

# THE PSIONIC HANDBOOK

A HOMEBREW SUPPLEMENT FOR D&D 5TH EDITION

VERSION 0.2

# PSIONICS

Psionics is a source of power that originates from within a creature's mind, allowing it to augment its physical abilities and affect the minds of others. Psionic abilities are called **psionic disciplines**, since each one consists of rigid mental exercises needed to place a creature in the correct mindset to wield psionic power.

A discipline offers a number of abilities, but some of them require additional energy and expertise to create their effects.

**Psionic talents** are akin to disciplines, but they require no psi energy and can be used at will. They are almost an innate part of the mystic.

Psionic talents and the effects offered by disciplines are known as **powers**.

In addition, a creature skilled in the use of psionics can exert its **psychic focus** on a psionic discipline. This effect allows a creature to gain a constant benefit from the discipline.

A creature that wields psionic power is referred to as a **psion**, just as a creature that uses magic is referred to as a spellcaster.

## OTHERWORLDLY POWER

Not every D&D world features psionic power to the same extent. Psionics indirectly originates from the Far Realm, a dimension outside the bounds of the known multiverse. The Far Realm has its own alien laws of physics and magic. When its influence extends to a world, the Far Realm invariably spawns horrific monsters and madness as it bends reality to its own rules.

As the laws of reality twist and turn, individual minds can be awakened to the cosmic underpinnings that dictate the form and nature of reality. The tumult caused by the Far Realm creates echoes that can disturb and awaken minds that would otherwise slumber. Such awakened creatures look on the world in the same way that creatures existing in three dimensions might look on a two-dimensional realm. They see possibilities, options, and connections that are unfathomable to those with a more limited view of reality.

In worlds that are relatively stable and hew close to the archetypal D&D setting presented in the core rulebooks, psionics is rare - or might not exist at all. The cosmic bindings that define the multiverse are strong in such places, making it unlikely that an individual mind can perceive the possibilities offered by psionics. Mystics in such worlds might be so scarce that a mystic never

meets another practitioner of the psionic arts. Characters might unlock their psionic potential by random chance, and ancient tomes, journals, and other accounts of mystics might serve as the only guide to mastering this form of power.

Psionics is more common in worlds where the bounds of reality have been twisted and warped. The realm of Athas in the Dark Sun campaign setting is the prime example of a world where psionics is common. The gods are absent, magic has been twisted into an ecological scourge, and the common threads that bind many worlds of D&D have been sundered. By contrast, the world of Eberron is a setting where the bounds of reality have been tested but not fully broken. Psionics is not as pervasive in Eberron as in Athas, but the influence of the otherworldly realm of Xoriat makes it a known and studied art.

## PSIONICS AND MAGIC

Psionics and magic are two distinct forces. In general, an effect that affects a spell has no effect on a psionic effect. There is one important exception to this rule. A psionic effect that reproduces a spell is treated as magic. A psionic effect reproduces a spell when it allows a psionic creature or character to cast a spell. In this case, psionic energy taps into magic and manipulates it to cast the spell.

For example, the mind flayer as presented in the *Monster Manual* has the Innate Spellcasting (Psionics) feature. This feature allows the mind flayer to cast a set of spells using psionic energy. These spells can be countered with *dispel magic* and similar effects.

## PSIONICS AND RAGE

Psionics, while not magic itself, is an extremely intricate and powerful force of the world. Due to this, it requires a vast amount of concentration and dedicated focus. Barbarians or creatures under a Rage effect cannot concentrate on a discipline or maintain psychic focus, regardless of mystic or psionic order features.

## THE MYSTIC

Level	Proficiency Bonus	Features	Talents Known	Disciplines Known	Psi Points	Psi Maximum
1	+2	Psionics, Mystic Order	1	2	4	2
2	+2	Mystical Recovery	1		6	
3	+2	Mystic Order feature	2	3	14	3
4	+2	Ability Score Improvement, Strength of Mind	2		17	
5	+3		2	3	27	3
6	+3	Mystic Order feature	2	4	32	5
7	+3		2	5	38	6
8	+3	Ability Score Improvement, Mystic Order feature	2		44	
9	+4		2	5	57	6
10	+4	Consumptive Power	3	6	64	7
11	+4		3	6	73	9
12	+4	Ability Score Improvement	3	7	73	9
13	+5		3	7	83	10
14	+5	Mystic Order feature	3	7	83	10
15	+5		3	8	94	11
16	+5	Ability Score Improvement	3	8	94	11
17	+6		4	8	107	13
18	+6	Mystic Order feature	4	9	114	13
19	+6	Ability Score Improvement	4	9	123	13
20	+6	Ingrained Thought	4	9	133	13

## MYSTIC

The striking fist or flashing sword pales beside a mystic's focused stare. Psionic powers arise from a regimen of strict mental discipline developed over months and years of self-scrutiny and subconscious discovery. Those who overcome their personal demons, fears, and other pitfalls of intense self-reflection learn to call upon an internal reservoir of psionic power.

Mystics depend on a continual study of their own minds to discover an ever wider range of mental powers. They meditate on memories and the nature of memory itself, debate with their own fragment personalities, and delve into the dark recesses of their minds' convoluted corridors. "Know thyself" is not just a saying for a mystic - it's the road to power.

## CREATING A MYSTIC

As you begin creating your mystic character, consider how he or she would be using their psionic power. Do you meditate every day doing complex thought processes to sharpen their mind, or do you tend to focus your mind and prowess during combat instead of in private? Perhaps you

show your mental ability off to others to make a point of how powerful you truly are.

Is your character afraid of losing their psionic power? How often do you make displays of your abilities - if at all? Were you born with the abilities of a mystic? Or did you awaken to them in a time of great need and mental focus? Perhaps you are from another plane or realm of existence? What led you to the adventuring life? Were you already an adventurer when you became a mystic? Maybe you were always a mystic and you recently found yourself bored of your own mental prowess - seeking a role in a group of people to enlighten.

## QUICK BUILD

You can make a mystic quickly by following these suggestions. First, Intelligence should be your highest ability score, as mystics tend to push the limits of mental ability. Make Constitution your next highest if you plan on being a part of the Order of the Awakened. Choose Strength as your next highest ability score if you plan on joining the Order of the Immortal. Secondly, choose the Sage or Hermit background.

A mystic draws on the power of psionics - the energy of the mind - to create powerful effects.

## CLASS FEATURES

As a mystic, you gain the following class features.

### HIT POINTS

**Hit Dice:** 1d8 per mystic level

**Hit Points at 1st Level:** 8 + your Constitution modifier

**Hit Points at Higher Levels:** 1d8 (or 5) + your Constitution modifier per mystic level after 1st

### PROFICIENCIES

**Armor:** Light armor, medium armor

**Weapons:** Simple weapons

**Tools:** None

**Saving Throws:** Intelligence, Wisdom

**Skills:** Choose two skills from Arcana, History, Insight, Medicine, Nature, Perception, and Religion

### EQUIPMENT

You start with the following equipment, in addition to the equipment granted by your background:

- (a) a spear, (b) a mace, or (c) greatsword (if proficient)
- (a) leather armor, (b) scale mail, or (c) chain mail (if proficient)
- (a) a light crossbow and 20 bolts or (b) any simple weapon
- (a) a scholar's pack or (b) an explorer's pack

## PSIONICS

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As a student of psionics, you can master and use psionic disciplines and talents.

## PSIONIC TALENTS

A psionic talent is a minor psionic effect you have mastered. At 1st level, you know one psionic talent of your choice (see the talent options later in this class description). You learn additional talents of your choice at higher levels, as shown in the Talents Known column of the Mystic table.

