Spectrality

Rules for player characters · D&D 5e 2014

English translation of the current French rules. This is not a new rules edition. French reference checked against the site backup of November 11, 2026.

At the table

Use this booklet for the complete rules and the final quick reference for reminders. Only acquired gifts and weaknesses apply to your character. The separate fillable sheet records choices and resources; it does not calculate rules.

Read the complete rules online

Contents

Overview and progression	2
Unbinding	3
Body, equipment, and death	3
Shared rules	4
1 • Incorporeal Passage	5
Passage and defense	6
Gifts of movement and concealment	7
Gifts of the voice	8
Gifts of perception and restraint	9
The eight weaknesses	10
Sealing or restoring solidity	11
Advice for the DM	12
Quick reference	13

Overview and progression

You become the apparition. Your own body takes on a spiritual nature: pale outlines, fleeting transparency, hair unmoved by the wind, or a voice that seems far away. Your soul remains your own. This family lets you play an apparition, ghost, or banshee according to the gifts you acquire; it imposes no race, sex, or alignment.

An everyday tangible form. You keep your race, type, size, speeds, class, and decisions. You are physical and visible by default, even with a diaphanous appearance. Touching, eating, wearing armor, speaking, and receiving healing work normally. Only acquired gifts grant the stated exceptions. You do not gain the undead type.

Stage	Name	Min. character level	Max. essence	Gifts / weaknesses
1	Veiled	1	2	1 / 1
2	Apparition	5	3	2 / 2
3	Specter	11	4	3 / 3
4	Sovereign Spirit	17	5	4 / 4

Method 1: choose together. Agree with the DM on one of the following two methods. At stage 1 and at each ascension, choose with the DM one gift and one weakness different from those you already have. Keep your traits and apply their stage improvements. Avoid a gift with no present or future benefit, or a weakness entirely negated by a permanent trait. The chosen weakness must be able to matter in the campaign.

No. (1d8)	Gift	Weakness
1	Incorporeal Passage	Fragile Cohesion
2	Spectral Evasion	Jarring Anchor
3	Floating	Missing Reflection
4	Fading	Flickering Presence
5	Otherworldly Cry	Personal Anchor
6	Disembodied Voice	Involuntary Resonance
7	Threshold Sight	Restoring Cohesion
8	Spectral Grasp	Susceptibility to Turning

Method 2: roll the dice. Roll 1d8 in each column separately. Reroll duplicates and the ineligible results described above. A gift and weakness on the same row are not a required pair. Do not add the results together; reroll only the relevant die. Agree on exclusions with the DM before rolling, without changing them after an unwelcome result.

Essence and save DC. Your maximum essence equals your stage + 1. A long rest restores spent points. All gifts with a cost use this same reserve. At stage 1, permanently choose Dexterity or Charisma: your spectral save DC equals 8 + your proficiency bonus + the chosen modifier.

Read what you need. No stage grants every gift or permanent intangibility.

Unbinding

Your own body transforms; neither a prior death nor a foreign presence is required.

A defined source. The DM identifies a place, object, or rift carrying this curse. An unbinding attempt occurs when you touch its object for 1 uninterrupted minute, remain in its location for 10 minutes, or cross its rift. The DM sets the trigger before exposure. An ordinary ghost, a fright, or an *Etherealness* spell does not automatically transmit spectrality.

The attempt. Make a DC 13 Charisma saving throw; you can choose to fail. On a success, this source cannot affect you again for 24 hours. On a failure, your unbinding begins and lasts 24 hours. This source is then exhausted and cannot curse anyone else. Further exposure does not extend the timer. A creature of the undead or construct type cannot receive this curse.

During the 24 hours. Your outlines waver and your voice seems distant, without a mechanical benefit or penalty. You have no gifts or weaknesses yet. You can perform a sealing or early purge (see 'Sealing or restoring solidity'). Without a rite, after 24 hours of unbinding, you reach unstable stage 1 and gain your two traits using the chosen method.

Your manifestation. Choose the appearance your body takes when you use your gifts: a translucent silhouette, the features of a drowned person, a figure shrouded in mist, or another recognizable appearance. It can become more pronounced at later stages without changing your statistics. It does not turn your clothes, tools, or voice into additional objects or abilities.

