

CELL  
ONE

NARMANALETH

elderly Kalashtar  
lawful good  
Level 20 shaman

**Pronouns:** he/him  
**Occupations:** Hermit  
**Armor Class** 13  
**Hit Points** 173 (TODO Hitdice)  
**Speed** 20.

STR	DEX	CON	INT	WIS	CHA
8 ( )	11	14	18	20	20

**Saving Throws** TODO Saving Throws  
**Skills** Herbalism and Potion Making  
**Proficiencies** TODO  
**Damage Immunities** TODO Damage Immunities  
**Condition Immunities** TODO Condition Immunities  
**Senses** TODO Senses  
**Languages** Common Quori Celestial ,  
**Adjectives** ,

**Special Abilities**

- Kalashtar Traits: Dual Mind Mental Discipline Mind Link Psychic Glamour Severed from Dreams | Totem Spirit: Raven Ironwood Skin Natural Explorer Spiritual Magic Spirit Sight Primal Protector Spiritual Connection Bounty of Life Spiritual Whisper Eternal Favor Spiritual Warrior | Sixth Sense Spiritual Possession Bridge Between Worlds Vengeful Spirits Grand Shaman Totem of Spirits | Path of the Spirit Spiritual Guide Ghost Touch Spiritual Focus Spirit Journey | Wild Talent Tower of Iron Will Metabolic Control Telepathic Telekinetic

**Special Equipment**

- Staff of the Woodlands.
- { "Statue of Wondrous Power" => "Silver Crow, Holy Symbol of Ravenkind." }

**Combat Tactics**

Due to his frailty, he will mostly use magic and psionics if he's forced to fight, but he mostly only fights on the astral plane

**Actions**

Shaman Spellcasting or Psionics | Staff

**Factions**

2500 x 3235  
↔ ↑  
Image Dummy

ROLEPLAYING

**Introduction**

In small clearing, a leathery old man tends a small pot over a fire. "The Spirits said you would come. Please sit"

**Appearance**

Heavily tanned and wrinkled with long gray hair. Loose-fitting animal hide armor and linen clothes and cloudy white eyes

**Expressions**

"The Spirits have spoken", "Your path is clear to me", "Il-Yannah surrounds you with its light"

**Mannerisms**

Needs staff to walk, very hunched and has tremors

**Motivations**

Helping the spirits carry out their wishes. Spreading the light of Il-Yannah. Fighting the Inspired

**Passions**

**Secrets**

He speaks to the spirits through his spirit and knows what they want. He's been fleeing the Dreaming Dark his whole lif

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## Expressions

<p><b>"The Spirits have spoken", "Your path is clear to me", "Il-Yannah surrounds you with its light"</b></p> <p><b>Mannerisms</b></p> <p><b>Needs staff to walk, very hunched and has tremors</b></p> <p><b>Motivations</b></p> <p><b>Helping the spirits carry out their wishes. Spreading the light of Il-Yannah. Fighting the Inspired</b></p> <p><b>Passions</b></p> <p><b>Secrets</b></p> <p><b>He speaks to the spirits through his spirit and knows what they want. He's been fleeing the Dreaming Dark his whole lif</b></p>	<p><b>bottom stats 2</b></p>
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