## PSIONIC DISCIPLINES

A psionic discipline is a rigid set of mental exercises that allows a mystic to manifest psionic power. Such disciplines are divided into two categories: lesser disciplines and greater disciplines. A mystic masters only a few disciplines at a time.

At 1st level, you know two lesser disciplines of your choice (see the discipline options later in this class description). You learn additional disciplines of your choice at higher levels, as shown in the Disciplines Known column of the Mystic table. You must be at least 5th level to learn a greater discipline.

In addition, whenever you gain a level in this class, you can replace one discipline you know with a different one of your choice. You can replace a lesser discipline with a greater discipline, but only if you are at least 5th level.

## PSI POINTS

You have an internal reservoir of energy that can be devoted to the psionic disciplines you know. This energy is represented by psi points. Each psionic discipline describes effects you can create with it by spending a certain number of psi points. A psionic talent requires no psi points.

The number of psi points you have is based on your mystic level, as shown in the Psi Points column of the Mystic table. The number shown for your level is your psi point maximum. Your psi point total returns to its maximum after you finish a long rest. The number of psi points you have can't go below 0 or over your maximum.

## PSI LIMIT

Though you have access to a potent amount of psionic energy, it takes training and practice to channel that energy. There is a limit on the number of psi points you can spend to activate a psionic discipline. The limit is based on your mystic level, as shown in the Psi Limit column of the Mystic table. For example, as a 3rd-level mystic, you can spend no more than 3 psi points on a discipline

each time you use it, no matter how many psi points you have.

Augments with a cost of 9 and higher are particularly taxing to use. You can use psi points to activate augments with a cost of 9, 10, 11, and 13 once per long rest.

## PSYCHIC FOCUS

You can focus psychic energy on one of your psionic disciplines to draw ongoing benefits from it. As a bonus action, you can choose one of your psionic disciplines and gain its psychic focus benefit, which is detailed in that discipline's description. The benefit lasts until you are incapacitated or until you use another bonus action to choose a psychic focus benefit. You can have only one psychic focus benefit at a time.

## PSIONIC ABILITY

Intelligence is your psionic ability for your psionic disciplines. You use your Intelligence modifier when setting the saving throw DC for a psionic discipline or when making an attack roll with one.

**Discipline save DC** = 8 + your proficiency bonus + your Intelligence modifier

**Discipline attack modifier** = your proficiency bonus + your Intelligence modifier

## MYSTIC ORDER

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At 1st level, you choose a Mystic Order: the Order of the Awakened or the Order of the Immortal, both detailed at the end of the class description. Each order specializes in a particular approach to psionics. Your order gives you features when you choose it at 1st level and additional features at 3rd, 6th, and 8th level.

## MYSTICAL RECOVERY

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Starting at 2nd level, you draw vigor from the psi energy you use to power psionic disciplines associated with your Mystic Order.

Once per turn when you spend psi points on a psionic discipline of your order, you regain hit points equal to your Intelligence modifier if your current hit point total equals half your hit point maximum or less.

## ABILITY SCORE IMPROVEMENT

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When you reach 4th level, and again at 8th level, you can increase one ability score of your choice by 2, or you can increase two ability scores of your choice by 1. As normal, you can't increase an ability score above 20 using this feature.

## STRENGTH OF MIND

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Even the simplest psionic techniques require a deep understanding of how psionic energy can augment mind and body. This understanding allows you to alter your defenses to better deal with threats.

Starting at 4th level, you can replace your proficiency in either Wisdom, Dexterity, or Constitution saving throws whenever you finish a short or long rest. To do so, choose Strength, Dexterity, Constitution, Wisdom, Intelligence, or Charisma. You gain proficiency in saves using that ability, instead of the first ability you chose. This change lasts until you finish your next short or long rest.

## CONSUMPTIVE POWER

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At 10th level, you gain the ability to sacrifice your health in exchange for psychic power. As a bonus action, you regain up to 1 psi points for each level you have in this class. For each point you choose to regain this way, your current hit points and hit point maximum are both reduced by 5. This reduction can't be lessened in any way.

Once you use this feature, you can't use it again until you finish a long rest, and the reduction to your hit point maximum lasts until you finish a long rest.

## INGRAINED THOUGHT

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By 20th level, you have gained absolute mastery over one of your disciplines. Choose one discipline that you know. You gain the psychic focus benefit of this discipline at all times.

## MYSTIC ORDERS

Psionics is a mysterious form of power within most D&D worlds. Secretive orders study its origins and applications, while pushing the boundaries of what psychic power can achieve.

Each mystic order pursues a specific goal for psionic power. That goal shapes how the members

of an order understand psionics and determines the disciplines they master.

## ORDER OF THE AWAKENED

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Mystics dedicated to the Order of the Awakened seek to unlock the full potential of the mind. By transcending the physical, the Awakened hope to attain a perfect state of being - focused on pure intellect and mental energy.

The Awakened are skilled at bending minds and unleashing devastating psychic attacks, and are able to read the secrets of the world through psionic energy. Awakened mystics who take to adventuring excel at unraveling mysteries, solving puzzles, and defeating monsters by turning them into unwilling pawns.

### MIND MASTERY

At 1st level, you gain the *mind meld* and *thought spear* psionic talents (these are in addition to the talents you gain in the Mystic table). If you already have either one, you can pick any other talent to replace it.

### AWAKENED EXPERTISE

Starting at 1st level, your focused mental training grants you extended knowledge. You gain proficiency in two skills of your choice.

In addition, choose one skill you are proficient in. Your proficiency bonus is doubled for any ability check you make that uses that skill.

### PSIONIC INVESTIGATION

At 3rd level, you can focus your mind to read the psionic imprint left on an object. If you hold an object and concentrate on it for 10 minutes (as if concentrating on a psionic discipline), you learn a few basic facts about it. You gain a mental image from the object's point of view, showing the last creature to hold the object, regardless of how long ago it was last handled.

You also learn of any events that have occurred within 20 feet of the object within the past 24 hours. The events you perceive unfold from the object's perspective. You see and hear such events as if you were there, but can't use other senses.

Additionally, you can embed an intangible psionic sensor within the object. For the next 24 hours, you can use an action to learn the object's location relative to you (its distance and direction) and to look at the object's surroundings from its

point of view as if you were there. This perception lasts until the start of your next turn.

### PSYCHIC SURGE

Starting at 6th level, you overload your psychic focus to batter down an opponent's defenses. You can impose disadvantage on a target's saving throw against a discipline or talent you use, but at the cost of using your psychic focus. Your focus immediately ends, and you can't use it again until you finish a short or long rest. You can't use this feature if you can't use your psychic focus.

### POTENT PSIONICS

At 8th level, you can add your Intelligence modifier to the damage you deal with any psionic talent.

### SHED BODY

At 14th level, you gain the ability to cast aside your body, briefly becoming a creature of pure thought. You can become incorporeal as a bonus action on your turn. This effect lasts until you dismiss it as a bonus action on your turn. While incorporeal, you can move through other creatures and objects as if they were difficult terrain, and you gain a flying speed equal to your current speed. You take 10 force damage if you end your turn inside an object or creature.

### MENTAL MASTERY

At 18th level, you have achieved such mastery over certain discipline augments that you can use them at will. Choose one effect with a psi point cost of 2 or lower, and one effect with a psi point cost of 3 or lower, from any awakened discipline you know. You can use those effects at their lowest cost without expending psi points. If you want to augment them beyond their minimum costs, you must expend psi points as normal.

By spending 8 hours in meditation, you can exchange one or both of the effects you chose for different effects.

