

# The Complete Shaman

Level	PB	Features	Bound Totems	Cantrips Known	Spells Known	Spell Slots	Slot Level
1st	+2	Sacred Focus, Totems	2	—	—	—	—
2nd	+2	Primal Magic	2	2	3	2	1st
3rd	+2	Spirituality	2	2	4	2	2nd
4th	+2	Ability Score Improvement	3	3	5	2	2nd
5th	+3	Totemic Versatility	3	3	6	2	3rd
6th	+3	Spirituality Feature	4	3	6	2	3rd
7th	+3	—	4	3	7	2	4th
8th	+3	Ability Score Improvement	4	3	7	2	4th
9th	+4	—	5	3	8	2	5th
10th	+4	Spirituality Feature	5	4	8	2	5th
11th	+4	Greater Totem Spirit (6th-level)	5	4	9	3	5th
12th	+4	Ability Score Improvement	6	4	9	3	5th
13th	+5	Greater Totem Spirit (7th-level)	6	4	10	3	5th
14th	+5	Spirituality Feature	6	4	10	3	5th
15th	+5	Greater Totem Spirit (8th-level)	7	4	11	3	5th
16th	+5	Ability Score Improvement	7	4	11	3	5th
17th	+6	Greater Totem Spirit (9th-level)	7	4	11	4	5th
18th	+6	—	8	4	12	4	5th
19th	+6	Ability Score Improvement	8	4	12	4	5th
20th	+6	Spiritual Ascension	8	4	12	4	5th

## Class Features

### Hit Points

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

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

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

### Proficiencies

**Armor:** Light armor, shields

**Weapons:** Simple weapons, blow guns, nets.

**Tools:** None

**Saving Throws:** Wisdom, Charisma

**Skills:** Choose two from Animal Handling, Arcana, Insight, Medicine, Nature, Performance, or Religion

### Equipment

As a Shaman, you start with the following equipment:

- (a) a quarterstaff or (b) any simple weapon
- (a) a shortbow and 20 arrows or (b) 5 javelins
- (a) a priest's pack or (b) an explorer's pack
- Leather armor and one object used as a Totem.

## Sacred Focus

In order to channel the supernatural power of spirits without being consumed, Shamans must draw this wondrous power through the strongest aspect of themselves. At 1st level, you choose a Sacred Focus from the options listed below.

### Body

You channel spiritual power through your body, bending the spirits to your will with physical might. When you choose this Sacred Focus your hit point maximum increases by 1, and it increases by 1 again each time you gain a level in this class.

### Heart

You channel spiritual power into your heart and overwhelm spirits with powerful emotions. When you are forced to make a saving throw to resist the charmed or frightened condition, you gain a bonus to your roll equal to your Wisdom modifier.

### Mind

You channel spiritual power through your mind, manipulating the spirits with your wit. When you make an ability check or saving throw that uses your Intelligence, you gain a bonus to your roll equal to your Wisdom modifier.



## Soul

You channel spiritual power through your soul, your serenity soothes spirits and wards you from harm. While not wearing armor or wielding a shield, your Armor Class is equal to 10 + your Dexterity modifier + your Wisdom modifier.

## Totems

At 1st level, you learn to bind primal nature spirits into sacred Totems so that you may safely channel their mystical abilities. Any Tiny object of your choice can be a Totem, but most often they are objects reminiscent of the spirit within.

At 1st level, you know two Totems of your choice from the list at the end of the class. If a Totem has any prerequisites, you must meet them in order to learn that Totem.

You learn additional Totems as you gain Shaman levels, as shown in the Bound Totems column of the Shaman Table on the page above.

**Saving Throws.** If a Totem requires a creature to make a saving throw, the DC is calculated as follows:

$$\text{Totemic save DC} = 8 + \text{your proficiency bonus} + \text{your Wisdom modifier}$$

## Totemic Assault

You can temporarily unleash the primal spirits bound within your Totems to assault your foes. While you are holding one of your Totems, you can use your action to force one creature you can see within 60 feet to make a Charisma saving throw. On a failed save, it takes 1d8 necrotic damage.

At certain Shaman levels, this damage increases: at 5th level (2d8), at 11th level (3d8), and at 17th level (4d8).

## Primal Magic

You have learned to channel the primal spirits present in all things. Beginning at 2nd level, this spiritual power allows you to produce spells. See the *Player's Handbook* for the rules of Spellcasting. The Shaman spell list is at the end of the class.

## Cantrips

At 2nd level, you learn two cantrips of your choice from the Shaman spell list. You learn an additional Shaman cantrip of your choice when you reach 4th level and again at 10th level.

## Spell Slots

The Shaman table above shows the number of spell slots you have to cast your Shaman spells of 1st through 5th-level. The Shaman table also shows what the level of those slots is; all of your spell slots are the same level. To cast a Shaman spell of 1st-level or higher, you must expend a spell slot. You regain all expended spell slots when you finish a short or long rest.

For example, at 5th level, you have two 3rd-level spell slots. To cast the 1st-level spell *cure wounds*, you must expend one of your 3rd-level spell slots, and cast *cure wounds* at 3rd-level.

## Spells Known of 1st-Level and Higher

At 2nd level, you learn three 1st-level spells of your choice from the Shaman spell list at the end of this class. The Spells Known column of the Shaman table shows when you learn additional shaman spells of your choice of 1st-level and higher. A spell you choose must be of a level no higher than what's shown in the table's Slot Level column for your level. For example, when you reach 6th level, you learn a new Shaman spell, which can be 1st, 2nd, or 3rd-level.

Additionally, when you gain a level in this class, you can choose one of the Shaman spells you know and replace it with another spell of your choice from the Shaman spell list, which also must be of a level for which you have spell slots.

## Spellcasting Ability

As you draw your magic from your understanding of primal spirits, Wisdom is your spellcasting ability for your Shaman spells. You use your Wisdom whenever a spell refers to your spellcasting ability, when setting the saving throw DC for a Shaman spell, and when making an attack roll with one.

$$\text{Spell save DC} = 8 + \text{your proficiency bonus} + \text{your Wisdom modifier}$$

$$\text{Spell attack modifier} = \text{your proficiency bonus} + \text{your Wisdom modifier}$$

## Ritual Casting

You use your spiritual knowledge to cast the ritual version of any Shaman spell you know so long as it has the ritual tag.

## Spellcasting Focus

You can use any Totem to which you have bound a spirit as the spellcasting focus for your Shaman spells. See the Totem feature for a description of what can be used as a Totem.

## Spirituality

At 3rd level, you choose the Spirituality, that best represents the discipline you use to channel spirits:

Curse Binder	Spirit Guide	Witch Doctor
Elementalist	Spirit Warrior	Wyrmbound
Far Seer	Wild Heart	—

Your Spirituality grants you features at 3rd level, and again when you reach 6th, 10th, and 14th level in this class.

