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| **Abilities** | **Summary** | **State** |
| Wound Regeneration I-II | Increased HP regen | DONE |
| Leg Muscles | Increased move speed | DONE |
| Elemental Combat I-II | Gives 4-8 elemental abilities | DONE |
| Toughness I-II | Increased toughness |  |
| Toughness III | Increased toughness | DONE |
| Ranged Explosion | Create explosion | WIP |
| Heal I | Heal self/others | DONE |
| Strong Force Field | Strong force field | DONE |
| Force Shield | Force field | DONE |
| Flight I-II | Be able to fly | DONE |
| Telekinetic Flight | Fly (better) |  |
| Pool | Create a 1x1 element pool | DONE |
| Wall | Create a 1x1 element wall | DONE |
| Blink | Short distance teleport | DONE |
| Ball | Shoot element ball | DONE |
| Beam | Shoot element beam | DONE |
| (Vine) | Plant variant of Beam ability | WIP |
| Shield | Create and hold element shield | DONE |
| Ghost Mode I | Toggleable ghost mode (phasing) | DONE |
| Ghost Mode II | Better ghost mode ^ |  |
| Punch | Punch | DONE |
| Sense Life | See Health bars on others | DONE |
| Sense Mana & Stamina | See Mana and Stamina bars | DONE |
| Sense Structure | See walls and pools |  |
| Sense Powers | ???? |  |
| Sense Parahumans | ???? |  |
| Sense Element | ???? |  |