Instability. From the moment you reach unstable stage 1, you have 72 hours to seal or purge the curse. After this deadline, your gifts are suspended until the rite and your weaknesses remain. You stay tangible and alive; this timer does not cause you to disappear, change stage, or lose your character.

Death during these periods. The 24-hour and 72-hour timers pause while you are dead and resume where they left off when you return to life. No new deadline is granted. A timer that has already expired remains expired.

Your initial reserve. The first time you reach stage 1, your essence fills. After a cure followed by a new infection, regain the points remaining before the cure, capped at the new maximum; if you have completed a long rest in the meantime, the reserve is full. A rite, ascension, or return to life otherwise restores no essence.

One character. The curse gives you no additional initiative, HP pool, or concentration. You leave no inert body behind and create no double. These gifts do not let you possess someone else. Your character's other abilities keep their rules; no power of the bestiary ghost is added to this booklet.

The banshee example. An Apparition with Otherworldly Cry can look like a banshee. They keep their race and follow the same rules as other bearers. The cry is a gift rolled or chosen through the shared method; this appearance does not grant it for free or add any of the monster's abilities.

Body, equipment, and death

A diaphanous appearance changes only what the written traits expressly state.

Life and matter. Your ability scores, maximum HP, AC, hands, and speech remain the same. You breathe, eat, drink, sleep, and suffer harmful conditions according to your usual traits. Your appearance grants neither resistance, flight, nor darkvision. You block and occupy space normally; looking transparent does not remove cover your body would provide.

Equipment and passengers. Armor, shields, weapons, and tools work normally. Your worn or carried objects accompany you through Incorporeal Passage, within your carrying limits. No other creature accompanies you, even if Tiny, carried, or placed in an extradimensional space you are carrying. Carrying such a passenger prevents you from activating Incorporeal Passage.

At 0 HP. Unconsciousness, death saving throws, stabilization, and instant death work normally. Concentration ends if you are incapacitated: Floating can therefore end and cause a fall. No gift then turns you into an independent spirit or brings you back to life.

After death. Your gift effects end. Your body returns to an ordinary physical appearance, with its wounds and the parts still present; nothing destroyed is restored. Your soul is neither captured nor replaced. If Incorporeal Passage is interrupted, apply its return to the last unoccupied space (see 'Passage and defense').

D&D 2014 effect	Application to spectrality
Cure Wounds; Healing Word	Work according to your usual type. Necrotic damage does not heal you.
Divine Sense; Detect Evil and Good	Use your actual type, not your appearance. You do not add the undead type.
Protection from Evil and Good; Magic Circle; exorcism	Apply their restrictions according to your type and their text. There is no separate foreign presence to expel.
Revivify; Raise Dead; Resurrection	Follow their costs, time limits, body condition, and other requirements. Stage and traits remain; no rest or refill of the reserve is granted.
Reincarnate; Clone	Follow their own rules. By this module's convention, the curse follows the character into their new body. Reincarnate can still change their race; this lasting body does not suspend gifts.
True Resurrection	Purges spectrality when it brings you back to life, at any stage. It is not used this way on a living bearer.

After a cure. A new infection requires a new eligible source and starts again at stage 1. Take gifts and weaknesses in their previous order, along with your save DC choice and the permanent details of your traits. A cure, death, or further exposure resets no usage limit. Without a prior cure, a return to life directly preserves your stage and traits.

Shared rules

One reserve and one concentration for all powers that need them.

The nature of gifts. Gifts are magical but are not spells. They require neither spell slots nor components unless expressly stated. They do not transmit spectrality or create a source of infection. A PC cannot combine several playable curse families from this collection.

Actions and resources. Use the stated action, bonus action, or reaction. Being incapacitated prevents these activations. Pay essence at the stated moment; a target succeeding on its saving throw does not refund essence. An empty reserve prevents activations with a cost, not an effect already paid for or Disembodied Voice without essence.

Concentration. The same rules as for a 2014 spell apply, including incompatibility with Rage, saving throws after damage, and ending if you are incapacitated or dead. You can stop concentrating without an action. Starting another effect that requires concentration ends the previous one.

Four competing gifts. Floating, Fading, Threshold Sight, and Spectral Grasp use the same concentration as your spells and other abilities. Incorporeal Passage and Spectral Evasion require none. An ally can grant you a separate effect under their own concentration, according to that effect's rules.