## Spirituality Spells

Each Spirituality has a list of spells that you learn at the Shaman levels noted in the Spirituality description. These Spirituality Spells count as Shaman spells for you, but they do not count against your total number of Spells Known.

## Ability Score Improvement

When you reach 4th level, and again at 8th, 12th, 16th, and 19th level, you can increase one ability score of your choice by 2, or two ability scores by 1. As normal, you can't increase one of your ability scores above 20 using this feature.



## Totemic Versatility

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You have gained greater control over the spirit world. Starting at 5th level, at the end of a long rest, you can replace a Totem you know with another Totem of your choice.

## Greater Totem Spirit

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Your understanding of the spirit world allows you to conjure and bind greater primal spirits to one of your Totems. At 11th level, choose a Greater Totem Spirit from the list at the end of this class to bind to one of your Totems. Your Greater Totem Spirit doesn't count against your number of Bound Totems.

Each Greater Totem Spirit includes a list of four Greater Totem Spells, one for each spell level from 6th through 9th, that you learn at the Shaman levels listed in the description, which do not count against your number of Spells Known.

Once you reach the Shaman levels in your Greater Totem Spirit's description, you can cast that spell once, at its lowest level, without expending a spell slot. Once you do so you must finish a long rest before you can cast that spell again.

For example, if you choose the Greater Spirit of the Sun at 11th level, you can cast *sunbeam* once per long rest.

When you finish a long rest, in place of using your Totemic Versatility feature, you can replace your Greater Totem Spirit with another Greater Totem Spirit of your choice.

## Spiritual Ascension

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You have transcended the need for a corporeal form. At 20th level, your physical body no longer ages, and you are immune to all disease, the poisoned condition, and poison damage.

When you finish a long rest, you can choose to reduce your number of Bound Totems by one to create a special Totem that is attuned to your soul. Should you die, that Totem grows into an exact replica of your body, though it lacks a soul.

When you die, you become an incorporeal spirit, unable to interact with the world around you. If you can return to the replica of your body, you return to life at the following dawn. If you do not return to the replica of your body, you die at the following dawn.



# Spirituality

At 3rd level a Shaman chooses one of the following Spiritualities:

## Curse Binder

While most Shamans use the power of spirits to work magics and heal the sick, some twist this connection, binding sinister spirits to their foes. Known as Curse Binders, these Shamans wield the sinister spiritual power present in the world. Often apprentices of hags or entities from the Shadowfell, they use ancient techniques to afflict their foes with hexes and curses.

### Curse Binder Spells

*3rd-level Curse Binder feature*

When you gain a level in this class, you can replace one spell from this feature with an enchantment or necromancy spell of the same level from the Shaman or Warlock spell list.

#### Shaman Level Spells

3rd	<i>blindness/deafness, ray of enfeeblement</i>
5th	<i>bestow curse, vampiric touch</i>
7th	<i>blight, phantasmal killer</i>
9th	<i>contagion, enervation</i>

### Evil Eye

*3rd-level Curse Binder feature*

You can curse with a glance. As a reaction, when a creature you can see within 60 feet makes an ability check, attack roll, or saving throw, you can impose disadvantage on its roll.

You can use this reaction a number of times equal to your Wisdom modifier (a minimum of once), and you regain all expended uses when you finish a long rest.

### Totemic Curse

*3rd-level Curse Binder feature*

You bind spirits of pain, suffering, and despair to your will, using them to inflict curses upon your enemies. When a creature fails its saving throw against Totemic Assault, you can inflict it with one of the following conditions of your choice until the start of your next turn:

- Its speed is reduced by a total number of feet equal to 5 times your Wisdom modifier.
- It cannot regain hit points, and when it takes damage it takes an additional 1d4 necrotic damage.
- Whenever it makes an ability check or an attack roll, it must subtract your Wisdom modifier from the result of its roll.

The conditions inflicted by this feature can be ended early with *lesser restoration* or *remove curse*. The afflicted creature can repeat the saving throw as an action on its turn, ending the effect on a success.

### Sinister Spellcasting

*6th-level Curse Binder feature*

Dark spirits empower your magic. Whenever you damage a creature with a Shaman cantrip or Totemic Assault, you add your Wisdom modifier (minimum of +1) to your damage roll.

### Shamanistic Ward

*10th-level Curse Binder feature*

Sinister spirits ward you against elemental assaults. At the end of each long rest, choose either acid, cold, fire, lightning, necrotic, poison, psychic, radiant, or thunder. Until the end of your next long rest, you are resistant to that damage.

When you take damage of a type that you resist, you can use Totemic Assault as a reaction, targeting your attacker.

### Foul Conjunction

*14th-level Curse Binder feature*

You have reached the apex of sinister shamanism, the ability to create corporeal bodies for the spirits you conjure. As an action on your turn, you can cast *create undead* at 6th-level, without expending a spell slot or the material components.

Once you cast *create undead* in this way, you must finish a long rest before you can cast it in this way again.



# Elementalist

Some Shamans gain their abilities while living near places of raw elemental power: active volcanoes, amongst the sands of blazing deserts, atop frigid mountain peaks, or on the stormy coasts of the ocean. Known as Elementalist, these Shamans learn to draw out the most destructive spirits of nature and wield them to devastating effect against their foes.

Whether they master a single element or learn to wield the powers of air, earth, flame, and water, Elementalist are among the most powerful channelers of the four elements.

## Elemental Mastery

*3rd-level Elementalist feature*

The primordial spirits of nature have taught you the secrets of elemental mastery. Choose one of the following elements to master: Air, Earth, Fire, or Water. This choice grants you both an affinity with, and resistance to, the type of damage associated with that element, as shown on the table below:

Element	Air	Earth	Fire	Water
Damage	thunder	bludgeoning	fire	cold

In addition, your mastery over the elements can empower the spirits of your Totemic Assault. When you use Totemic Assault, you can empower it with one of the elements that you have mastered, granting it the corresponding benefits:

**Air.** Your Totemic Assault deals thunder damage in place of necrotic damage, and on a failed save, a Large or smaller creature is moved 5 feet in a direction of your choice.

**Earth.** Your Totemic Assault deals magical bludgeoning damage in place of necrotic damage, and on a failed save, a Large or smaller creature is knocked prone in its space.

**Fire.** Your Totemic Assault deals fire damage in place of necrotic damage, and the damage dice you roll for Totemic Assault become d12s (instead of the normal d8s).

**Water.** Your Totemic Assault deals cold damage in place of necrotic damage, and when you use Totemic Assault you can target two creatures that are within 5 feet of each other.

## Elementalist Spells

*3rd-level Elementalist feature*

You gain the Spirituality Spells from the tables below that correspond to any of the four elements you have mastered. When you gain a level in this class, you can replace one spell from this feature with another spell of the same level from any spell list that deals only the damage type of its element.

Alternatively, you can replace the spell with another spell of a similar elemental theme at the discretion of your DM.