## ORDER OF THE IMMORTAL

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The Order of the Immortal strives to achieve physical perfection by augmenting the body's natural strength with psychic power. This order's goal is for its members to achieve immortality by overcoming the effects of aging through rigorous discipline and psionic perfection. To members of

this order, psionic energy is a tool to augment, control, and perfect the physical body.

Members of this order who take up the adventuring life are skilled warriors. Their psionic abilities allow them to shrug off injuries and hazards, while focusing their strength and speed in combat.

### MARTIAL ORDER

At 1st level, you gain proficiency with martial weapons, heavy armor, and shields.

### PSIONIC RESILIENCE

At 3rd level, you learn to use psionic energy to speed up your natural healing. At the start of each of your turns, you gain temporary hit points equal to your Intelligence modifier, provided that you have at least 1 hit point.

### SURGE OF HEALTH

Starting at 6th level, you can draw on your psychic focus to escape death's grasp. As a reaction when you take damage, you can halve that damage against you. Your psychic focus immediately ends, and you can't use it again until you finish a short or long rest. You can't use this ability if you can't use your psychic focus.

### CUTTING RESONANCE

At 8th level, you gain the ability to infuse your weapon attacks with psychic energy. Once on each of your turns when you hit a creature with a weapon, you can deal an extra 1d8 psychic damage to the target. When you reach 14th level, this extra damage increases to 2d8.

### IMMORTAL AGE

At 14th level, you can manipulate time itself within the confines of your body. For every 20 years that pass, your body only ages 1 year.

### SPEED OF THOUGHT

Starting at 14th level, you fight through wounds that would fell most through sheer willpower alone. When you are reduced to 0 hit points but not killed outright, you can spend 5 psi points to drop to a number of hit points equal to your mystic level.

You can't use this feature again until you complete a long rest.

### MIND OVER BODY

Starting at 18th level, your Mystical Recovery feature now functions at all times, regardless of your current hit points.

In addition, you have become so adept at manipulating your form that you become virtually indestructible. As long as some portion of your body still exists, you will return to life as if affected by the *resurrection* spell one week after dying.

# PSIONIC DISCIPLINES

Psionic disciplines are the heart of a mystic's craft. They are the mental exercises and psychic formulae used to forge inner will into tangible effects.

Disciplines were each discovered by different orders and tend to reflect their creators' ethos and specialties. However, a mystic may learn any discipline regardless of its associated order.

## USING A DISCIPLINE

Each discipline has a number of ways you can use it, all contained in its description. The discipline specifies the type of action and number of psi points needed to use its effect options. It also details whether you must concentrate on its effects, how many targets it affects, what saving throws it requires, and so on.

You may only use each option from one of your disciplines once per turn, but may use different options normally.

The following sections go into more detail on using a discipline.

## PSYCHIC FOCUS

The Psychic Focus section of a discipline describes the benefit you gain when you choose that discipline for your psychic focus.

## EFFECT OPTIONS AND PSI POINTS

A discipline provides different options for how to use it with your psi points. Each effect option has a name, and the psi point cost of that option appears in parentheses after its name. You must spend that number of psi points to use that option, while abiding by your psi limit. If you don't have enough psi points left, or the cost is above your psi limit, you can't use the option.

Some options show a range of psi points, rather than a specific cost. To use that option, you must spend a number of points within that point range, still abiding by your psi limit.

Each option notes specific information about its effect, including the action required to use it (if any), its range, and whether it requires concentration. If an option doesn't state that it is used as an action, a bonus action, or a reaction, using it requires no action.

## COMPONENTS

Disciplines don't require the components that many spells require. Using a discipline requires no spoken words, gestures, or materials. The power of psionics comes from the mind.

## DURATION

An option in a discipline specifies how long its effect lasts.

**Instantaneous.** If no duration is specified, the effect of an option is instantaneous.

**Concentration.** Some effect options require concentration. This requirement is noted with a "C" after the option's psi point cost.

Concentrating on a discipline follows the same rules as concentrating on a spell. This rule means you can't concentrate on a spell and a discipline at the same time, nor can you concentrate on two disciplines at the same time.

## TARGETS AND AREAS OF EFFECT

Psionic disciplines use the same rules as spells for determining targets and areas of effect. See chapter 10, "Spellcasting," of the *Player's Handbook*.

## SAVING THROWS AND ATTACK ROLLS

If a discipline requires a saving throw, it specifies the type of save and the results of a successful or failed saving throw. The DC is determined by your psionic ability.

Some disciplines require you to make an attack roll to determine whether the discipline's effect hits its target. The attack roll uses your psionic ability.

## COMBINING PSIONIC EFFECTS

The effects of different psionic disciplines add together while the durations of those disciplines overlap. Likewise, different options from a single psionic discipline combine if they are active at the same time. However, a specific option from a psionic discipline doesn't combine with itself if that option is used multiple times. Instead, the most potent effect - usually dependent on how many psi points were used to create the effect - applies while the durations of the effects overlap.



Psionics and magic are separate effects, and therefore their benefits and drawbacks overlap. A psionic effect that reproduces a spell is an exception to this rule (see “Psionics and Magic” earlier, as well as “Combining Magical Effects” in chapter 10, “Spellcasting,” of the *Player’s Handbook*).

## DISCIPLINE DESCRIPTIONS

The following disciplines are presented in alphabetical order.

### PSIONIC DISCIPLINES

Discipline	Rank	Order
Adaptive Body	Greater	Immortal
Alter Perceptions	Lesser	Awakened
Aspect of the Beast	Lesser	Immortal
Body of Wind	Greater	Immortal
Celerity	Lesser	Immortal
Conquering Mind	Lesser	Awakened
Displacement	Lesser	Immortal
Force Bulwark	Lesser	Immortal
Intellect Fortress	Lesser	Awakened
Iron Durability	Lesser	Immortal
Metacreativity	Greater	Awakened
Metamorphosis	Greater	Immortal
Metapsionics	Greater	Awakened
Mind Over Emotion	Greater	Awakened
Mind Vault	Lesser	Awakened
Psionic Restoration	Lesser	Awakened
Psionic Weapon	Lesser	Immortal
Psychokinesis	Lesser	Awakened
Telekinetics	Lesser	Awakened
Third Eye	Lesser	Awakened
Wrathful Assault	Greater	Immortal

### ADAPTIVE BODY

*Greater discipline (Immortal)*

You can alter your body to withstand punishing environments.

**Psychic Focus.** While focused on this discipline, you don’t need to eat, sleep, or breathe.

**Energy Adaptation (5, C).** As an action, you touch a creature and give it resistance to acid, cold, fire, lightning, or thunder damage for up to 1 hour.

**Energy Immunity (7, C).** As an action, you touch a creature and give it immunity to acid, cold, fire, lightning, or thunder damage for up to 1 hour.

### ALTER PERCEPTIONS

*Lesser discipline (Awakened)*

By channeling psionic power, you gain the ability to substitute a creature’s perceptions of the world with images you choose.

**Psychic Focus.** While focusing on this discipline, you can use your action to touch a willing humanoid and allow it to perceive through your senses until the end of your next turn. As long as the creature is on the same plane of existence as you, you can use your action on subsequent turns to maintain this connection, extending the duration until the end of your next turn.

While perceiving through your senses, the other creature benefits from any special senses possessed by you, and they are blinded and deafened to their own surroundings.

**False Image (2).** As an action, you cast the *silent image* spell.

**Telepathic Projection (3).** As an action, you cast the *calm emotions* spell.

**Cloud Mind (5).** As an action, you cloak your presence from the mind of a creature. One creature of your choice within 60 feet must succeed on a Charisma saving throw or be unable to detect you. For 1 minute, as long as you are concentrating on this discipline, you are considered invisible and inaudible to the creature. It cannot detect you by any means, except truesight.

