

Spirit Folk

We are the Spirit Folk, reborn from the essence of our ancient ancestors. Though we walk among humans, our spirits are those of a race that perished centuries ago. Our reincarnated souls shape our abilities and guide our actions, connecting us deeply to the natural world and the wisdom of our past lives.

Spirit Folk are the reincarnated spirits of an ancient race that perished centuries ago. This original race, known for their mystical and philosophical qualities, lived in harmony with nature and possessed a profound connection to the natural world. They were deeply spiritual beings, revered for their wisdom and their ability to communicate with the elements. However, a mysterious calamity led to their extinction, and their spirits began to reincarnate into human bodies. These reincarnated beings, known as Spirit Folk, retain the essence and abilities of their ancestors. Born to human parents, they are considered a great honor among humans, as they carry the legacy of a powerful and ancient race. Spirit Folk are generally peaceful and harmonious, using their unique abilities to protect the natural world and maintain balance. Their presence is a reminder of the enduring strength and wisdom of their ancestral spirits.

Physical Description: Spirit Folk resemble humans but with more delicate features. They have smooth, hairless skin, except on the top of their heads and their thin eyebrows. Their skin tones range from pale to golden, and they often have an ethereal quality to their appearance, hinting at their otherworldly origins.

Society: Spirit Folk live in small, close-knit communities, often in remote areas where they can maintain their connection to nature. These communities are deeply influenced by the memories and wisdom of their past lives, guiding their actions and decisions. They are generally peaceful and harmonious, valuing balance and the natural world above all else. Spirit Folk often serve as guardians of sacred sites and protectors of the environment, using their unique abilities to maintain the natural order.

Spirit Folk are born to human parents, but their reincarnated spirits shape their development and abilities from a young age. When a Spirit Folk child is born, it is considered a great honor among humans, as it signifies the presence of a powerful and ancient spirit within their community. These children are often revered and respected, and their upbringing is marked by a deep sense of responsibility to their ancestral heritage. Human families who give birth to Spirit Folk are seen as blessed, and the child is often guided by both human and Spirit Folk mentors to help them understand and harness their unique abilities.

Relations: Spirit Folk get along well with other races that respect nature. They are wary of those who exploit natural resources or disrupt the balance of the environment. They have a deep respect for societies that respect or care for nature, often forming alliances with them to protect the wilderness.

Alignment and Religion: Spirit Folk are usually neutral good, valuing harmony and balance. They often worship deities of nature and balance. Their spiritual practices are deeply rooted in their connection to the natural world and their ancestral memories.

Adventurers: Spirit Folk adventurers are often driven by a desire to protect the natural world and restore balance. They excel as druids, rangers, and monks, using their unique abilities to aid their companions and overcome challenges. Their deep connection to their past lives and the natural world makes them valuable allies in any quest.

Names: Spirit Folk names often reflect their deep connection to nature and their reincarnated spirits. These names are usually melodic and have a serene quality to them. Here are some examples:

Male Names: Kael, Rin, Tarin, Eldrin, Faylen, Lior

Female Names: Aeliana, Liora, Serin, Thalassa, Elysia, Nimue

Unisex Names: Aeris, Lian, Riven, Sorin, Talis, Vanya



Spirit Folk Traits

Ability Score Modifiers: +2 Dexterity, +2 Wisdom, -2 Constitution

Size: Medium

Type: Humanoid (Spirit Folk)

Base Speed: 30 feet

Reincarnated Spirit: Spirit Folk are immune to sleep effects and gain a +2 racial bonus on saving throws against enchantment spells and effects. Their connection to their past lives grants them a unique perspective and resilience.

Ancestral Memory: Once per day, Spirit Folk can tap into the memories of their past lives to reroll a failed skill check. They must take the second result, even if it is worse. This ability reflects their deep connection to the wisdom and experiences of their ancestors.

Nature's Harmony: Spirit Folk have an innate bond with the natural world. They can communicate with animals as if under the effects of *Speak with Animals* for a number of minutes per day equal to their character level. This ability showcases their harmonious relationship with nature.

Elemental Resonance: Spirit Folk have a natural affinity for the elements. Once per day, they can cast *Pass without Trace* as a spell-like ability, reflecting their ability to move seamlessly through the natural world.

Spiritual Guidance: Spirit Folk can sense the presence of spirits and other supernatural entities. They gain a +2 racial bonus on Perception and Sense Motive checks, representing their heightened awareness and spiritual sensitivity.

Languages: Spirit Folk begin play speaking Common and Sylvan. Spirit Folk with high Intelligence scores can choose from the following: Elven, Dwarven, Gnome, Halfling, and Celestial.