Shaman Level	Air Spells	Earth Spells	Fire Spells	Water Spells
3rd	<i>thunderwave</i> , <i>shatter</i>	<i>earth tremor</i> <sup>XGtE</sup> <i>earthen grasp</i> <sup>XGtE</sup>	<i>burning hands</i> <i>flaming sphere</i>	<i>ice knife</i> <sup>XGtE</sup> <i>snowball swarm</i> <sup>XGtE</sup>
5th	<i>lightning bolt</i>	<i>erupting earth</i> <sup>XGtE</sup>	<i>fireball</i>	<i>tidal wave</i> <sup>XGtE</sup>
7th	<i>storm sphere</i> <sup>XGtE</sup>	<i>stone shape</i>	<i>wall of fire</i>	<i>ice storm</i>
9th	<i>control winds</i> <sup>XGtE</sup>	<i>wall of stone</i>	<i>immolation</i> <sup>XGtE</sup>	<i>cone of cold</i>

## Greater Mastery

*6th-level Elementalist feature*

The power you draw from the elemental spirits has grown. You gain one of the following benefits of your choice:

- You master another element of your choice, gaining all of the associated benefits from previous features.
- You can cast one Elementalist Spell at the level of your Primal Magic spell slots, without expending a spell slot. Once you do so, you must finish a long rest before you can cast an Elementalist spell in this way again.

Also, whenever you cast a Shaman spell or use a Shaman feature that deals the damage type of any element you have mastered, you add your Wisdom modifier to the damage roll.

## Primal Conduit

*10th-level Elementalist feature*

Your power rivals native spirits of the four elemental planes. You gain one of the following benefits of your choice:

- You master another element of your choice, gaining all of the associated benefits from previous features.
- You can cast one Elementalist Spell at the level of your Primal Magic spell slots, without expending a spell slot. Once you do so, you must finish a long rest before you can cast an Elementalist spell in this way again. If you chose this feature previously you can cast two spells in this way.

Additionally, whenever you cast a Shaman spell of 1st-level or higher that deals the damage type of any element you have mastered, you gain temporary hit points equal to the level of the spell slot you expended + your Wisdom modifier.

## Elemental Ascension

*14th-level Elementalist feature*

You wield the raw elemental power of the most destructive aspects of nature. You gain one of the following benefits:

- You master another element of your choice, gaining all of the associated benefits from previous features.
- Choose an element that you have mastered, and you learn the corresponding *investiture* spell from *Xanathar's Guide to Everything*: Air (*wind*), Earth (*stone*), Fire (*flame*), Water (*ice*). The spell counts as a Shaman spell for you, but does not count against your number of Spells Known. Once per long rest, you can cast it without expending a spell slot.
- If you have mastered only one element, you gain all the benefits of the Greater Totem Spirit of the element: Air (*Storm*), Earth (*Fissure*), Fire (*Inferno*), or Water (*Sea*). This Greater Totem Spirit doesn't count against the total number of Greater Totem Spirits you can have bound at one time.



## Far Seer

Many Shamans initially discover their connection to the spirit world when they perform rituals to divine the future. Should these amateur spiritualists pursue this connection they learn to channel spirits as a Far Seer, a Shaman who can glimpse both past and future, and use spiritual power to alter fate.

### Far Seer Spells

*3rd-level Far Seer feature*

When you gain a level in this class, you can replace one spell from this feature with either a divination spell or a spell with the ritual tag, of the same level from any class spell list.

Shaman Level	Spells
3rd	<i>augury, detect thoughts</i>
5th	<i>clairvoyance, tongues</i>
7th	<i>arcane eye, divination</i>
9th	<i>contact other plane, scrying</i>

### Spirits of Fate

*3rd-level Far Seer feature*

You have learned to bind minor spirits of Fate and unleash them to influence the world around you in minor ways. Each time you finish a short or long rest, roll two d4s and record the numbers you rolled. When you or a creature you can see within 60 feet makes an ability check, attack roll, or saving throw, you can use your reaction to apply one of these Fate rolls to the triggering roll, adding or subtracting it from the result. You can use this reaction after you know the result of the roll, but before you know if the roll succeeds or fails.

Each of your Fate rolls can be used only once. When you finish a short or long rest, you lose any unused Fate rolls.

At certain levels in this class, the dice you roll for these Fate rolls increase in size: at 6th level (d6s), at 10th level (d8s), and finally at 14th level (d12s).

### Totemic Ritualist

*3rd-level Far Seer feature*

You can draw on the power within your Totems to enhance your ritual magic. When you cast the ritual version of a spell, you can use a Totem in place of the material components of that spell. When you do, the ritual version of that spell only takes 1 additional minute to cast instead of 10 minutes.

Also, when you cast a divination spell and use a Totem as your spellcasting focus, it can replace material components with a gold value so long as they are not consumed.

### Ascended Awareness

*6th-level Far Seer feature*

The spirits of Fate constantly whisper their secrets to you. You cannot be surprised while you are conscious, and you gain a bonus to your initiative rolls equal to your Wisdom modifier (minimum of +1), so long as you are conscious.

### Certain Fate

*10th-level Far Seer feature*

The future is fickle and constantly changing, but once you glimpse something, it nearly always comes to pass. When you use your reaction to add a Fate die to a roll and it does not change the outcome of that roll, the die is not expended.

### Tip the Scales

*14th-level Far Seer feature*

You can effect Fate in ways that rival the greatest spirits of the multiverse, if only for a moment. When a creature you can see within 60 feet finishes its turn, you can use your reaction to expend one of your Fate dice, and force that creature to repeat its turn exactly as it did before.

Anything the creature did on that turn is undone, and it must repeat its turn exactly, taking the same exact course of action, but any dice rolled on that turn are rolled again, and all creatures must use the new results.



# Spirit Guide

Unlike most Shamans who bind themselves to many spirits, those who become Spirit Guides form a bond with a single powerful spirit known as a Geist. These unique spirits can grow in power alongside the Shaman they are bound to, and can even wield the power of other spirits with Totems.

## Spirit Guide Spells

3rd-level Spirit Guide feature

When you gain a level in this class, you can replace one spell from this feature with an abjuration or divination spell of the same level from either the Cleric or Shaman spell list.

Shaman Level	Spells
3rd	<i>spiritual weapon, warding bond</i>
5th	<i>blink, spirit guardians</i>
7th	<i>death ward, guardian of faith</i>
9th	<i>arcane hand, wall of light</i> <sup>XGE</sup>

## Totemic Bond

3rd-level Spirit Guide feature

You have bound your soul with a unique spirit known as a Geist. You determine its spectral appearance, but the choice has no effect on its game statistics. Your Geist is friendly to you and your allies, and it obeys your commands. It uses the Geist stat block on the following page, its abilities use your Totemic Save DC, and it uses your proficiency bonus (PB).

In combat, the Geist acts during your turn. It can move and use its reaction on its own, but it only takes the Dodge action unless you use a bonus action to command it to take one of the actions listed in its stat block, or another action.