This power ends immediately if you attack, manifest a power, or cast a spell.

**Incite Terror (5).** As an action, you cast the *fear* spell.

**Psychosis (6).** As an action, you cast the *confusion* spell.

**Vision of Death (10).** You force your enemies to perceive their own death. As an action, choose any number of creatures you can see within 30 feet. Each creature must make a Charisma saving throw. On a failed save, a creature is slain instantly if it has 20 hit points or fewer. Otherwise, it takes 6d10 psychic damage.

**Microcosm (13).** You warp the consciousness and senses of a creature, sending it into a catatonic state, where its senses are all completely fabricated from within its own mind.

As an action, choose a creature within 60 feet. The target must make a Wisdom saving throw. On a failure, it permanently falls unconscious, unable to perceive anything beyond its own delusions.

A creature with more than 100 hit points is immune to this effect.

Manifesting this power on a creature again turns its sensory pathways outward once more, freeing it from the effect. Otherwise, only very potent effects such as greater restoration, heal, or wish can restore the creature to normal.

## ASPECT OF THE BEAST

### *Lesser discipline (Immortal)*

You call forth the aggressive nature of the beast inherent in yourself, enhancing your combat prowess and your ability to hunt your foes.

**Psychic Focus.** While focusing on this discipline, you cause your skin and equipment to take on the color and texture of nearby objects, including floors and walls. You have advantage on Dexterity (Stealth) checks made to hide.

**Vigor (1-7).** As an action, you gain 3 temporary hit points for each psi point spent for 1 hour.

**Expansion (3).** As an action, you cast the enlarge spell on yourself, and may continue concentrating on this discipline at the same time.

**Thicken Skin (5, C).** As an action, you cause your skin to thicken into armor. For 1 hour, your AC can't be less than 13 + your Constitution modifier, regardless of what kind of armor you are wearing.

**Form of Doom (13).** As an action, you wrench from your subconscious a terrifying visage of deadly hunger and become one with it. You are transformed into a nightmarish being, complete with an ooze-sleek skin coating, lashing tentacles, and a frightening countenance. The form lasts for 1 minute, and grants the following benefits:

- Each hostile creature that starts its turn within 60 feet of you must succeed on a Wisdom saving throw or be frightened until the form ends. A creature that succeeds this saving throw is immune to the fear effect for 24 hours.
- As long as you are wearing no armor and not wielding a shield, your AC can't be less than 13 + your Constitution modifier, regardless of what kind of armor you are wearing.
- A nest of violently flailing black tentacles sprout from your back. When you take the Attack action on your turn, you can make two additional attacks with your tentacles. Each tentacle is considered a melee finesse weapon with a reach of 10 feet, and deals 2d8 bludgeoning damage on a hit.

## BODY OF WIND

### *Greater discipline (Immortal)*

You and your possessions take on a gaseous quality, allowing you to move like a howling gale, squeeze through small spaces, and escape danger. You move with the lightest steps using this discipline.

**Psychic Focus.** While focused on this discipline, you take no falling damage and ignore difficult terrain.

**Wind Step (1-7).** As you move, you can fly up to 20 feet for each psi point you spend. You must land at the end of this movement, otherwise you fall, unless you have some means of staying aloft.

**Wind Form (5, C).** As an action, you gain a flying speed of 60 feet for 10 minutes.

**Misty Form (7, C).** As an action, your body becomes mist-like. In this form, you gain resistance to bludgeoning, piercing, and slashing damage. You can pass through openings that are no more than an inch wide. The only actions you can take in this form are the Dash action, or to revert to your normal form. This benefit lasts for up to 1 hour.

## CELERITY

### *Lesser discipline (Immortal)*

You channel psionic power into your body, honing your reflexes and agility to an incredible degree. In your eyes, the world seems to slow down while you continue to move as normal.

**Psychic Focus.** While focused on this discipline, your speed increases by 5 feet, and you have advantage on initiative checks. If you are surprised, you can spend 1 psi point to no longer be surprised.

**Seize the Initiative (1-5).** When you roll initiative, you can use your reaction to give yourself or one creature you can see within 60 feet of you a +2 bonus to initiative for each psi point you spend.

**Surge of Speed (2).** As a bonus action, you increase your speed by 30 feet until the end of your turn. In addition, you don't provoke opportunity attacks this turn.

**Surge of Action (5).** As a bonus action, you can gain an additional action this turn. That action can be used only to take the Attack (one attack only), Dash, Disengage, Hide, or Use an Object action.

**Bladestorm (6).** As an action, you can make a melee attack against any number of creatures

within 5 feet of you, with a separate attack roll for each target.

**Honed Reflexes (7).** As a reaction, you can reroll a Dexterity saving throw that you fail. If you do so, you must use the new roll.

**Rapid Assault (10).** As a bonus action, you can attack two additional times the next time you take the attack action on your turn.

## CONQUERING MIND

### *Lesser discipline (Awakened)*

By channeling psionic power, you gain the ability to control other creatures by substituting your will for their own.

**Psychic Focus.** While focused on this discipline, you gain proficiency in one of the following skills of your choice: Deception, Intimidation, Performance, or Persuasion. You can change the chosen skill each time you apply your focus to this discipline.

**Exacting Query (2).** As an action, you target a creature that you can see within 120 feet of you. The target must make an Intelligence saving throw (it succeeds automatically if it is immune to being charmed). On a failed save, the target truthfully answers one brief question you ask it as part of this action, provided that it understands the question. On a successful save, the target is unaffected, and you can't use this ability on it again until you finish a long rest.

**Occluded Mind (2).** As an action, you target a creature that you can see within 120 feet of you. The target must make an Intelligence saving throw (it succeeds automatically if it is immune to being charmed). On a failed save, the target believes one statement of your choice for the next 5 minutes, provided that it understands the statement. The statement can be up to ten words long, and must describe you or a creature or object the target can see. If the statement is obviously harmful (such as "bathing in lava will heal you"), the creature is unaffected. On a successful save, the target is unaffected, and you can't use this ability on it again until you finish a long rest.

**Broken Will (5).** As an action, you target a creature that you can see within 120 feet of you. The target must make an Intelligence saving throw. On a failed save, the target is charmed until the end of its next turn, during which you choose its movement and action. On a successful save, the target is unaffected, and you can't use this ability on that creature again until you finish a long rest.

**Psychic Grip (7, C).** As an action, you target a creature you can see. The target must make an

Intelligence saving throw. On a failed save, you overload the creature with psychic energy. The target is paralyzed for 1 minute, but at the end of each of its turns it can make another Intelligence saving throw. On a success, this effect ends. On a failure, you can use your reaction to force the target to move up to half its speed, despite being paralyzed.

**Alter Memory (7+).** As an action, you cast the *modify memory* spell.

You may spend additional psi points to alter memories further within the creature's past: 7 days ago (9 psi points), 30 days ago (10 psi points), 1 year ago (11 psi points), or any time in the creature's past (13 psi points).

**Enthrall (10).** As an action, you touch an incapacitated humanoid. The subject must succeed on a Wisdom saving throw or be charmed by you for 24 hours, or until a remove curse spell is cast on it, the charmed condition is removed from it, or you use this power again. On a success, the creature resists your attempts to control it, and you cannot use this ability on that creature again until you finish a long rest.

You can communicate telepathically with the charmed creature as long as the two of you are on the same plane of existence.