Recovery. A long rest restores spent essence, except as specified by Personal Anchor. A short rest, rite, ascension, resurrection, or change of body restores nothing. Your character's other resources remain separate.

Suspension. You can no longer activate gifts; their passive benefits are suspended and their ongoing effects end. Their costs are not refunded. When the suspension ends, passive benefits resume if no other cause blocks them; ended effects do not restart on their own. Weaknesses remain active unless stated otherwise.

Outside magic. *Detect Magic* reveals a necromancy aura on a visible bearer. *Dispel Magic* neither purges the curse nor ends gifts, which are not spells; it can still affect ordinary spells on you.

Antimagic and temporary forms. Antimagic suspends gifts and weaknesses; timers continue to run, and your existence continues. As a homebrew exception, ongoing gift effects end instead of resuming when you leave. A transformation that replaces your statistics with those of another creature also suspends your gifts. A simple disguise is not enough.

Copying a benefit. Another creature does not receive your gifts, essence, or independent concentration for free. If a feature expressly copies a speed, sense, or resistance from a gift, that copy still depends on the original gift: the same remaining duration, the same concentration, and the same ending. It does not let the benefit persist after you lose it.

Damage and triggers. 'Taking damage' means taking at least 1 damage after applicable protections. Damage absorbed by temporary HP counts; damage reduced to 0 does not. Fragile Cohesion modifies damage before those protections. Spectral Evasion takes effect before damage is applied; Jarring Anchor, afterward.

1 • Incorporeal Passage

Action • 1 essence • Immediate movement: you remain on your plane and do not teleport.

Pass through, then become tangible again. Immediately make a special movement in a straight line to an unoccupied space large enough for you. This movement does not spend your ordinary movement and does not provoke opportunity attacks. It never allows you to remain inside a creature or inside matter.

Stage	Maximum budget	Passable obstacle
1	6 meters	Creatures only; no solid object.
2	9 meters	Creatures and one nonmagical wall no more than 30 centimeters thick.
3	12 meters	Creatures and one nonmagical wall no more than 1.5 meters thick.
4	15 meters	Creatures and one nonmagical wall no more than 3 meters thick.

Your speed limits the budget. Your usable budget is the lower of the value in the table and your current speed for the chosen movement mode. This budget is independent of ordinary movement already spent this turn. Dash does not increase it: that action does not change your speed. An actual change to your speed can change it, without exceeding the table's limit.

Movement you can perform. The gift provides no new speed or ability to fly. Choose a mode you can use and follow its requirements. Walking requires support outside matter; a vertical passage without support requires a suitable means, such as flight. Climbing or swimming using your walking speed remains possible under the normal rules and their extra costs.

The cost of the path. Each meter through a creature's space or through matter costs 2 meters of budget. Difficult terrain also costs 2 meters per meter; these two extra costs do not stack on the same stretch. Other extra costs, such as crawling or climbing without an appropriate speed, still apply.

Choosing the destination. Declare a direction and distance. You must see the destination space, except when passing through a wall from stage 2 onward: then touch its starting face and declare a point behind it. You do not perceive the other side. A door, wall, floor, or ceiling can count as a wall.

Measuring the matter. Thickness is the actual length traveled through the wall along your path, including diagonally. Contiguous layers count together. Two obstacles separated by open space remain two walls; this activation passes through only one. The destination space must actually accommodate you.

Equipped creatures. Passing through a creature's space also lets you pass through its clothes, armor, shield, and equipped weapons, even magical ones. This does not count as a wall and moves neither the creature nor its objects. A separate magical barrier remains impassable.

Forbidden obstacles. The gift passes through no magic object, force barrier, or wall created or reinforced by a still-active spell. A door under *Arcane Lock* is therefore impassable this way. An ordinary lock does not block passage through an eligible door, but the gift neither unlocks it nor makes an opening for your companions.

No automatic escape or passenger. A speed of 0 prevents activation: the gift does not free you from a grapple or restraint. No other creature travels with you, even if carried or concealed in an extradimensional space you are carrying (see 'Body, equipment, and death').

Passage and defense

End of gift 1 • Gift 2 • Damage and reactions keep their timing.

Checking activation. If you cannot act, your speed is 0, your gifts are suspended, or you are carrying another creature, you cannot activate Incorporeal Passage. Spend neither an action nor essence. This provides no information about what lies behind an obstacle.