At the end of a long rest, you can choose for any Totems you know to be bound to your Geist in place of you. You lose any benefits from those Totems and the Geist gains them.

If your Geist is reduced to 0 hit points it is banished back to the Outer Planes. As an action, you can expend a Primal Magic spell slot to conjure the Geist in an unoccupied space within 5 feet of you, restoring it to its full hit points.

At the end of each long rest the Geist is restored to full hit points, and reappears next to you if it had been banished.

## Spectral Empowerment

6th-level Spirit Guide feature

You can infuse your Geist with spiritual power. As an action, you can expend a Primal Magic spell slot to empower it. For 1 minute, the Geist gains resistance to bludgeoning, piercing, and slashing damage from nonsilvered attacks, and can move through creatures and objects as if they were difficult terrain.

If the Geist ends its turn inside a creature or object, it is instantly shunted to the nearest unoccupied space and takes 1d10 force damage for every 5 feet it was forced to travel.

## Soul Bond

10th-level Spirit Guide feature

The bond between kindred soul and spirit empowers your resolve. When a creature you can see hits you with an attack, and the Geist is within 30 feet of you, you can use a reaction to instantly switch places with the Geist, causing it to become the target of the triggering attack in your place.

The Geist can also use this same reaction when it is hit by an attack to instantly switch places with you.

## Ghastly Strikes

14th-level Spirit Guide feature

The spiritual bond between you and the Geist has reached its full potential. Whenever you command the Geist to use its Spectral Touch, it can use its Spectral Touch action twice.

Also, the Geist permanently gains the benefits of Spectral Empowerment, and you can expend a Primal Magic spell slot to gain the benefits of Spectral Empowerment yourself.

## Geist

Medium Undead, Unaligned

**Armor Class** 13 + PB (natural armor)  
**Hit Points** 5 + five times your Shaman level  
**Speed** 0 ft., fly 30 ft. (hover)

STR	DEX	CON	INT	WIS	CHA
6 (-2)	14 (+2)	11 (+0)	8 (-1)	16 (+3)	13 (+1)

**Senses** passive Perception 11 +PB  
**Languages** understands the languages you speak, but the Geist cannot speak itself.

**Conduit.** When you cast a Shaman spell, you can choose for it to originate from you or the Geist.

**Ghastly Glide.** Though the Geist has a fly speed, it can only fly a maximum of 10 feet above a surface.

**Totemic Bond.** You add your PB to any ability check or saving throw the Geist makes.

## Actions

**Spectral Touch.** *Melee Weapon Attack:* +3 +PB to hit, reach 5 ft., one target. *Hit:* 1d8 +3 necrotic damage. On hit, the target must succeed on a Wisdom saving throw against your Totemic save DC or be frightened of the Geist until the end of its next turn.



# Spirit Warrior

Serving as the guardians of sacred groves and places of great spiritual power, Spirit Warriors draw on the power of ancient spirits to enhance their physical form. When they allow these incorporeal beings to walk the world through their physical bodies, they gain increased physical and martial abilities.

## Ancestral Knowledge

*3rd-level Spirit Warrior feature*

When you adopt this Spirituality, spirits of ancient warriors grant you their lifetimes' worth of combat experience. You gain proficiency with medium armor and all martial weapons.

## Spirit Warrior Spells

*3rd-level Spirit Warrior feature*

When you gain a level in this class, you can replace one spell from this feature with an abjuration or evocation spell of the same level from either the Paladin or Shaman spell list.

### Shaman Level Spells

3rd	<i>magic weapon, spiritual weapon</i>
5th	<i>clairvoyance, spirit shroud</i> <sup>TCOE</sup>
7th	<i>guardian of faith, staggering smite</i>
9th	<i>contact other plane, steel wind strike</i> <sup>XGtE</sup>

## Totemic Weapon

*3rd-level Spirit Warrior feature*

You can bind powerful spirits to your weapons for use in battle. At the end of a long rest, you can perform a ritual to bind one of the spirits below to a melee weapon you touch. The benefits last until the end of your next long rest.

Moreover, you can use your Wisdom, in place of Strength, for attack and damage rolls with your Totemic Weapon, and attacks with your Totemic Weapon count as magical for the sake of overcoming resistances and immunities.

## Spirit of Challenge

This spirit compels your foes to stand and fight against you. When you hit a creature with an attack with this weapon, it has disadvantage on any attacks it makes against creatures other than you until the beginning of your next turn.

## Spirit of Draining

This spirit siphons the life force of other creatures to restore you. Once per turn when you hit a creature with this weapon, you can cause the damage of the attack to be necrotic, and you gain temporary hit points equal to your Wisdom modifier.

## Spirit of Might

This spirit draws out the full potential of your body. While wielding this weapon you gain a bonus to Strength checks and saving throws equal to your Wisdom modifier.

Moreover, you have advantage on attack rolls with this weapon against any creature that is grappled by you.

## Extra Attack

*6th-level Spirit Warrior feature*

You can attack twice, instead of once, whenever you take the Attack action on your turn. Moreover, you can cast a Shaman cantrip you know, or use Totemic Assault in place of one of your attacks.

## Warrior of the Grave

*10th-level Spirit Warrior feature*

You can offer your very life force to the spirit realm to resist the grasp of death. When you are reduced to 0 hit points but not killed outright, you can expend one of your Hit Dice to drop to 1 hit point instead of falling to 0.

## Spiritual Champion

*14th-level Spirit Warrior feature*

You can offer the spirits full control of your body, granting you temporary mystical power. As a bonus action, you can enter a possessed state, gaining the following benefits for 1 minute:

- You can take the Dash action as a bonus action.
- You gain resistance to all bludgeoning, piercing, and slashing damage from non-silvered attacks.
- Once per turn when you hit a creature with your Totemic Weapon, you can apply the effects of Totemic Assault as if the creature had failed its Charisma saving throw.

Once you use this feature you must finish a short or long rest before you can use it again. If you have no uses left, you can expend a Primal Magic slot to use this feature again.





# Wild Heart

Often raised by, or closely with, wild beasts, Shamans known as Wild Hearts develop an intense spiritual connection with the wild. This intense devotion, when combined with spiritual power, allows a Wild Heart to transform into the Great Beast, a legendary guardian of the wild animals of the natural world.

## Totemic Wild Shape

*3rd-level Wild Heart feature*

Your connection with the spirits of the wild allows you to take on the shape of the Great Beast, the legendary guardian of all wild creatures. As a bonus action, you can expend a Primal Magic spell slot to transform into the Great Beast.