**Mindkiller (13).** You snuff out the very mind of a foe, slaying it with overwhelming will. As an action, choose a creature within 60 feet. If the creature you choose has 100 hit points or fewer, it dies. Otherwise, this power has no effect.

## DISPLACEMENT

### *Lesser discipline (Immortal)*

Using your psionic power to influence time and space, you make yourself into a harder target.

**Psychic Focus.** While focusing on this discipline, ranged attacks against you have disadvantage.

**Illusory Self (2, C).** As an action, you create a perfect illusion of yourself that lasts for 1 minute. The illusion shares a space with you at all times.

Each time a creature targets you with an attack during the power's duration, roll a d20 to determine whether the attack instead targets your duplicate instead. You must roll an 11 or higher to change the attack's target to your duplicate.

Your duplicate's AC equals 10 + your Dexterity modifier. If an attack hits your duplicate, it is destroyed. Your duplicate can be destroyed only by an attack that hits it. It ignores all other damage

and effects. This power ends when the duplicate is destroyed.

A creature is unaffected by this power if it can't see, if it relies on sense other than sight, such as blindsight, or if it can perceive illusions as false, as with truesight.

**Dimension Slide (3+).** As a bonus action, you teleport up to 30 feet to an unoccupied space that you can see.

For each additional psi point spent, the distance increases by 15 feet.

**Blink (5).** As an action, you cast the *blink* spell.

**Fold Space (6).** As an action, you cast the *dimension door* spell.

**Vanishing Strike (7).** As an action, make a melee weapon attack against a creature. After the attack, you bend the light around you, becoming invisible, and teleport up to 30 feet to a point you can see. You remain invisible for up to 1 minute, or until you attack, cast a spell, or use a discipline.

**Reposition (9).** As an action, you may teleport up to 8 willing creatures within 90 feet to other locations within range.

If you spend an additional 2 psi points, you may target unwilling creatures as well. Each unwilling creature must succeed on a Wisdom saving throw or be teleported.

**Psychoport (10).** As an action, you cast the *teleport* spell.

## FORCE BULWARK

### *Lesser discipline (Immortal)*

Through sheer force of will, you create a shield of psionic energy, or imbue a shield that you are currently using, allowing psychic energy to course through the shield and enhance your combat prowess.

**Psychic Focus.** While focusing on this discipline, you create shield made of pure psionic energy. It has the same stats as a normal shield, and you are proficient with it. You must wield the shield to use any of the following augments.

**Telekinetic Push (1).** Whenever you are missed by a melee attack, you can use your reaction to attempt to shove the creature.

**Shield Slam (1-5).** As a bonus action, you can spend up to 5 psi points to make a melee discipline attack with your shield that deals 1d4 + psi points spent as bludgeoning damage.

**Psionic Protection (5).** Whenever an ally within 30 feet of you is attacked and you are wearing a shield, you can throw your shield as a reaction to

impose disadvantage on the attack roll before it hits or misses.

**Absorb Magic (10).** As a reaction to being affected by a spell of 7th level or lower, you can activate this effect as a reaction to suffer no effects from the spell.

## INTELLECT FORTRESS

### *Lesser discipline (Awakened)*

You forge an indomitable wall of psionic energy around your mind and body - one that allows you to launch reflexive counterattacks against your opponents.

**Psychic Focus.** While focused on this discipline, you gain resistance to psychic damage.

**Psychic Backlash (1).** As a reaction, you can impose disadvantage on one attack roll made against you if you can see the attacker. If the attack still hits you, the attacker takes psychic damage equal to half your mystic level (rounded up).

**Psychic Parry (1-3).** As a reaction when you make an Intelligence, a Wisdom, or a Charisma saving throw, you gain a +2 bonus to that saving throw for each psi point you spend. You can use this ability after rolling the die but before applying the result.

**Psychic Redoubt (5, C).** As an action, you create a field of protective psychic energy. For the next 10 minutes, you and creatures of your choice gain the following benefits while within 30 feet of you: resistance to psychic damage and advantage on Intelligence, Wisdom, and Charisma saving throws.

**Kinetic Buffer (5).** As an action, you form a buffer of kinetic energy around yourself. You gain 20 temporary hit points for 1 hour. If a creature hits you with a melee attack while you have these hit points, the creature takes 10 psychic damage.

**Indomitable Will (7).** As a reaction, you can reroll a Wisdom saving throw that you fail. If you do so, you must use the new roll.

**Psy Shield (13).** As an action, you create a thin veil of psychic energy that shields you from harm for 8 hours, and emits bright light in a 10-foot radius and dim light for an additional 10 feet.

The veil grants you immunity to psychic damage, and increases your AC by 2.

In addition, whenever a creature within 5 feet of you hits you with an attack, the veil erupts with psychic feedback. The attacker takes 3d8 psychic damage.

You can temporarily dismiss and recall the shield as a bonus action.

## IRON DURABILITY

### *Lesser discipline (Immortal)*

This discipline grants you unmatched toughness and resilience on the battlefield.

**Psychic Focus.** While focused on this discipline, you gain a +1 bonus to AC.

**Psionic Recovery (2).** As an action, you can spend up to two Hit Dice. Roll each die, add your Constitution modifier to it, and regain hit points equal to the total.

**Iron Hide (1-3).** As a reaction when you are attacked, you gain a +2 bonus to AC for each psi point you spend. You spend these points after learning the attack's result but before applying its effects.

**Shrug Off (7).** As a reaction, you can reroll a Constitution saving throw that you fail. If you do so, you must use the new roll.

**Body of Iron (11).** As an action, you transform your body into living iron for 10 minutes, or until you stop concentrating on this discipline. For the duration, you gain the following benefits:

- You gain resistance to bludgeoning, piercing, and slashing damage from nonmagical weapons.
- You are immune to the blinded, deafened, poisoned, and stunned conditions.
- You cannot drown.
- You gain resistance to acid and fire damage.
- Your weight is multiplied by 10, causing you to sink in water like a stone.
- You gain advantage on melee weapon attack rolls using Strength, and your attacks deal an additional 1d4 damage.

**Timeless Body (13).** As an action, you remove yourself from time. Until the start of your next turn, you are invulnerable to all damage and effects. You cannot move or act in any way during this time.

## METACREATIVITY

### *Greater discipline (Awakened)*

Your mental prowess allows you to shape and alter reality.

**Psychic Focus.** While focused on this discipline, you can use your action to conjure up an inanimate object in your hand or on the ground in an unoccupied space that you can see within 10 feet of you. This object can be no larger than 3 feet on a side and weigh no more than 10 pounds, and

its form must be that of a nonmagical object that you have seen. The object is visibly magical, radiating dim light out to 5 feet.

The object disappears after 1 hour, when you use this power again, when you stop focusing on this discipline, or if it takes any damage.

**Astral Construct (1-13, C).** As an action, you create an astral construct made of solidified ectoplasm that attacks your enemies. The construct appears in a space you can see within 30 feet, and must remain within 120 feet of you.

The astral construct's statistics are identical to any beast that whose maximum challenge rating is determined by the amount of psi points spent on this augment.

### ASTRAL CONSTRUCT

Psi Points	Max CR
2	1/4
3	1/2
5	1
6	2
7	3
9	4
10	5
11	6
13	7

It is considered a construct instead of a beast, although its appearance is up to you.

You can cast spells as though you were in the construct's space, but you must use your own senses.

The construct obeys your commands as best as it can. It takes its turn on your initiative, though it doesn't take an action unless you command it to. On your turn, you can mentally command the construct to move (no action required by you). You can use your action to mentally command it to take the Attack, Dash, Disengage, Dodge, or Help action.

The astral construct lasts for 8 hours, or until you dismiss it as an action. If dismissed, you may use your action again to call the construct back into existence.

