	Mo	onk Base L	ist 3.6.1	150	
	E.S.	BODY RE	EINS		
Lvl	Spell	Area of Effect	Duration	Range	Туре
1)	Balance *	caster	1 minute	self	U
2)	Contractions	caster	C	self	Ü
3)	Concentration II *	caster	1 round	self	U
4)	Unpain I *	caster	1 min/lvl	self	Us
5)	Face Shifting	caster	10 min/lvl	self	U
	W-100-00 10-000		H-100-11	V-40-N	
6)	Waterlungs	caster	1 min/lvl	self	U
7)	Concentration III *	caster	1 round	self	U
8)	Strength II *	caster	1 rnd/lvl	self	U
9)	Unpain II *	caster	1 min/lvl	self	Us
10)	Body Shifting	caster	10 min/lvl	self	U
	-		Name of Street	-	10.0
11)	ConcentrationIV *	caster	1 round	self	U
12)	Strength III *	caster	1 rnd/lvl	self	U
13)	Awake *	caster	_	self	Us
14)	Gaslungs	caster	10 min/lvl	self	U
15)	Unpain III *	caster	1 min/lvl	self	Us
	-		en ordere	-	- 3
16)	Concentration V *	caster	1 round	self	U
17)	Monk's Sleep	caster	varies	self	U
18)	Unpain IV *	caster	1 min/lvl	self	Us
19)	Meditative Sleep	caster	varies	self	U
20)	Self Keeping *	caster	varies	self	Us
10	Common Common	-	es week	-	- 6
25)	Monk's Sleep True	caster	varies	self	U
30)	Strength IV *	caster	1 rnd/lvl	self	U
50)	Unpain True *	caster	1 min/lvl	self	Us

- **1. Balance** Adds +50 to any rolls for any maneuvers performed at a walking pace (e.g., walking a 3" beam).
- **2. Contractions** Allows the caster to slightly alter his muscles, limbs, and torso. This facilitates escaping from bonds and small places. Gives a +25 to +50 bonus to maneuvers utilizing Contortion skill.
- **3. Concentration II** Adds +20 to any one maneuver. No other action can be performed the round this maneuver is resolved.
- **4. Unpain I** Caster is able to sustain an additional 25% of his total concussion hits before passing out, hits are still taken and remain when the spell lapses.
- **5. Face Shifting** Allows caster to alter form of his face to resemble someone else. This spell do not allow an exact replica of a specific person, i.e the caster may look like a Noldo, but not the Noldor King.
- **6. Waterlungs** Caster can breathe water but not air for the duration of this spell.
- **7. Concentration III** As *Concentration I*, except bonus is 30
- **8. Strength II** In melee, the caster does double normal concussion hits **and** gain a +10 bonus to his attacks.
- **9. Unpain II** As *Unpain I*, except 50% additional hits may be sustained.
- **10. Body Shifting** As *Face Shifting*, except the form of the body can be altered slightly to the general shape and size of the desired humanoid race (must be within 25% of the caster's normal mass).
- **11. Concentration IV** As *Concentration I*, except bonus is 40
- **12. Strength III** As *Strength II*, except caster delivers triple concussion damage **and** gain +15 to his melee attacks.

- **13. Awake** Awakens the caster from any unnatural sleep (e.g., *Sleep* spell, sleeping drug, etc.). Caster takes one round to awaken.
- **14.** Gaslungs Caster can breathe any gas as if it were normal air.
- **15.** Unpain III As *Unpain I*, except 75% additional hits may be sustained.
- **16. Concentration V** As *Concentration I*, except bonus is 50
- **17. Monk's Sleep** This spell halves the normal amount of time needed for rest. For example, after a normal day, instead of needed only 8 hours of sleep, the caster will need only 4. This spell will remain in effect for the duration of the sleep.
- **18.** Unpain IV As *Unpain I*, except 100% additional hits may be sustained.
- **19. Meditative Sleep** During a normal sleep, the caster may make Perception rolls (that are not based upon sight), at no penalty.
- **20. Self Keeping** Upon receiving a death blow, the caster goes into a state of suspended animation, until he is cured or his brain is destroyed.
- **25. Monk's Sleep True** This spell will either work as *Monk's Sleep* and *Meditative Sleep* operating at the same time **or** caster may sleep a *Sleep of Unstress* making him immune to Stress criticals for the next 24 hours. The choice must be made before caster enters sleep and the *Sleep of Unstress* require a full 8 hour sleep period.
- **30. Strength IV** As *Strength II*, except caster delivers four times normal concussion damage **and** have a +20 bonus to all melee attacks for the duration.
- **50.** Unpain True As *Unpain I*, except caster ignores all pain. Thus, he ignores all penalties (i.e., negative modifiers to actions) due to wounds **and** his hit total is double his normal hits plus his constitution (on a 1-100 scale). When he exceeds this limit he does not pass out, he dies from system shock.