While you are transformed, you use the Great Beast stat block on the next page. It uses your proficiency bonus (PB) in several places. You determine the appearance of your Great Beast, but this has no effect on its abilities. For the duration of your transformation the following rules apply:

- The Great Beast gains a number of Bestial Traits from the list at the end of this Spirituality equal to the level of the spell slot expended to transform.
- You use the Strength, Dexterity, and Constitution scores on the Great Beast stat block, but you retain your Intelligence, Wisdom, and Charisma scores, and all of your skill and saving throw proficiencies.
- You assume the hit points and Hit Dice of the Great Beast. When you revert to your normal form, you return to the number of hit points you had before you transformed. If the Great Beast drops to 0 hit points, you revert to your normal form, and any excess damage carries over to your normal form.
- You can't cast spells, and your ability to speak or take any action requiring hands is limited to the capabilities of your Great Best form. Transforming doesn't break your concentration on a spell you've already cast, however, or prevent you from taking actions that are part of a spell.
- You retain the benefit of any features from your class, race, or other source and can use them if the Great Beast is capable of doing so, including your Totems and Totemic Assault. However, you cannot use any of your special senses unless the Great Beast also has that sense.
- Any equipment you are wearing or carrying merges into your Great Beast form. Equipment that merges with the Great Beast form has no effect while transformed.

Your Great Beast form lasts for 1 hour. You then revert to your normal form unless you expend another Primal Magic slot to extend the duration of your transformation. You can also revert to your normal form as a bonus action.

## Bestial Adaptations

*3rd-level Wild Heart feature*

Your time spent in the wild has given you bestial qualities. You gain an Adaptation of your choice from the list below.

You gain another Adaptation at 6th level and 10th level.

### Agile Adaptation

Your speed, long jump, and high jump distances increase by 10 feet, and you can ignore the effects of all difficult terrain.

### Alpine Adaptation

You gain a climbing speed equal to your walking speed, and you can climb difficult surfaces, including sheer surfaces and upside down on ceilings, without making an ability check.

### Aquatic Adaptation

You gain a swimming speed equal to your walking speed, and while you are underwater you can take the Dash action as a bonus action, and you can hold your breath for up to 1 hour.

## Wild Heart Spells

*3rd-level Wild Heart feature*

When you gain a level in this class, you can replace one spell from this feature with an abjuration or divination spell of the same level from either the Ranger or Shaman spell list.

### Shaman Level Spells

3rd	<i>animal messenger, beast sense</i>
5th	<i>conjure animals, fear</i>
7th	<i>dominate beast, locate creature</i>
9th	<i>hold monster, tree stride</i>

## Savage Strikes

*6th-level Wild Heart feature*

When you are in Great Beast form and you take the Bite or Maul action, you can make one additional Bite or Maul attack as part of that action. Attacks in Great Beast form also count as magical for overcoming resistances and immunities.

## Fury of the Wild

*10th-level Wild Heart feature*

You can draw upon your pain to fuel your drive. As a bonus action, you can expend a Hit Die to regain hit points equal to your Hit Die roll + your Wisdom modifier (minimum of 1).

Any hit points you regain from this feature that exceed your maximum hit points become temporary hit points for you.

## Apex Predator

*14th-level Wild Heart feature*

Your Great Beast stands as a legendary guardian of the wild. When you transform into your Great Beast form, its Strength, Dexterity, and Constitution scores are all increased by 2, to a maximum of 20 (this increases both the attack and a damage bonus of the Great Beast's Bite and Maul attack by 1).

Also, the damage of its Bite and Maul increase by 1d6.



## Bestial Traits

When you use your Totemic Wild Shape to transform into the Great Beast, you choose Bestial Traits from the following list. These traits last for the duration of that transformation.

Any saving throws are made against your Spell save DC.

### Aggressive

As a bonus action, the Great Beast can move up to its speed toward a hostile creature that it can see, hear, or smell.

### Amphibious

The Great Beast gains a swimming speed equal to its walking speed, and it can breathe both air and water.

### Charge

When the Great Beast moves at least 20 feet in a straight line toward a target and hits it with a Maul attack it deals an extra 1d6 damage. A creature that is the Great Beast's size, or smaller, must make a Strength saving throw or fall prone.

### Keen Senses

The Great Beast has advantage on Wisdom (Perception) or Wisdom (Survival) checks that rely on its hearing or smell.

### Large

The Great Beast becomes a Large creature. If it is ridden as a mount, the Great Beast can act independently of its rider.

### Light Step

The Great Beast has advantage on Dexterity (Stealth) checks while it is lightly obscured by natural foliage or weather.

### Pack Tactics

The Great Beast has advantage on attack rolls against any target that has one of its conscious allies within 5 feet of it.

### Powerful Build

The Great Beast counts as one size larger when determining creatures it can grapple, and the weight it can move or lift.

### Savage Grip

The Great Beast gains a climbing speed equal to its walking speed, and it can climb sheer surfaces and upside down on ceilings without making an ability check. The Great Beast also has advantage on saving throws to resist being moved against its will, grappled, restrained, or knocked prone.

### Standing Leap

The Great Beast has a minimum long jump of 15 feet, and a minimum high jump of 10 feet, even without a running start.

### Vicious Bite

If the Great Beast hits a creature equal to its size or smaller with a Bite attack, it can grapple the target. Until the grapple ends, the target is restrained, and the Great Beast cannot Bite targets other than the creature it is currently grappling.

## Great Beast

*Medium beast, unaligned*

**Armor Class** 13 + PB (natural armor)

**Hit Points** 10 + six times your Shaman level.

**Speed** 40 ft.

STR	DEX	CON
18 (+4)	14 (+2)	16 (+3)

**Senses** darkvision 60 ft.

**Languages** understands the languages you speak, but the Great Beast cannot speak itself

**Bestial Traits.** The Great Beast has a number of Bestial Traits equal to the level of the Primal Magic spell slot you expended to transform.

**Primal Fury.** When the Great Beast makes an ability check or saving throw that uses Strength, Dexterity, or Constitution, it can add your PB to the roll.

## Actions

**Bite.** *Melee Weapon Attack:* +4 plus PB to hit, reach 5 ft., one target. *Hit:* 1d6 +4 piercing damage.

**Maul.** *Melee Weapon Attack:* +4 plus PB to hit, reach 5 ft., one target. *Hit:* 2d6 +4 slashing damage.



# Witch Doctor

Long before the gods took notice of mortals, Witch Doctors wandered the land, providing spiritual healing and medicine. Working in tandem with spirits of life, Witch Doctors heal the wounded and grant their allies mystical abilities. These sages are peaceful in nature and can often be found traveling the wilds tending to the spiritual needs of those they meet.

## Witch Doctor Spells

*3rd-level Witch Doctor feature*

When you gain a level in this class, you can replace one spell from this feature with an abjuration or enchantment spell of the same level from either the Cleric or Shaman spell list.

Shaman Level	Spells
3rd	<i>lesser restoration, warding bond</i>
5th	<i>beacon of hope, revivify</i>
7th	<i>aura of life, death ward</i>
9th	<i>creation, greater restoration</i>

## Life Bearer

*3rd-level Witch Doctor feature*

You can channel spirits of abundance and life to heal others. As an action, you can touch a creature and cause it to regain hit points equal to 1d8 + your Wisdom modifier. This feature has no effect on undead creatures or constructs.