**Reconstruction (1-7).** As an action, you can touch a construct or object and reknit its structure to repair damage it has taken. The construct or object regains 5 hit points per psi point you spend.

**Modify Matter (6).** Over the course of 1 hour, you convert up to 100 cubic feet of material of one sort

into a product that is composed of the same material. If working with a mineral, you convert 10 cubic feet of material instead.

For example, a mystic could use modify matter to convert 100 cubic feet of wood into planks, or 10 cubic feet of iron into axe blades.

**Genesis (11).** As an action, you cast the *demiplane* spell.

**Reality Revision (13).** As an action, you duplicate any spell of 8th level or lower, or any discipline augment with a cost of 11 or lower. You don't need to meet any requirements of the spell or augment, including costly components. The spell or augment simply takes effect.

## METAMORPHOSIS

### *Greater discipline (Immortal)*

You channel your psionic power, snapping bones and twisting flesh, transforming yourself.

**Psychic Focus.** You can make yourself look different as an action, as long as you remain focused on this discipline. You can seem 1 foot shorter or taller and can appear thin, fat, or in between. You can't change your body type, so you must adopt a form that has the same basic arrangement of limbs. Otherwise, the extent of the transformation is up to you.

To discern that you are disguised, a creature can use its action to inspect your appearance and must succeed on an Intelligence (Investigation) check against your discipline save DC.

**Minor Shapeshifting (2, C).** As an action, you gain one of the following benefits for 1 hour, or until you use any augment from this discipline again.

- You gain 5 temporary hit points.
- You gain a natural weapon of some sort (battering horns, fangs, claws, etc.) that deals 1d6 damage of an appropriate type (bludgeoning for battering horns, for example).
- You gain a swim speed of 20 feet.
- You gain a climb speed of 20 feet.
- You gain a burrow speed of 10 feet.

**Shapeshifting (5, C).** As an action, you gain one of the following benefits for 1 hour, or until you use any augment from this discipline again.

- You gain 20 temporary hit points.
- You gain the ability to spit acid. For the duration, you may make a ranged discipline attack against a creature within 30 feet. If you hit, you deal 3d8 acid damage to the target.
- You gain a natural weapon of some sort (battering horns, fangs, claws, etc.) that deals 1d8 damage of

an appropriate type (bludgeoning for battering horns, for example).

- You gain a swim speed of 40 feet.
- You gain a climb speed of 40 feet.
- You gain a burrow speed of 20 feet.
- You gain a flying speed of 20 feet.
- You gain two benefits from the minor shapeshifting augment above.

**Major Shapeshifting (9, C).** As an action, you gain one of the following benefits for 1 hour, or until you use any augment from this discipline again.

- You gain 40 temporary hit points.
- You gain the ability to exhale a stream of acid. For the duration, you may exhale a line of acid 5 feet wide and 30 feet long. Creatures within the line must make a Dexterity saving throw. A creature takes 4d10 acid damage on a failed save, or half as much damage on a successful one.
- You gain a natural weapon of some sort (battering horns, fangs, claws, etc.) that deals 1d10 damage of an appropriate type (bludgeoning for battering horns, for example).
- You gain a swim speed of 60 feet.
- You gain a climb speed of 60 feet.
- You gain a burrow speed of 40 feet.
- You gain a flying speed of 40 feet.
- You gain two benefits from the shapeshifting augment above.

**Major Shapeshifting (13, C).** As an action, you gain two benefits from the major shapeshifting augment above for 1 hour, or until you use any augment from this discipline again. As a bonus action on your turn, you can change the benefits granted by this augment while the duration of this power is in effect.

## METAPSIONICS

### *Greater discipline (Awakened)*

Your mastery over psionic abilities allows you to easily detect and manipulate the psionic forces of others.

**Psychic Focus.** While focused on this discipline, you sense the presence of psionics within 30 feet of you. If you sense psionics in this way, you can use your action to see a faint aura around any visible creature or object in the area that bears psionic energy. This effect can penetrate most barriers, but is blocked by 1 foot of stone, 1 inch of common metal, a thin sheet of lead, or 3 feet of wood or dirt.

**Detect Compulsion (2).** As a bonus action, you detect if a creature within 60 feet is under the effects of the charmed condition.

**Dispel Psionics (5+).** As an action, choose any creature, object, or psionic effect within 120 feet. Any psionic effect with a psi point cost of 5 or lower on the target ends. For each effect of a higher cost on the target, make an ability check using your psionic ability. Consult the table below to determine the DC.

#### DISPEL PSIONICS

Cost	Max CR
6	14
7	15
8-9	16
10	17
11	18
12-13	19

**Psionic Contingency (10).** Meditating for 10 minutes, you choose a power with a psi point cost of 7 or lower that has an activation time of 1 action, and that can target you. You use that power – called the contingent power – as part of using *psionic contingency*, expending psi points for both, but the contingent power doesn't come into effect. Instead, it takes effect when a certain circumstance occurs. You describe that circumstance when you use the two powers. For example, a psionic contingency used with *wind form* might stipulate that *wind form* comes into effect when you jump.

The contingent power takes effect immediately after the circumstance is met for the first time, whether or not you want it to, and then *psionic contingency* ends.

The contingent power takes effect only on you, even if it can normally target others. You can use only one psionic contingency at a time. If you use this power again, the effect of another psionic contingency power on you ends. Until it is triggered or otherwise ended, contingency remains for 10 days.

#### MIND OVER EMOTION

##### *Greater discipline (Awakened)*

You learn to use psionic energy to manipulate others with a subtle combination of psi and your own, natural charm.

**Psychic Focus.** While focused on this discipline, you gain a bonus to Charisma checks. The bonus equals half your Intelligence modifier (minimum bonus of +1).

**Charming Presence (1–7).** As an action, you exert an aura of sympathetic power. Roll 2d8 per psi point you spend on this ability; the total is how many hit points worth of creatures this spell can affect. Creatures within 30 feet of you are affected in ascending order of their hit point maximum, ignoring unconscious creatures or creatures immune to this effect. Each creature affected by this ability is charmed by you for 10 minutes. While charmed, it regards you as a friendly acquaintance. A creature engaged in combat is immune to this effect.

**Revolting Presence (5, C).** As an action, you exert an aura of repulsive power. Up to five creatures of your choice that you can see within 30 feet of you must each make an Intelligence saving throw. On a failed save, a target is frightened of you for 10 minutes. While frightened, it takes psychic damage equal to twice your mystic level if it doesn't end its turn at least 10 feet farther away from you than it was at the start of that turn. It can then make another Intelligence saving throw at the end of the turn. On a success, this effect ends.

**Invoke Awe (7, C).** As an action, you exert an aura that inspires awe and adulation in others. Up to five creatures of your choice that you can see within 60 feet of you must each make an Intelligence saving throw. On a failed save, the target is charmed by you for 10 minutes. While charmed, it obeys all your orders to the best of its ability and without risking its life. The target will only harm creatures that it has seen harm you since it first came under the effect of this ability. At the end of each of its turns it can make another Intelligence saving throw. On a success, this effect ends.

#### MIND VAULT

##### *Lesser discipline (Awakened)*

Your mind forms a light but useful link to other living things within hundreds of miles. This link allows you to draw on the knowledge of others in the following ways.

**Psychic Focus.** While focused on this discipline, you gain proficiency with one skill, weapon, shield, armor, or tool of your choice. Each time you focus on this discipline, you can choose a different skill, weapon, shield, armor, or tool.

**Borrow Expertise (2).** As a bonus action, you gain advantage on one skill check or saving throw of your choice that you make before the end of your next turn. You must opt to gain the advantage before rolling.