An attempted path can fail. For a permitted activation, spend the action and essence; the DM then checks the path before moving the miniature. An exceeded budget, ineligible exit, second wall, excessive thickness, forbidden matter, or antimagic area along the path means you stay at the start and take 1d6 force damage. Failure reveals neither the other side nor its cause. The DM can correct an obvious measurement error before you commit, without revealing hidden information.

During the movement. Follow only the declared path: no attack, manipulation, item activation, spellcasting, or other activation between departure and arrival. You neither pick up nor leave an object inside matter. You cannot see through it. Outside obstacles, you remain a normal target; no resistance is granted. Hazards without physical collision, such as an area of fire, still apply under their own rules.

Interruption inside an obstacle. If an outside effect actually interrupts the movement inside an object or creature, return to the last unoccupied space on the path before that obstacle and take 1d6 force damage. If it is occupied, take the nearest unoccupied space reachable from it without crossing matter, on the same side; you break ties. An interruption never allows an exit on the other side.

Example: a door. At stage 2, with a speed of 9 meters, a 3-meter path that includes a 20-centimeter door costs 3.20 meters: the 20 centimeters of matter count twice. You pass through if the exit is suitable. If the door is under *Arcane Lock*, the attempt fails and costs 1 essence, the action, and 1d6 force damage.

Other movement remains separate. A prohibition that targets only teleportation does not block Incorporeal Passage. An explicit prohibition on incorporeal passage still applies. Teleportation, spells, and transformations you obtain elsewhere gain no new permission from this gift.

2 • Spectral Evasion

Reaction • 1 essence. When an attack would deal damage to you, after the damage is determined but before it is applied, you can gain resistance to the eligible types below for that attack only. The gift works even against magical damage and does not require you to see the attacker.

Stage	Types and triggers
1	Bludgeoning, piercing, and slashing damage from an attack.
2	Add cold and necrotic.
3	Add acid, fire, lightning, and thunder.
4	The same types, even without an attack: one instance of damage, such as a breath weapon or a fall.

What remains unaffected. Poison, psychic, radiant, and force damage are never reduced by this gift. Effects other than the attack's damage work normally. Multiple resistances to the same type do not stack; you do not halve damage a second time because you already have that resistance.

One reaction, one instance. Each activation consumes your reaction. A new attack requires another activation and an available reaction. You therefore cannot pay for Uncanny Dodge or *Absorb Elements* at the same time, since they also use your reaction. A passive resistance or reduction obtained elsewhere follows its own rules.

Before the radiant shock. Jarring Anchor that is already active prevents you from paying for Spectral Evasion. However, if the incoming attack triggers this weakness for the first time, you can pay for Spectral Evasion first: any radiant damage not negated will block subsequent spending after it is applied. Spectral Evasion does not reduce that damage.

Gifts of movement and concealment

3 and 4 • Both require your concentration; you cannot maintain them together.

3 • Floating

Bonus action • 1 essence • concentration, up to 1 minute. You glide just above the ground. You ignore nonmagical difficult terrain on the ground and can move across a liquid surface as if it were solid ground. At stage 1, this grants neither flight nor the ability to cross empty space. The liquid retains its contact hazards and heat; the gift grants no immunity to acid or lava.

Stage	Cumulative improvement
2	Flying speed equal to your walking speed, with the ability to hover.
3	Maximum duration: 10 minutes.
4	Maximum duration: 1 hour.

Speeds and support. A modifier shared by your walking speed and this flight applies only once: a walking speed of 9 meters reduced to 6 meters gives a flying speed of 6 meters, not 3. Your other speeds do not change. Normal requirements for movement, carrying, and grappling still apply.

Ending Floating. When the gift ends or is suspended, you fall if nothing else supports you. Hovering does not preserve interrupted concentration. Entering Rage, losing consciousness, or starting Fading can therefore end your flight. The gift does not make you immune to the prone condition.

At stage 1. You must stay above a surface that can support you under this gift: ground or liquid. You cannot float across a chasm. Moving above water does not remove the contact or temperature hazards expressly retained by the gift.

4 • Fading

Action • 1 essence • concentration, until the end of your next turn. You become invisible along with the equipment you carry. You remain tangible and audible. Hiding still requires the normal conditions and action; invisibility alone conceals neither tracks nor sounds.

