

MEDITATION SLEEP

“Elmhir had marched with his three-man group for 19 hours and none of them had slept in 28 hours. They were all in need of rest, but behind enemy lines rest is a luxury hard to afford. They decided to take a short break, hidden in a ravine, but none of the men could be given more than 3 hours of rest.”

The Meditation skill consists of six subgroups: Cleansing, Death, Healing, Ki, Sleep and Trance. They are all similar skills at 1/2, but have widely different functions. Only one skill can be used during each rest.

Meditation Sleep allows one to achieve sufficient rest in less than the 8 hours normally required. At least 2 hours of meditation are required for this skill to work. With Meditation Sleep one may withstand lack of sleep for several days without penalty, but the maneuver gets harder for each cumulative day it is used.

This skill may also be used to offset penalties from abrupt awakening (if being forced to take immediate action). In this case, ignore the descriptive text. Being in meditation is not required for making such attempt, it can be used when awakened from normal sleep.

- Reduction of penalties.

The effects of lost sleep

Characters that do not sleep their full 8 hours will have a penalty for the rest of the day.

- -5 for the first two hours.
- -5 for every hour after the first 2.

Penalties from lack of sleep is recovered at the next sleep period. They do not stack, so a character that sleep for only 6 hours per night for several nights will still only be at -5. A character that have lost 2 hours of sleep may be relieved of his penalty by resting for 2 hours during the day.

Characters awakened during their sleep and forced to take sudden action will be at -30 for the first round, -20 for the next and -10 for the third round. Thereafter he will act without penalty, but if denied full rest, the penalties applied from lack of rest will apply during the day.

Example: Rafael is awakened in the middle of the night by two nightblades that attack him. For the first round of action he will be at -30, for the second -20 and for the third -10. Thereafter he will fight without penalty. When the battle is over, Rafael decides not to sleep more, even though he have only gotten 3 hours of rest. During the following day, he will be at -20 for losing 5 hours of sleep.

Meditation Sleep Static Maneuver Table SM-10.2.6

-26 down Spectacular Failure ■ -

You enter a meditation filled with horrible visions and dreams of death and destruction. When you wake up after four hours of cold sweat, you are unable to get to sleep or meditate anymore that night. You receive no rest, recover no PP and will be at -35 until receiving a full 8 hour sleep.

-25 – -04 Absolute Failure ■ -

You enter a deep state of sleep that you will not awaken from by yourself for 8 full hours. If someone else awakens you, you will be at -35 from severe nausea until you receive your full 8 hour sleep.

05 – 75 Failure ■ -

You fail to enter meditation and will have to sleep normally (and/or face the regular penalties that applies from lack of sleep).

76 – 90 Partial Success ■ -

You manage enter meditation but something cause you to lose concentration after a few minutes. You may try again with a +10 bonus, but if you reach Partial Success again, it will count as Failure (see below description).

91 – 110 Near Success ■ 5

You enter a meditative state of sleep which will enable you to feel refreshed after 6 hours of sleep.

111 – 175 Success ■ 10

You enter a meditative state of sleep which will enable you to feel refreshed after 5 hours of sleep. If using the Rejuvenation skill to recover additional power points, add a +20 to that roll.

176 – 225 Absolute Success ■ 15

You enter a meditative state of sleep which will enable you to feel refreshed after 4 hours of sleep. If using the Rejuvenation skill to recover additional power points, add a +20 to that roll.

226 up Remarkable Success ■ 20

Your meditation enable you to feel refreshed after 3 hours of sleep. If using the Rejuvenation skill to recover additional power points, you may add a +20 to that roll.

Static maneuver modifications:

Open-ended d100 roll

- +10 if used on a silent, safe and comfortable place (not necessarily indoors, but at least shielded from bad weather, rain and wind).
- 10 per cumulative day this skill have been used to shorten the amount of rest.