**Borrow Language (5).** As an action, you gain the ability to speak, read, and understand one language for 8 hours. You can use this ability multiple times to gain its benefits with several languages.

**Borrow Lore (7).** As an action, name one specific location in your mind. You learn a summary of the important lore regarding that place. At the DM's option, you also learn up to three secrets about it, such as the location of traps, passwords, or where treasure is hidden within it.

## PSIONIC RESTORATION

### *Lesser discipline (Awakened)*

You wield psionic energy to cure wounds and restore health to yourself and others.

**Psychic Focus.** While focused on this discipline, you can use a bonus action to touch a living creature that has 0 hit points and automatically stabilize it.

**Mend Wounds (1–7).** As an action, you can restore hit points to a creature you touch. The creature regains 3 hit points per psi point you spend.

**Restore Health (3).** As an action, you can touch a creature and remove one of the following conditions from it: blinded, deafened, paralyzed, or poisoned.

**Restore Vigor (7).** As an action, you can touch a creature and choose one of the following: remove any reductions to one of its ability scores or remove one effect that reduces its hit point maximum.

**Regenerative Aura (13).** As an action, you cause psionic energy to radiate from you in an aura with a 30-foot radius for 1 hour. Until the power ends, the aura moves with you, centered on you. Each non-hostile creature in the aura (including you) gains 1 hit points at the start of each of its turns (10 hit points each minute).

Affected creatures' severed body members (fingers, legs, tails, and so on), if any, are restored after 2 minutes. If the severed part is held to the stump, the aura instantaneously causes the limb to knit to the stump.

## PSIONIC WEAPON

### *Lesser discipline (Immortal)*

You channel psionic energy to lend devastating power to your attacks.

**Psychic Focus.** While focused on this discipline, you charge one weapon you carry, or one of your

fists, with psionic energy. While you hold this weapon, it gains a +1 bonus to attack rolls and damage rolls, but is not considered magical against creature's defenses. If you use this option on a magic weapon, use the weapon's bonuses or the discipline's bonuses, whichever are higher.

**Ethereal Weapon (1).** As a bonus action, you can momentarily transform a weapon you hold into psionic energy. The next attack you make with this weapon requires no attack roll. Instead, the target must make a Dexterity saving throw against this discipline. On a failed save, the target takes the attack's normal damage and suffers any additional effects. On a successful save, the target takes half damage from the attack, but suffers no additional effects that would normally be imposed on a hit.

If an effect would grant a penalty to your attack roll, it instead reduces your discipline save DC by that amount.

**Lethal Strike (1–5).** When you hit a target with a melee weapon attack, you can increase the damage to that target. The target takes an extra 1d10 psychic damage for each psi point you spend. The amount of points spent cannot exceed your proficiency modifier.

**Augmented Weapon (5-7, C).** As a bonus action, you strengthen the energy that you have infused into your psionic weapon, increasing its bonus to attack rolls and damage rolls to +2 for 5 psi points or +3 for 7 psi points for 1 minute.

## PSYCHOKINESIS

### *Lesser discipline (Awakened)*

You exert your mind over the pure energy that makes up the universe, using it to assault your foes.

**Psychic Focus.** While focused on this discipline, you can use your reaction when you take acid, cold, fire, lightning, or thunder damage to reduce the damage taken by 3. Also, the first time you deal damage of that type before the end of your next turn, the target takes an extra 3 damage of that type.

**Energy Missile (\*).** As an action, you can spend up to your psi maximum to unleash a guided missile of either acid, cold, fire, lightning, poison, or thunder, which flies unerringly toward a creature that you can see within 120 feet. The target takes 1d8 damage of the chosen type for each psi point you spend.

**Energy Blast (\*).** As an action, you can spend up to your psi maximum to unleash a 15-foot cone of either acid, cold, fire, lightning, poison, or



thunder. Creatures within the cone must succeed on a Dexterity saving throw or take 1d6 damage of the chosen type for each psi point you spend. On a successful save, a creature takes half as much damage.

**Energy Ball (5).** As an action, you fire a sphere of either acid, cold, fire, lightning, poison, or thunder to a point within 120 feet that you can see. Creatures within a 30-foot sphere centered on the point must succeed on a Dexterity saving throw or take 6d6 damage of the chosen type. On a successful save, a creature takes half as much damage.

**Inertial Barrier (7).** As an action, you create a skin-tight barrier of psionic energy around yourself that resists blows, cuts, stabs, and slashes, as well as providing some protection against falling. For 1 hour, you gain resistance to bludgeoning, piercing, and slashing damage, and any damage you would suffer from falling is reduced by half.

**Psionic Boulder (9).** As an action, you create a boulder of pure force, and launch it at a point within 60 feet. Each creature within 20 feet of the point must succeed on a Dexterity saving throw or take 6d10 force damage and be knocked prone. On a successful save, a creature takes half as much damage and is not knocked prone.

**Ultrablast (10).** As an action, you unleash a blast of pure force. Each creature within 15 feet, other than you, must succeed on a Dexterity saving throw or take 6d12 force damage. On a successful save, a creature takes half as much damage.

**Unleash Energy (13).** As an action, unleash the raw energy in an area, annihilating your foes. Creatures within a 30-foot sphere centered on a point you can see within 120 feet must succeed on a Dexterity saving throw or take 6d6 each of acid, cold, fire, lightning, poison, and thunder damage. On a successful save, a creature takes half as much damage.

## TELEKINETICS

### *Lesser discipline (Awakened)*

Using your mind, you manipulate objects from afar.

**Psychic Focus.** While focused on this discipline, any time you would push a creature, the distance is doubled.

**Telekinetic Force (2+).** Choose one object weighing 1 to 5 pounds within range that isn't being worn or carried. The object flies in a straight line up to 90 feet in a direction you choose before

falling to the ground, stopping early if it impacts against a solid surface. If the object would strike a creature, that creature must make a Dexterity saving throw. On a failed save, the object strikes the target and stops moving. In either case, both the object and the creature or solid surface take 3d8 bludgeoning damage.

You can spend additional psi points when you manifest this power, increasing the damage dealt and the maximum weight of objects that you can target with this power by 1d8 for each additional psi point spent.

**Force Push (3+).** As an action, you unleash a solid blast of force from your outstretched hand in a line 50 feet long and 5 feet wide. Each creature in the line must make a Strength saving throw. A creature takes 2d10 force damage on a failed save and is knocked prone, or half as much damage on a successful one.

You deal 1d10 more damage for each additional psi point spent.

**Psychokinetic Charge (6).** As an action, you telekinetically hurl a willing creature across the battlefield to a point you can see within 50 feet. Upon landing, the creature can make a melee weapon attack against a creature within reach as a reaction.

**Telekinesis (7).** As an action, you cast the *telekinesis* spell.

**Upheaval (11).** Rending earth and stone, you hurl chunks of the floor, ceiling, wall, or other terrain at your foes. As an action, choose a point you can see within 120 feet. Each creature in a 20-foot radius must make a Dexterity saving throw. A target takes 7d12 bludgeoning damage on a failed save, or half as much damage on a successful one.

## THIRD EYE

### *Lesser discipline (Awakened)*

This discipline can open a third eye within your mind, opening your doors of perception.

