

A typical day for a priest begins with exercise, a meal, and meditation, repeating throughout the day. Depending on their path choice, they may emphasize one of these activities more than others, or avoid certain activities entirely. Some priests spend days at a time meditating, only pausing a few minutes each day for bread and water, while others eat raw meat every hour and spend the rest of their time lifting heavy stones to build strength.

Temples are usually sprawling complexes featuring rooms for prayer, sleep, and exercise, where Irori's faithful study and train night and day in an endless quest to achieve perfection and purify their ki, or life force. The temples are not generally open to the public, and visitors must wait outside lest their presence disturb the energy of those inside.

A temple's leader is the resident who is the closest to self-perfection, normally determined through collective meditation but sometimes through combat. In most cases, the leader is a guide rather than a tyrant, though some temples tend to be more aggressive and evil in their outlook. Irori's priests have no formal garb other than a long rope of braided hair tied in a loop and worn like a necklace. There is no specific requirement for the hair's origin; some use their own hair, while others use the hair of a mentor or an exotic creature.

Rituals in the temples usually involve a period of meditation or prayer, sometimes with a ritualized consumption of particular foods. Each path may require a different set of holidays; one espousing the invigorating power of sunlight might hold the summer solstice as a holiday, while one promoting the health aspects of raw grains might celebrate harvest day.

CHANNEL VIGOR

School transmutation; **Level** Clr 3 (Irori)

CASTING

Casting Time 1 standard action

Components V, S

EFFECT

Range personal

Target you

Duration 1 round/level

DESCRIPTION

You focus the energy of your mind, body, and spirit into a specific part of your being, granting you an exceptional ability to perform certain tasks. When you cast the spell, choose one of the following focus targets. You may change focus targets as a move action. You can only gain the benefit of one *channel vigor* spell at a time.

Mind: You gain a +4 competence bonus on Knowledge, Listen, Search, and Spot checks and ranged attack rolls.

Limbs: You gain the benefits of a *haste* spell.

Spirit: You gain a +6 competence bonus on Will saving throws and Bluff and Intimidate checks.

Torso: You gain a +6 competence bonus on Fortitude saving throws and Concentration checks.

His holy text is *Unbinding the Fetters*, a lengthy tome describing meditation, physical exercises, diet, and other methods to transcend the limitations of the mortal form. Clerics may prepare *astral projection* and *moment of prescience* as 8th-level spells, and *transformation* as a 6th-level spell. Monks may use quivering palm to render a target comatose (lasting until the target receives a *heal*, *restoration*, or *greater restoration* spell) rather than kill, chosen at the time the ability is activated. Monks may use their wholeness of body ability on a willing creature as a standard action; the monk must touch the target, and the target becomes fatigued from this aid.