Stage	Maximum duration
1	Until the end of your next turn.
2	1 minute.
3	10 minutes.
4	1 hour.

What reveals you. The effect ends after your first attack, or as soon as you begin casting a spell, deal damage in another way, or activate another gift. A weapon attack that reveals you still benefits from invisibility under the normal rules; beginning a spell first ends Fading, before any attack it might make.

Objects and creatures. An object you let go of becomes visible again; a newly picked-up object becomes invisible while you carry it. No carried creature is concealed. Fading does not make you incorporeal, let you pass through an obstacle, or erase the consequences of contact.

Involuntary Resonance. The wail this weakness requires on activation does not end invisibility, but can reveal your location. A later activation of Disembodied Voice ends Fading even if it costs no essence. The benefits of invisibility do not apply against an observer who sees you through an effect that negates them.

Gifts of the voice

5 and 6 • The voice carries a manifestation; it does not relocate your other abilities.

5 • Otherworldly Cry

Action • 1 essence • instantaneous. You let out a wail audible within 90 meters under normal conditions. Each creature in a 4.5-meter cone originating from you that can hear you makes a Constitution saving throw against your spectral save DC. It takes 2d6 psychic damage on a failure, or half as much on a success. The cry also affects allies in the cone.

Stage	Improvement
2	Damage: 3d6; 4.5-meter cone.
3	Damage: 4d6; 9-meter cone.
4	Damage: 5d6; 9-meter cone.

Rules of the wail. The cone originates from your actual location. Silence or a gag prevents activation; a creature that cannot hear you is unaffected. Cover and obstacles block the area normally. Each target's damage is halved, rounded down, on a successful saving throw.

A playable banshee. The cry also affects your allies in the cone and has no effect beyond its area, even if the wail can be heard farther away. It never automatically reduces a target to 0 HP. Disembodied Voice does not let you move the cone's origin.

A separate action. This gift uses your action, not the Attack action: Extra Attack does not let you replace a single attack with the cry. It is not a spell; features that modify only a spell or its components do not modify it.

6 • Disembodied Voice

When you acquire this gift, gain proficiency in Intimidation or Performance. If you are already proficient in both, choose a Charisma skill you are not proficient in. If you are proficient in all of them, you gain no additional proficiency; the gift's other uses remain available. This passive benefit does not trigger Involuntary Resonance.

Projecting your voice. Action • no essence. Speak up to 25 words in a language you know from a point you can see within 9 meters. Your voice remains recognizable, at normal conversational volume. You must be able to speak. The gift translates nothing, imitates no other voice, and does not move your spells' verbal components. Silence on you or the point of emission prevents this projection.

Carrying your voice. The range of the chosen point becomes 18 meters at stage 2, 36 meters at stage 3, and 60 meters at stage 4. Starting at stage 2, you can make the phrase audible only to one creature you can see within 1.5 meters of that point. This is not telepathy: a deafened target cannot hear it. Silence blocks sound produced in its area or that must pass through it.

The distant call. At stage 3, for 1 essence with this action, address up to 25 words to a creature you have conversed with before, on the same plane and within 1 kilometer. You do not need to see it. Obstacles do not block this call, but the target must be able to hear, and silence blocks it. At stage 4, the range becomes 5 kilometers; the target can immediately reply with 25 words that only you hear.

Limits of the call. For the distant call, silence blocks the words or their reply if the speaker or recipient is in its area; an area only between you does not block this magical call. The target must be able to speak to reply, and you must be able to hear the reply. The gift translates nothing. A call that is impossible or inaudible to its target spends the essence without revealing the cause or the target's position. At stage 4, an absent or inaudible reply does not refund essence. This gift replaces neither a spell's verbal components nor Otherworldly Cry's requirements.

Your actual location. With Involuntary Resonance, each activation also produces the wail audible within 9 meters of you, even if the words are projected elsewhere. The passive proficiency requires no activation and produces no sound.

Gifts of perception and restraint

7 and 8 • See the invisible or hold a target: two competing uses of your concentration.

7 • Threshold Sight

Action • 1 essence • concentration, up to 10 minutes. You see invisible creatures and objects within 3 meters as though they were visible. This sense penetrates neither obstacles nor darkness you could not normally see through. A creature perceived in this way gains no attack advantage or protection against you from its invisibility alone.