**Psychic Focus.** While focused on this discipline, you have blindsight with a radius of 30 feet.

**Tremorsense (1, C).** As a bonus action, you gain tremorsense with a radius of 30 feet for up to 1 minute.

**Unwavering Eye (1, C).** As a bonus action, you gain advantage on Wisdom checks for up to 1 minute.

**Truesight (5, C).** As a bonus action, you gain truesight with a radius of 30 feet for up to 1 minute.

**Precognition (7).** As an action, you bestow upon yourself a limited ability to see into the immediate

future. Until the end of your next turn, you can't be surprised and have advantage on attack rolls, ability checks, and saving throws. Additionally, other creatures have disadvantage on attack rolls against you for the duration.

**Greater Precognition (13).** As an action, you bestow upon yourself a limited ability to see into the immediate future. For 8 hours, you can't be surprised and have advantage on attack rolls, ability checks, and saving throws. Additionally, other creatures have disadvantage on attack rolls against you for the duration.

## WRATHFUL ASSAULT

### *Greater discipline (Immortal)*

You channel your anger into something more useful, delivering overwhelming blows and retaliating with deadly brutality.

**Psychic Focus.** While focused on this discipline, when a creature within 5 feet of you makes an attack against you, you can use your reaction to make a melee weapon attack against the attacking creature.

**Hammer (2+).** You channel your anger into your touch, delivering the force of a sledgehammer with your fist. As an action, make a melee discipline attack against a creature you can reach. On a hit, the creature takes 2d8 force damage, and must succeed on a Strength saving throw or be knocked prone.

You deal 1d8 more damage for each additional psi point spent.

**Strength of Iron (3).** As a bonus action on your turn or a reaction when you are grappled, you gain advantage on Strength (Athletics) checks made to initiate or escape a grapple.

**Wrathful Attacks (6).** As a bonus action, you gain advantage on melee weapon attack rolls using Strength during this turn and deal an additional die of damage with your attacks, but only against creatures that have damaged you since the end of your last turn.

**Bide (9).** As an action, you enter a meditative state, focusing your anger and wrath into a destructive blast. This meditative state lasts until the end of your next turn. For the duration, whenever a creature within 15 feet damages you with an attack, the attacker takes psychic damage equal to the damage dealt by the attack.

# PSIONIC TALENTS

A psionic talent is a psychic ability that requires psionic aptitude but doesn't drain a mystic's psionic energy. Talents are similar to disciplines and use the same rules, but with three important exceptions:

- You can never use your psychic focus on a talent.
- Talents don't require you to spend psi points to use them.
- Talents aren't linked to psionic orders.

## BEACON

### *Psionic talent*

As a bonus action, you cause bright light to radiate from your body in a 20-foot radius and dim light for an additional 20 feet. The light can be colored as you like. The light lasts for 1 hour, and you can extinguish it as a bonus action.

## BLADE MELD

### *Psionic talent*

As an action, you cause one simple or martial melee weapon you are holding to dissolve into your body. This process is harmless to you and the weapon. Until the weapon reappears, it is inaccessible, as are any of its properties. You can have only one weapon at a time affected in this way. You can summon the weapon to your hand as a bonus action. It reappears in your space if you are unconscious or dead.

## CRYSTAL SHARDS

### *Psionic talent*

As an action, you launch razor-sharp shards of crystal at creatures around you. Each creature within 5 feet, other than you, must succeed on a Dexterity saving throw or take 1d6 slashing damage.

This damage increases by 1d6 when you reach 5th level (2d6), 11th level (3d6), and 17th level (4d6).

## DISTRACT

### *Psionic talent*

As an action, cause a creature's thoughts to wander, distracting it. One creature of your choice within 30 feet has disadvantage on the next Wisdom (Perception) or Wisdom (Insight) check it makes before the start of your next turn.

## ENERGY RAY

### *Psionic talent*

As an action, you fire a ray of pure energy at a creature within 120 feet. Make a ranged discipline attack against a creature that you can see within range. You choose acid, cold, fire, lightning, or thunder for the type of beam you create. If the attack hits, the creature takes 1d10 damage of the type you chose.

This damage increases by 1d10 when you reach 5th level (2d10), 11th level (3d10), and 17th level (4d10).

## FAR HAND

### *Psionic talent*

As an action, you create a spectral hand at a point you choose within 30 feet. The hand lasts for 1 minute or until you dismiss it as an action. The hand vanishes if it is ever more than 30 feet away from you or if you use this talent again.

You can use your action to control the hand. You can use the hand to manipulate an object, open an unlocked door or container, stow or retrieve an item from an open container, or pour the contents out of a vial. You can move the hand up to 30 feet each time you use it.

The hand can't attack, activate magical items, or carry more than 10 pounds.

## LIGHT STEP

### *Psionic talent*

As a bonus action, you alter your density and weight to improve your mobility. For the rest of your turn, your walking speed increases by 10 feet, and the next time you stand up, you need to spend no more than 10 feet of movement to do so.

## MIND MELD

### *Psionic talent*

As a bonus action, you can communicate telepathically with one creature you can see within 120 feet of you. You don't need to share a language with a creature for it to understand your telepathic utterances, and the creature understands you even if it lacks a language. You can allow a creature to respond to you telepathically, but it must understand at least one language in order to communicate this way. This ability to

communicate lasts until the start of your next turn. You can't communicate with an unwilling creature.

## MIND THRUST

### *Psionic talent*

As an action, you blast psychic energy at one creature that you can see within 5 feet of you. The target must succeed on an Intelligence saving throw or take 1d6 psychic damage. If the target takes any of this damage, you can push it up to 10 feet away from you.

The talent's damage increases by 1d6 when you reach 5th level (2d6), 11th level (3d6), and 17th level (4d6).

## THOUGHT SPEAR

### *Psionic talent*

As an action, you psychically strike one creature that you can see within 120 feet of you. The target must succeed on an Intelligence saving throw or take 1d8 psychic damage.

The talent's damage increases by 1d8 when you reach 5th level (2d8), 11th level (3d8), and 17th level (4d8).

## NIGHT EYES

### *Psionic talent*

As an action, you grant yourself darkvision with a range of 30 feet. This benefit lasts for 1 hour.

## UNEARTHLY TERROR

### *Psionic talent*

As an action, you bombard a creature within 60 feet with horrifying images, causing them to be shaken. The target must succeed on a Wisdom saving throw or take 1d4 psychic damage and have disadvantage on the next attack roll it makes before the end of its next turn. A creature that is immune to being frightened is unaffected.

This talent's damage increases by 1d4 when you reach 5th level (2d4), 11th level (3d4) and 17th level (4d4).

# CUSTOMIZATION OPTIONS

## MULTICLASSING

To qualify for multiclassing into the Mystic class, you must have an Intelligence score of 13 or higher.

Your psionic ability for these powers is Intelligence.

## FEATS

The following psionic-themed feats are available.

## WAR PSION

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*Prerequisite: The ability to use at least one power*

You have practiced using psionics in the midst of combat, learning techniques that grant you the following benefits:

- You have advantage on Constitution saving throws that you make to maintain your concentration on a power when you take damage.
- When a hostile creature's movement provokes an opportunity attack from you, you can use your reaction to use a power on the creature, rather than making an opportunity attack. The power must have an activation time of 1 action and must target only that creature.

## PSION SLAYER

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You have practiced techniques useful in melee combat against psions, gaining the following benefits:

- When a creature within 5 feet of you uses a power, you can use your reaction to make a melee weapon attack against that creature.
- When you damage a creature that is concentrating on a power, that creature has disadvantage on the saving throw it makes to maintain its concentration.
- You have advantage on saving throws against powers used by creatures within 5 feet of you.

## WILD TALENT

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You learn two psionic talents of your choice.

In addition, choose one lesser discipline. You learn that discipline and gain 2 psi points, which may only be used on the chosen discipline.

If you do not have the Psionics class feature, you can't gain the psychic focus benefit of the discipline.