

## WAY OF MINDFULNESS: MONASTIC TRADITION

This tradition of monastic pursuit is uncommon in Legendaria, let alone in other parts of the multiverse. Even in Mingalarbar, the pursuit is uncommon because of the rigor and isolation it requires of the Acolyte. Monks must commit earlier to this tradition than is typical: choosing it upon reaching the 1<sup>st</sup> level.

Monks of the Way of Mindfulness are the ultimate masters of mind over matter, and often choose to minimize the martial arts in favor of more subtle forms of combat. They learn techniques to influence their opponents, manipulate Ki to heal their own minds and bodies, and practice medication of the most sublime nature to protect themselves from physical and psychic harm. As they progress in their abilities, they are able to extend those protections to those around them.

Those who practice the Way of Mindfulness are known in Legendaria as Monists.

### PRACTICING MINDFUL TECHNIQUES

Practicing these techniques is not dis-similar from the spellcasting associated with some of the other monastic disciplines.

To practice any of these techniques, you use **double its casting time**, but don't need to provide any material components for any of them. Unlike other disciplines, you also learn Breath of Air at the first level.

Learning Mindful techniques are not without challenge. While the Monist is able to cast *Breath of Air* at the first level, the Monist struggles to gain control over their own mind. As a result, the player rolls a **chaos die** along with every **D20** roll. The roll is reflects the initial chaotic nature of mindfulness. The results are as follows; a **D6** can be substituted:

**+1, +2, +3, -1, -2, -3**

### OPEN MIND (MINDFULNESS) TECHNIQUES

Mindfulness disciplines are presented alphabetically. Those requiring a level, are noted.

Attunement of Mind and Soul. (Level 17) There is no higher incantation for someone who practices the Way of Mindfulness, and this is reflected in the 17 Ki Points required. Attunement of Mind and Soul are the equivalent of Astral

Projection except that the caster's body—along with those of willing creatures—do not leave their bodies behind. Instead, they disappear—so that there is no risk of any harm coming to any corporeal bodies impacted by Astral Projection.

Breath of Air. (Level 1) You are able to Spare the Dying, targeting any creature or member of your party. At advanced levels (Level 17) this can be transformed into Gentle Repose.

Eye of Seeing. (Level 4) Equivalent to Detect Evil and Good, requiring 4 Ki points.

Hand of Fairness and Peace. (Level 6) The Acolyte is able to cast Remove Curse, requiring 6 Ki points.

Mindful Meditation. (Level 6) The monist can cast the equivalent of Suggestion. Doing so expends 6 Ki points.

Purposeful Soul. (Level 17) One of the most powerful of the incantations for those who practice Way of Mindfulness: the monist can cast the equivalent of True Resurrection. Much like the spell, the creature restored to life must have a soul that is free and willing, and also willing to commit its life to the Way of Mindfulness itself. Practicing Mindful Meditation is a significant undertaking, requiring a full 17 Ki points.

Rising Sun Blessing. (Level 6) As an area effect for all creatures within a 10' radius, can create peaceful meditation the equivalent of a short rest—but in a 1-hour meditation. Requires 6 Ki Points.

Rush of Spirit. (Level 17) Similar to Rising Sun Blessing, Rush of Spirit extends for all creatures within a 10' radius, but as an advanced meditation, bestows the equivalent of a long rest over a 1-hour meditation. Requires 17 Ki Points.

### CASTING MINDFUL SPELLS

As with other ways of practice, monks practicing the Way of Mindfulness, are able to learn how to harness their mind and cast spells. Monks do not need components to cast these spells, though they will have a sacred totem that is bestowed upon them through a vision with Xan Yae in which the monist will attune with the totem. When the vision has ended, a physical representation of the totem will appear to the monist. The totem must be protected at all cost: if it is destroyed, the monist will be unable to cast

any mindful spells and immediately and permanently banned from their monastery.

Possible totems, and their powers include:

1d8	Totem	Power
1	Griffon Feather	+1 Ki
2	Grey Pearl	+1 Language
3	Black Pearl	+1 Proficiency*
4	White Pearl	+1 AC
5	Small Dragon Bone	+1 Damage**
6	Dragon Turtle Dust	+1 Persuasion
7	Owl Beak Dust	+1 Investigation
8	Basilisk Horn Dust	+1 Medicine

\* Additional proficiency in a skill of the monist's choosing.

\*\* Only to creatures of evil alignment



#### Monastic Order of Mingalarbar

Much like other monastic orders, this one is associated with the deity Mingalarbar. She teaches the value of mental and spiritual discipline above all else. In Legendaria, the order of Mingalarbar is dedicated to maintaining peace and balance in thought and emotion. Monasteries and temples are isolated in one region—most of them abandoned over centuries of neglect and lack of acolytes who could manage the rigors of the practice associated with this order.

The central monastery is led by an elderly monk named Brinton. He emphasizes that his Acolytes follow a rigorous life of meditation and scholarship in perfect concert with the natural and spiritual worlds.

While Mingalarbar is the primary deity, many Acolytes study the lives and teaching of Xan Yae—a goddess devoted to twilight and the superiority of mind over matter.

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