

Age: elderly  
Race: Kalashtar  
Pronouns: he/him  
Occupation:

- Hermit

Class: shaman  
Level: 20  
Alignment: lawful good  
Languages:

- Common
- Quori
- Celestial

Factions:

- [Monks of Adaran](#)

Adjectives:

Armour Class: 13  
Hit Points: 173  
Speed: 20

STR 8	DEX 11	CON 14	INT 18	WIS 20	CHA 20
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Saving Throws TODO Saving Throws

## Role-Playing

### Improv

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~~

### Acting

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

Vulnerabilities: He's a very old man. He occasionally experiences periods of madness due to his Quori soul

Skills:

- Herbalism and Potion Making

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 Attacks: Shaman Spellcasting or Psionics | Staff

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

Special Equipment:

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

## Story

After coming of age in Adar and seeing the threats posed by the Dreaming Dark and the Riedra, Narmanaleth fled out into the world to hide, fight back and follow

the path of a shaman. Using his Quori spirit to help him connect with other spirits of other realms, he became very adept and after years of practicing, very powerful in his chosen path. He speaks with and for the spirits. In addition to using his power to combat the forces of the Dreaming Dark on the astral plane, he will also seek out heroes and adventurers to help them find their path at the spirit's behest. He is very old and very tired now, his battle is almost done and he's looking for those who would follow in his footsteps to impart his knowledge. Like most of his kind, he has bouts of madness caused by his twin spirit, but they are much fewer and further between as he's gotten older.