Basic: The user may spend 30 seconds of Active Roleplay channeling their psionic energy, after which they may spend 10 Mind and make a Psionic Attack to call 'Psionic: Restore 10 Mind'. The user then takes 5 unavoidable Body damage from psychic feedback. An individual may only be targeted by this effect every 30 minutes, even if a different regalia is used.

this effect every 30 minutes, even if a different regalia is used. Free Radical: spend 20 Mind or 1 Resolve to instantly heal one of your own mangled limbs. Alternatively, spend 1 Resolve and take 30 seconds of Active Roleplay focusing your psionic energies to heal another character's mangled limb.