Stage	Cumulative improvement
2	Range: 9 meters.
3	Range: 18 meters. From the Material Plane, you also perceive creatures and objects in the Border Ethereal within this range.
4	Range: 36 meters.

Hiding remains possible. Invisibility alone no longer lets a creature hide from your sight within this range. Cover, darkness, or another means of staying hidden retains its effect. Apply the normal perception rules in that case; the gift does not automatically locate every creature within range.

Seeing is not reaching. Seeing the Border Ethereal does not let you touch, attack, or target a creature there from another plane. The gift is a magical divination sense: protections that cover it according to their text apply. Protection targeting only spells does not automatically extend to all gifts.

8 • Spectral Grasp

Action • 1 essence • concentration, up to 1 minute. Filaments extending from you hold a creature of Large size or smaller that you can see within 9 meters and that does not have total cover from you. It makes a Strength saving throw against your spectral save DC. On a failure, all its speeds are reduced to 0. It repeats the saving throw at the end of each of its turns; success ends the effect on it.

Stage	Cumulative improvement
2	You can choose the restrained condition instead of reducing speeds.
3	Range 18 meters; maximum size Huge.
4	Up to two targets in the same activation, each making its own saving throws.

Choosing the hold. Starting at stage 2, choose for each target, before its initial saving throw, either the restrained condition or the stage 1 reduction of speeds to 0. This choice remains fixed for the entire activation. It lets you keep the gift's initial use, but does not ignore immunities or protections applicable to the chosen effect.

Breaking the bond. The effect ends on a target as soon as it moves beyond range, total cover separates it from you, or it succeeds on a saving throw to end the effect. A new activation replaces the previous one. At stage 4, freeing one target does not free the other; losing concentration frees all targets.

What the hold does not do. The gift does not pull the target or let you move it. A speed of 0 prevents neither actions, reactions, nor teleportation that would otherwise be possible. Restrained imposes its normal penalties, but does not penalize Strength saving throws. *Freedom of Movement* protects against these magical restrictions according to its text.

The eight weaknesses

They remain active at every stage unless an effect expressly suspends them.

1 • Fragile Cohesion

Once per turn, when an effect would deal force damage to you, add your proficiency bonus to that damage before reductions, resistances, immunities, and vulnerabilities. This also applies to a failed or interrupted Incorporeal Passage. Immunity remains effective; Spectral Evasion does not protect against force damage.

2 • Jarring Anchor

After taking at least 1 radiant damage, you cannot spend essence until the end of your next turn; outside combat, for 6 seconds. Gifts already paid for and Disembodied Voice without essence remain available under their conditions. A new block does not retroactively affect Spectral Evasion paid for before that same damage.

3 • Missing Reflection

Your reflection is missing and your shadow flickers, even in your ordinary appearance. You have disadvantage on Charisma (Deception) checks to conceal the curse from an observer who can see this anomaly. Other social checks are unchanged. The absence of a shadow grants no Stealth bonus; an illusion that actually conceals the anomaly works normally.

4 • Flickering Presence

While your essence reserve is empty, you have disadvantage on Strength (Athletics) and Dexterity (Sleight of Hand) checks. Regaining at least 1 essence ends these disadvantages. Your equipment does not automatically slip from your grasp, and your attack rolls, saving throws, and speeds remain unchanged.

5 • Personal Anchor

Choose a nonmagical personal object you can carry. If it has not remained within 3 meters for your entire long rest, that rest restores only half your maximum essence, rounded down, without exceeding that maximum. Your remaining points do not decrease. An object in an extradimensional space does not count as nearby.

Replacing the anchor. A 1-hour rite and 25 gp in consumed offerings designate a new object, even if the old one is lost or destroyed. The old object then ceases to be an anchor. This rite is not a rest and restores no essence. The object does not contain your soul: its destruction does not kill you, and its holder cannot command you.

6 • Involuntary Resonance

Each gift activation produces a distinct wail, audible within 9 meters under normal conditions from your actual location, including an activation of Disembodied Voice that costs no essence. If you cannot produce this sound, including while silenced or gagged, you cannot activate a gift. The wail does not, by itself, end Fading, but can reveal your position. An effect already active or a passive benefit produces no additional wail and continues normally.