You can use this feature a number of times equal to your level, and you regain all uses when you finish a long rest.

## Totemic Blessing

*3rd-level Witch Doctor feature*

You bind only willing spirits to the Totems you wield. Your Totemic Assault deals radiant damage on a failed save.

You can also bind Totems to your allies, allowing them to make use of their mystical power. At the end of a long rest, you can bind one of your Bound Totems to a willing creature you touch, losing the Totem abilities for yourself. The Totem remains bound to the creature until the end of your next long rest, at which point the power of the Totem returns to you.

At certain Shaman levels, the number of Totems you can bind to other creatures increases: at 6th level (2 Totems), at 12th level (3 Totems), and finally at 18th level (4 Totems).

A single Totem can only be bound to one creature at a time, and a creature can only have a single Totem bound to them.

## Mystical Focus

*6th-level Witch Doctor feature*

You work in tandem with the spirits bound to you, drawing out more of their power. When you use your action to cast one of your Witch Doctor Spells, or to restore hit points to a creature, you can use Totemic Assault as a bonus action on that turn.

## Empowered Blessing

*10th-level Witch Doctor feature*

Your allies can channel the spiritual power within your Totems. As an action on its turn, a creature that has one of your Totems bound to it can use Totemic Assault, using your Totemic save DC.

Other creatures only gain the benefits from Totems that improve Totemic Assault if they are bound to the Totem that grants those benefits.

## Selfless Ward

*10th-level Witch Doctor feature*

Your spirit is invigorated by the binding of Totems to your allies. You gain a +1 bonus to all saving throws for each of the Totems that you bind to another creature.

This includes any death saving throws you make.

## Spiritual Awakening

*14th-level Witch Doctor feature*

Your spiritual practice has filled you with an abundance of life-giving energy. As a reaction when a creature you can see makes a death saving throw, you can move up to your full speed and touch the creature, imbuing it with life-giving energy. The creature instantly regains hit points equal to your Shaman level + your Wisdom modifier and can stand up.

You can use this feature on yourself, without requiring your reaction, when you are forced to make a death saving throw.

Once you use this feature, you can't use it again until you finish a long rest. When you have no uses remaining, you can expend a Primal Magic spell slot to use this feature again.



# Wyrmbound

Unknown to many mortals, some of the most powerful spirits of the multiverse are those of dragons who have passed on. In their desire to affect the material plane, for good or ill, these draconic spirits attach themselves to mortals open to the spiritual, transforming them into Wyrmbound Shamans.

## Wyrmbound Spells

*3rd-level Wyrmbound feature*

When you gain a level in this class, you can replace one spell from this feature with an evocation or transmutation spell of the same level from either the Shaman or Sorcerer spell list.

### Shaman Level Spells

2rd *dragon's breath*<sup>XGE</sup>, *suggestion*

5th *fear, fly*

7th *dominate beast, polymorph*

9th *geas, summon draconic spirit*<sup>FToD</sup>

## Draconic Form

*3rd-level Wyrmbound feature*

You draw on draconic power to transform for a short time. As a bonus action, you can transform into a Spirit Dragon.

While transformed, you use the Spirit Dragon stat block. It uses your Totemic save DC and proficiency bonus (PB) in several places. You determine the appearance of your Spirit Dragon form, but this has no effect on its abilities. For the duration of your transformation, the following rules apply:

- You use the Spirit Dragon's Strength, Dexterity, and Constitution, but retain your Intelligence, Wisdom, and Charisma and your skill and saving throw proficiencies.
- You assume the Spirit Dragon's hit points. When you revert to your normal form, you return to the number of hit points you had before you transformed. If the Spirit Dragon drops to 0 hit points, you revert to your normal form, and any excess damage carries over to you.
- You can't cast spells, and your ability to take actions is limited to the capabilities of your Spirit Dragon form. Transforming doesn't break your concentration on spells or prevent you from taking actions that are part of a spell.
- You retain the benefit of features from your class, race, or other source and can use them if the Spirit Dragon is capable of doing so, including your Totems and Totemic Assault. However, you cannot use any of your special senses unless the Spirit Dragon also has that sense.
- Any equipment you are wearing or carrying merges into your Spirit Dragon form. Equipment that merges with the Spirit Dragon form has no effect while transformed.

Your transformation lasts for 1 minute, and it ends early if you use a bonus action to revert to your normal form.

Once you transform you must finish a short or long rest before you can do so again. When you have no uses left, you can expend a Primal Magic spell slot to transform again.

## Totemic Conduit

*3rd-level Wyrmbound feature*

The draconic spirit bound to your soul grants you ambient power. You can speak, read, and write Draconic. Whenever you make a Charisma check to interact with dragons, you gain a bonus to your roll equal to your Wisdom modifier.

## Savage Strikes

*6th-level Wyrmbound feature*

The ferocity of your draconic spirit has grown. When you are in Spirit Dragon form and you take the Spectral Slash action, you can make two Spectral Slash attacks. Also, your attacks in Spirit Dragon form also count as magical for overcoming resistance and immunity to nonmagical attacks and damage.

## Serpentine Speed

*10th-level Wyrmbound feature*

Your movements are enhanced by the power of your draconic spirit. You can take the Dash action as a bonus action on your turn, and when you do so, all opportunity attacks against you have disadvantage until the end of your current turn.

Moreover, when you transform into your Spirit Dragon form, you can choose to become Large in size, causing your Spirit Dragon form to double in length, much like a snake.

## Ascended Conduit

*14th-level Wyrmbound feature*

Your physical form can handle the full might of your draconic spirit. When you are in Spirit Dragon form you retain your ability to cast spells as if you were in your normal form.

In addition, Your Spirit Dragon's Spirit Breath no longer requires you to expend a Primal Magic spell slot in order to use it. Instead, once you use it, you roll a d6 at the start of each of your turns. On a roll of 5 or 6, you regain the use of the Spirit Dragon's Spirit Breath ability.



# Spirit Dragon

Medium Dragon, Unaligned

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**Armor Class** 13 + PB (natural armor)

**Hit Points** 10 + five times your Shaman level.

**Speed** 10 ft., fly 30 ft.

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**STR**

8 (-1)

**DEX**

18 (+4)

**CON**

12 (+1)

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**Damage Resistances** necrotic, poison

**Damage Vulnerabilities** radiant

**Senses** blindsight 10 ft., darkvision 60 ft.

**Languages** understands the languages you speak, but the Spirit Dragon can only speak Draconic

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**Serpentine Body.** When the Spirit Dragon makes an ability check or saving throw that uses Dexterity, it can add your Wisdom modifier to the result.

## Actions

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**Spectral Slash.** *Melee Weapon Attack:* your Shaman spell attack modifier to hit, reach 5 ft., one target. *Hit:* 1d4 +4 +PB slashing + 1d4 necrotic damage.

