

About Rites

Breath of Gaia (Minor Rite)

During this rite the Garou breathes deeply of Gaia breath (air) 13 times. While so breathing, the Garou clears her mind of all things save her love of Gaia.

-- System

The Garou must perform this rite at least once per day for one full cycle of the moon. So doing enables the Garou to lower by 2 the difficulty level of any one healing or detection roll.

Bone Rhythms (Minor Rite)

This rite is performed in homage of the Garou's totem spirit. Each spirit has a different rhythm connected to it, and the Garou taps out this rhythm with special drumsticks to honor her totem. Such "sticks" are traditionally made of bone, but can be fashioned from any material.

-- System

Any garou who performs this rite three times per day for at least three consecutive days gains an additional die to any roll while in the spirit Realms. Once this die is used, the Garou must rebuild the energies for additional three days before regaining the extra die.