumble alcohol good point easily essay loyal educate shop view flat
- alien pencil edit bunker trophy wheat birth rhythm lamp rose lizard field
- tent fix luxury decide orange inject wall display jungle friend hollow balcony
- sunset document mechanic blossom output tackle material twice example certain magnet shoot
- boil prison fetch length gown hold federal depth inflict speak admit curve
- ivory bronze hold blouse scale coyote soft merit whip hello violin way
- bench prison budget say execute magnet raven second state focus beauty advance
- panther level pistol clay lyrics mouse merit unlock ordinary coconut jazz huge
- shock country cram tackle discover purpose cruise swap dream enroll gauge tape
- doctor unveil file seek couch odor plug check gadget sing century brick
- stairs stage promote fork pink captain own album ladder exhibit journey february
- round cruel addict start afford begin common afraid bacon inner science limb

SEE ALSO

- Restaking and EigenLayer Shared Security: Unlocking Modular Blockchain Innovation — BIP39 Seed Phrases (May 31, 2026) (2026-05-31)
- Restaking and EigenLayer: How Shared Security Works — BIP39 Seed Phrases (August 24, 2026) (2026-08-24)
- How Whale Movements Affect Crypto Prices — BIP39 Seed Phrases (June 24, 2026) (2026-06-24)
- The Rise of Play-to-Earn Crypto Games: Revolutionizing Digital Entertainment — BIP39 Seed Phrases (April 13, 2026) (2026-04-13)

Educational examples only. Randomly generated, not valid wallet phrases - never use them to store funds. Details: bip39-phrases.com/security/

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