**Spirit Breath.** The Spirit Dragon can expend a Primal Magic spell slot to exhale pure spiritual energy in a 30 ft. cone, forcing creatures in that area to make a Dexterity saving throw. They take necrotic damage equal to twice the damage of your Totemic Assault on a failed save, and half as much on a success.



# Totems

Below is the list of Totems that a Shaman can learn to bind spirits to their will. If a Totem has a prerequisite, like a Shaman level or Sacred Focus, you can learn that Totem at the same time that you meet any prerequisites it may have.

## Totem of the Autumn Wind

You bind a minor spirit of death that comes with the changing of the seasons. When you hit a creature with an attack, you can force it to make a Constitution saving throw. On a failed save, it can't regain hit points until the start of your next turn.

## Totem of the Bear

You bind a minor bestial spirit that grants you the ferocity of a bear. As a bonus action, you can grow claws from your fingers. With your claws, your unarmed strikes deal magical slashing damage equal to 1d6 + your Strength modifier on hit. If you have two free hands, the d6 becomes a d8. You can use another bonus action to cause the claws to disappear.

## Totem of the Crossroads

*Prerequisites: Heart Sacred Focus*

You bind a minor Fey spirit that allows you to converse with wild creatures in your own tongue. You are always under the effect of *speak with animals* while you are conscious.

At 5th level in this class, you are also always under the effects of *speak with plants* while you are conscious.

## Totem of the Eagle

You bind a minor bestial spirit that grants you the sight of an eagle. You gain proficiency in Perception, and you have advantage on Wisdom (Perception) checks that rely on sight.

## Totem of the Earthquake

You bind a spirit of earth that grants you destructive power. Once per turn when you hit with a melee weapon attack, you can deal an additional 1d6 damage of your weapon's type.

This damage bonus increases as you gain Shaman levels; at 6th level (1d8), 11th level (1d10), and 17th level (1d12).

## Totem of the Harvest

*Prerequisites: Soul Sacred Focus*

You bind a minor spirit of wild growth and bounty. When you finish short or long rest, you automatically cast *goodberry* without expending a spell slot or material components.

The berries from this spell last until the end of your next short or long rest, at which point they wither into nothing.

## Totem of the Hound

You bind a minor bestial spirit that grants you the senses of a hound. You gain proficiency in Survival and have advantage on Wisdom (Survival) checks while in natural environments.

## Totem of the Mountain

*Prerequisites: Body Sacred Focus*

You bind a minor spirit of the earth that hardens your skin like that of solid rock. So long as you are not wearing any armor or wielding a shield, your Armor Class is equal to 13 + your Constitution modifier.

## Totem of the Panther

You bind a minor bestial spirit that grants you the steps of a panther. You gain proficiency in Stealth, and have advantage on Dexterity (Stealth) checks to hide in natural environments.

## Totem of the Pond

You bind a minor spirit of water that grants you a protective viscous coating. While underwater, you can hold your breath for up to 1 hour, and you have advantage on any ability check or saving throw you make to resist being grappled.

## Totem of the Quagmire

*Prerequisite: Mind Sacred Focus*

You bind a minor spirit of darkness that guards your mind. You are immune to any effect that would read your thoughts, sense your emotions, or detect your alignment, as well as any divination spell that you refuse. Moreover, if a creature makes a Wisdom (Insight) check to ascertain your true intentions or sincerity it does so at disadvantage.

## Totem of the Rains

You bind a minor spirit of water that washes poison away like rain. You gain resistance to acid and poison damage, and you have advantage on saving throws to resist being poisoned.

## Totem of Twilight

You bind a minor spirit of darkness that grants you enhanced sight in the shadows. You gain Darkvision out to a radius of 120 feet, within which you can see in dim light as if it were bright light, and in darkness as if it were dim light.

Starting at 9th level, you can see in magical darkness.

## Totem of the Waves

You bind a minor spirit of water that allows you to shift like the sea. As a reaction when you take a critical hit, you can turn it into a normal hit. Once you use this feature you must finish a short or long rest before you can do so again.

When you reach 12th level in this class, you can use this reaction twice between each short or long rest.

## Totem of the Whirlwind

You bind a minor spirit of air that speeds your strikes. When you score a critical hit with a melee weapon attack, you can use your reaction to make another attack against that target.

## Totem of the Winds

You bind a minor spirit of the air which lends speed to your steps with a gusts of wind. Your walking speed increases by 5 feet.

This bonus increases as you gain Shaman levels; at 5th level (10 feet), 11th level (15 feet), and finally at 17th level (20 feet).

## Totem of the Bloom

*Prerequisite: 5th level Shaman, Soul Sacred Focus*

You bind a spirit of wild growth that enriches the land around you. You can cast *plant growth* without expending a spell slot.

Once you cast *plant growth* in this way, you must finish a short or long rest before you can cast it in this way again.

If you begin a long rest and have not used this feature to cast *plant growth* since your previous long rest, the 8-hour version of *plant growth* takes effect on the land immediately surrounding you during the course of your long rest.



## Totem of Drought

*Prerequisite: 5th level Shaman*

You bind a minor spirit of elemental flame. When you cast a Shaman spell that deals either acid, cold, lighting, or poison damage, you can choose for it to deal fire damage instead.

## Totem of the Eruption

*Prerequisite: 5th level Shaman*

You bind an elemental spirit that lends you its destructive power. Once per turn, when you hit a creature with a melee weapon attack, you can expend one of your Primal Magic spell slots to deal additional cold, fire, lightning, magical bludgeoning, or thunder damage (your choice) to the target.

The extra damage is 1d8 for a 1st-level slot, plus 1d8 for each spell level higher than 1st, to a maximum of 5d8.

## Totem of Growth

*Prerequisite: 5th level Shaman, Body Sacred Focus*

You bind a spirit of wild growth that can temporarily increase your size. You can cast the 'enlarge' version of *enlarge/reduce* as a bonus action, targeting only yourself, without expending a spell slot. This effect does not require your concentration.

Once you cast *enlarge/reduce* in this way, you must finish a short or long rest before you can cast it in this way again.

## Totem of the Grave

*Prerequisite: 5th level Shaman*

You bind a spirit of undead power which you can summon to your service. You can expend one of your Primal Magic spell slots to cast *animate dead*, without providing the normal material components required for this spell.

Once you cast *animate dead* in this way, you must finish a long rest before you can cast it in this way again.

## Totem of Light

*Prerequisite: 5th level Shaman*

You bind a spirit of radiance that restores your spirit when you aid others. When you cast a spell of 1st-level or higher that restores hit points to a creature other than yourself, you gain temporary hit points equal to your Wisdom modifier.

## Totem of Mirth

*Prerequisite: 5th level Shaman, Heart Sacred Focus*

You bind a spirit of revelry and life that grants you renewed vigor. Once per long rest, you can use a bonus action to grant yourself temporary hit points equal to your Shaman level.

## Totem of the Mystic

*Prerequisite: 5th level Shaman, Mind Sacred Focus*

You bind a spirit of secret knowledge that grants you the ability to peer into the minds of others. As an action, you can cast *detect thoughts* without expending a spell slot, or requiring the normal verbal or somatic components.