7 • Restoring Cohesion

Your long rest requires 1 hour more than its usual duration for your character. You spend it sleeping, trancing, or engaging in light activity according to your normal needs. Short rests and the limit of one beneficial long rest per 24-hour period do not change.

8 • Susceptibility to Turning

When a feature that normally turns undead by forcing them to flee would include you if you had that type, make a Wisdom saving throw against its DC. Follow the feature's requirements for range, perception, and excluded targets. On a failure, your gifts are suspended for 1 minute. Repeat the saving throw at the end of each of your turns; success ends this suspension. Outside initiative, make a roll every 6 seconds.

Limits of turning. You do not flee, are not destroyed, and remain tangible. The curse is not purged; no challenge rating is granted. If your actual type is already eligible for the feature, make one saving throw and also apply its normal consequences. *Banishment* and the Dismissal option of *Dispel Evil and Good* do not trigger this weakness.

Flight can end. Suspension ends Floating: without other support, you fall. Later succeeding on a saving throw against turning does not restart flight; a new activation is required.

Sealing or restoring solidity

Homebrew rites; they do not change your race and are not the Reincarnate spell.

Performing a rite. The bearer must be alive and willing. A willing officiant, who can be the bearer, conducts the rite beside them. No spellcaster level is required, except for the expressly listed spells. An interruption longer than 1 minute requires starting over. Offerings are consumed on success. The rite is not a rest and restores no resources.

Sealing. 1 hour, 25 gp. During the 24 hours of unbinding, immediately reach stable stage 1 and gain your traits using the chosen method. After this period, the rite stabilizes the curse and restores gifts suspended by instability, subject to other suspensions. It changes no trait. You establish your manifestation without abandoning your soul.

Early purge. 1 hour, 25 gp. Before sealing, this rite ends unbinding or the curse. *Remove Curse* and *Greater Restoration* also suffice, without a rite or offerings, with their normal components and only any consent required by their text. This purge remains available after the 72-hour instability deadline.

Ascension. A stable bearer can reach the next stage through an 8-hour rite if they have the required level and have completed at least one long rest since they last reached a new stage. They skip no stage. They gain one gift and one weakness, then apply the improvements. Their essence maximum increases, but their current points do not change.

Stage reached	Minimum level	Offerings
2	5	100 gp
3	11	1,000 gp
4	17	5,000 gp

Reconstitution after sealing. Perform an 8-hour rite. At its end, an officiant casts the required spell on the bearer with its normal actions and components, whose costs are added to the offerings. At stages 1 and 2, *Greater Restoration* can replace *Remove Curse*.

Current stage	Offerings	Required spell, 2014 version
1	100 gp	Remove Curse
2	500 gp	Remove Curse
3	1,500 gp	Greater Restoration
4	5,000 gp	Greater Restoration

A homebrew exception. After sealing, *Remove Curse* and *Greater Restoration* remove spectrality only as part of this reconstitution. Their other effects remain normal. *True Resurrection* keeps its purge when it brings you back to life. *Wish* can duplicate a spell under its own rules, but that duplication does not remove the rite's requirements; a purge outside those requirements is an exceptional wish, at the DM's discretion.

Reclaiming your existence. A cure removes gifts, their ongoing effects, weaknesses, and the supernatural appearance specific to spectrality. You remain alive with the same race, level, and current and maximum HP. Wounds and missing limbs remain. No new body or independent spirit is created. If a flight gift ends, normal falling rules apply. A dead bearer must first return to life through an appropriate method.

No quest required. The method of curing the curse is fully defined above. No invented memory, interpreted regret, or secret DM objective is required. The initial source can provide a story, but destroying it does not automatically cure bearers, and its location does not limit their freedom of movement.

Advice for the DM

Spectrality is an additional reward; weaknesses do not give it an exact mathematical price.

Three distinct identities. Haunting involves another presence; revenance, a return from death in a marked body; spectrality, the transformation of your own body into an apparition. Appearance is freely chosen in each family; only written abilities grant powers. The Specter stage does not grant the monster's stat block.

A useful passage. An eligible ordinary door should be passable without a new improvised exception. Incorporeal Passage does not open it for companions, carries no one else, and consumes a resource. Determine rooms, walls, and protections normally before resolving the power; do not change their nature after the declaration to negate its usefulness.

