

MEA = Mystic Essence Actualization
Insert into Spellcasting section...

Any character that learns a spell can cast it, but ordinarily the connection to the essence of the MEF consumes physical energy from the caster. For those without an MEA score, each time they cast a spell it's MEA requirements come directly from the character's constitution score!

This means that a swordmaster who learns the *Mystic Weapon* a 2nd Degree, (4MEA) spell must take 4 temporary CON damage at each casting. This constitution returns at the normal rate of 1CON per day, but there is no way via magical means to restore CON damage taken when casting spells. Any attempt to use magic to restore ability damage taken from spellcasting only worsens the original effect, potentially killing the character.

This is because the mystical energies involved are not actually siphoning the Constitution of the caster, but rather they are interfering with his ordinary bodily functions and are lingering around in him for a short length of time. When magical means are used to attempt to reverse this, they add additional MEF energy into the person's body in order to attempt to "correct" the damage, thus mingling more magical energy with the already damaging energies, which only suffices to supplement them and aggravates the problem.

There may be other ways of expediting the curing of this type of damage, but normal magical healing such as *Restoration* only does more harm.

True mystics, including both essence mages and channelers, learn to absorb part of the MEF into themselves, thus developing a power reserve that is called the Mystic Essence Actualization (by Essence magicians) or Mystic Energy Actualization (by channelers), thus: MEA.

A character's MEA score is represented by a pool of energy points. At each level, a mystic gains a number of dice to his MEA score, depending on his class and ability scores. These MEA points represent the amount of Mystic Essence Actualization the character has attained and the spellcaster uses this supply of energy in order to cast spells without taking Constitution damage. If a spell would reduce a character's MEA score below zero, any additional energy is immediately taken from his Constitution score. If this loss reduces his CON to zero, he dies instantly, and further if it would reduce his CON below zero, the spell has a percentage chance of failure (although he is still dead too).