



## Stormlight: The Ten Essences

#	Num	Gemstone	Essence	Body Focus	Soulcasting Properties	Divine Attributes
1	Jes	Sapphire	Zephyr	Inhalation	Translucent gas, air	Protecting, Leading
2	Nan	Smokestone	Vapor	Exhalation	Opaque gas, smoke, fog	Just, Confident[nb 1]
3	Chach	Ruby	Spark	The Soul	Fire	Brave, Obedient
4	Vev	Diamond	Lucentia	The Eyes	Quartz, glass, crystal	Loving, Healing
5	Palah	Emerald	Pulp	The Hair	Wood, plants, moss	Learned, Giving[nb 1]
6	Shash	Garnet	Blood	The Blood	Blood, all non-oil liquid	Creative, Honest
7	Betab	Zircon	Tallow	Oil	All kinds of oil	Wise, Careful
8	Kak	Amethyst	Foil	The Nails	Metal	Resolute, Builder
9	Tanat	Topaz	Talus	The Bone	Rock and stone	Dependable, Resourceful
10	Ishi	Heliodor	Sinew	Flesh	Meat, flesh	Pious, Guiding

from The Coppermind