Speed still matters. At stage 4, a character with a walking speed of 9 meters has a Passage budget of 9 meters despite the 15-meter cap. Passing through 3 meters of matter costs 6, leaving 3 meters of unobstructed travel. A higher speed improves this budget, but changes neither the thickness limit nor the number of walls.

Gifts compete with one another. At stage 2, three essence can pay for three cries, or one flight, one passage, and one Spectral Evasion. They do not provide three uses of each gift. Floating, Fading, Threshold Sight, and Spectral Grasp also compete for concentration. Class features do not reset these costs.

Do not punish appearance. Do not add a mechanical penalty because the character looks ghostly. An NPC can react to what they observe, but only acquired traits impose disadvantages, additional damage, or prohibitions. A weakness avoidable through a stated precaution remains genuinely avoidable.

Constraints suited to the story. Personal Anchor is primarily logistical; Missing Reflection matters when concealing your nature is important. Force damage, radiant damage, and turning depend on the opposition. Involuntary Resonance is more restrictive for an infiltrator. Choose relevant weaknesses and offer comparable rewards to the other PCs.

What to observe in play. Record obstacles crossed, actual flight duration, opportunities for useful invisibility, defensive reactions chosen, and turns actually hindered by Spectral Grasp. A restrained target can still act; do not count every restrained turn as a lost turn.

Rules references. The Basic Rules 2014 provide the framework. The ghost and banshee inspire the theme; their powers are not granted for free.

Credits and status. Original creation by Shuji; AI-assisted editorial revision and mechanical analysis. Homebrew content, without approval from Wizards of the Coast and with no 2024 rules required. Theoretical checks do not replace campaign playtesting; no actual playtesting is claimed.

Quick reference

Using this aid. Record only acquired traits; the full rules above give every condition.

On your sheet	Value or tracking
Stage / minimum level	1 / 1; 2 / 5; 3 / 11; 4 / 17.
Current / maximum essence	Maximum 2 / 3 / 4 / 5; recover on a long rest, except for Personal Anchor.
Spectral save DC	8 + proficiency bonus + Dexterity or Charisma modifier, chosen once.
Concentration	Floating OR Fading OR Threshold Sight OR Spectral Grasp; shared with your spells.
Acquired traits	One gift and one weakness per stage; appearance alone grants no gift.

Gift	Cost and reminder
Incorporeal Passage	Action, 1 essence. Straight path; budget 6 / 9 / 12 / 15 m, limited by speed. Matter and creatures: doubled cost. Wall 0 / 0.30 / 1.50 / 3 m; never a passenger.
Spectral Evasion	Reaction, 1 essence, before an attack's damage; resistance to certain types. At stage 4, an occurrence without an attack becomes eligible. Never force, radiant, psychic, or poison.
Floating	Bonus action, 1 essence, concentration. Ignore nonmagical difficult ground and walk on liquid; flight with hover from stage 2. Duration 1 min / 1 min / 10 min / 1 hour.
Fading	Action, 1 essence, concentration. Invisible; ends after an attack or when casting a spell, dealing other damage, or activating another gift. Duration: end of next turn / 1 min / 10 min / 1 hour.
Otherworldly Cry	Action, 1 essence. Cone 4.5 / 4.5 / 9 / 9 m; 2 / 3 / 4 / 5d6 psychic damage. Constitution save for half, rounded down. Targets able to hear, including allies.
Disembodied Voice	Passive proficiency; an action costing no essence projects 25 words. Long-distance call within 1 km from stage 3 for 1 essence; 5 km and a reply at stage 4.
Threshold Sight	Action, 1 essence, concentration 10 min. See the invisible within 3 / 9 / 18 / 36 m; Border Ethereal from the Material Plane from stage 3. No passage between planes.
Spectral Grasp	Action, 1 essence, concentration 1 min. Strength save initially and at the end of each turn. Speeds 0, or restrained by choice from stage 2. Range 9 / 9 / 18 / 18 m; two targets at stage 4.

Before a Passage. Check your action, essence, speed, and absence of a passenger; declare a path and destination. The gift never leaves you inside a wall. A failed attempted path still costs the action, essence, and 1d6 force damage, modified by Fragile Cohesion if you have it. An activation that is not permitted is distinct from an eligible activation with an invalid path; see the complete gift.

Before changing concentration. Ending Floating can cause you to fall. Fading does not make you silent. Gifts grant neither the undead type, a second character sheet, nor an automatic return after death.