Once you cast *detect thoughts* in this way, you must finish a short or long rest before you can cast it in this way again.

## Totem of the Swamp

*Prerequisite: 5th level Shaman*

You bind a spirit of disease which can poison foes. As an action, you can exude noxious gas and force creatures within 15 feet to make a Constitution saving throw. On a failed save, they are poisoned until the beginning of your next turn. On a success, they are immune to this effect for 24 hours.

## Totem of Venom

*Prerequisite: 5th level Shaman*

You bind a minor spirit of elemental sickness. When you cast a Shaman spell that deals either acid, cold, fire, or lighting damage, you can choose for it to deal poison damage instead.

## Totem of the Wild

*Prerequisite: 5th level Shaman*

You bind a bestial spirit which you can call to your aid. You can cast *summon beast* at a level equal to your Primal Magic slots, without expending a spell slot or material components.

Once you cast *summon beast* in this way, you must finish a long rest before you can cast it in this way again.

## Totem of Wrath

*Prerequisite: 5th level Shaman*

You bind a spirit of anger that increases your power. When a creature fails its saving throw against Totemic Assault, you can add your Wisdom modifier to the damage roll.

## Totem of Corrosion

*Prerequisite: 7th level Shaman*

You bind a minor spirit of elemental decay. When you cast a Shaman spell that deals either cold, fire, lighting, or poison damage, you can choose for it to deal acid damage instead.

## Totem of Frost

*Prerequisite: 7th level Shaman*

You bind a minor spirit of elemental frost. When you cast a Shaman spell that deals either acid, fire, lighting, or poison damage, you can choose for it to deal cold damage instead.

## Totem of the Hunt

*Prerequisite: 7th level Shaman*

You bind a spirit of the Wild Hunt that enhances your ferocity. Once per turn, you can grant yourself advantage on an attack roll if your target is within 5 feet of one of your allies.

## Totem of the Ooze

*Prerequisite: 7th level Shaman*

You bind a spirit of elemental water which allows your body to flow like ooze. As a bonus action, you can cause your body to become pliable. You can move through spaces as narrow as 1 inch without squeezing, and escape from nonmagical restraints or a grapple by expending 5 feet of movement.

## Totem of the River

*Prerequisite: 7th level Shaman*

You bind a spirit of elemental water which allows you to live underwater. You can breathe both air and water, and you gain a swimming speed equal to your walking speed.



## Totem of Tempests

*Prerequisite: 7th level Shaman*

You bind a minor spirit of elemental storms. When you cast a Shaman spell that deals acid, cold, fire, or poison damage, you can choose for it to deal lightning damage instead.

## Totem of the Cave

*Prerequisite: 9th level Shaman*

You bind a spirit of elemental earth that lends you its ability to sense movement through the ground. So long as you are touching the ground, you gain tremorsense out to a radius of 30 feet, allowing you to sense anything touching the ground.

## Totem of the Dawn

*Prerequisite: 9th level Shaman*

You bind a spirit of radiance which you can shield creatures from death. At the end of a long rest, you can cast *death ward* on a creature of your choice, without expending a spell slot.

## Totem of the Faerie

*Prerequisite: 9th level Shaman*

You bind a fey spirit which you can call to your aid. You can cast *summon fey* at a level equal to your Primal Magic slots, without expending a spell slot or material components.

Once you cast *summon fey* in this way, you must finish a long rest before you can cast it in this way again.

## Totem of Midnight

*Prerequisite: 9th level Shaman*

You bind a sinister spirit which you can call to you. You can cast *summon shadowspawn* at the level of your Primal Magic slots, without expending a spell slot or material components.

Once you cast *summon shadowspawn* this way, you must finish a long rest before you can cast it in this way again.

## Totem of the Sun

*Prerequisite: 9th level Shaman*

You bind a spirit of radiance that allows you to succeed when all hope seems lost. When you fail a saving throw, you can choose to re-roll, possibly turning a failure into a success.

Once you use this feature to re-roll a saving throw you must finish a short or long rest before you can use it again.

When you reach 15th level in this class, you can use this feature twice between each short or long rest.

## Totem of the Vine

*Prerequisite: 9th level Shaman*

You bind a spirit of wild growth which lends you the power to restrain your foes. You can cast *ensnaring strike* at 1st-level, at will, without expending a spell slot.

## Totem of Binding

*Prerequisite: 15th level Shaman*

You can quickly bind a spirit to regain some of your power. Once per long rest, you can use an action to regain one of your expended Primal Magic spell slots.

## Totem of the Eclipse

*Prerequisite: 15th level Shaman*

You bind a powerful spirit that grants you resistance to the arcane. You gain resistance to all damage from spells.

## Totem of the Elements

*Prerequisite: 15th level Shaman*

You bind an elemental spirit which you can call to your aid. You can cast *summon elemental* at the level of your Primal Magic slots, without expending a spell slot or components.

Once you cast *summon elemental* in this way, you must finish a short or long rest before you can do so again.

## Totem of the Sapling

*Prerequisite: 15th level Shaman*

You bind a powerful spirit of wild growth which blesses your body with wondrous regeneration. At the start of each of your turns, you regain hit points equal to your Wisdom modifier, so long as you have no more than half of your hit points left.

You do not gain this benefit if you have 0 hit points.

## Totem of the Skies

*Prerequisite: 15th level Shaman*

You bind a powerful spirit of elemental air which propels you through the air. You gain a flying speed equal to your walking speed, and whenever you take falling damage you reduce the damage by an amount equal to your Shaman level.





# Shaman Spell List

Below is the list of spells available to the Shaman. They are organized by spell level, not character level. The spells listed below can be found in the *Player's Handbook*, *Xanathar's Guide to Everything*\*, and *Tasha's Cauldron of Everything*\*\*.

Any spells marked with an *S* are exclusive to the Shaman class that can be found on the following page.

## Cantrips (0-Level)

*blade ward*  
*chill touch*  
*control flames*\*  
*create bonfire*\*  
*frostbite*\*  
*guidance*  
*gust*\*  
*magic stone*\*  
*mold earth*\*  
*otherworldly grasp*<sup>S</sup>  
*poison spray*  
*produce flame*  
*primal savagery*  
*shape water*\*  
*shillelagh*  
*spare the dying*  
*seance*<sup>S</sup>  
*thaumaturgy*  
*thorn whip*  
*thunderclap*\*  
*toll the dead*\*\*

## 1st-Level

*absorb elements*\*  
*animal friendship (ritual)*  
*armor of agathys*  
*bane*  
*beast bond*\*  
*bless*  
*cause fear*\*  
*caustic brew*\*\*  
*ceremony (ritual)*\*  
*command*  
*cure wounds*  
*detect evil and good*  
*dissonant whispers*  
*entangle*  
*expeditious retreat*  
*false life*  
*find familiar (ritual)*  
*fog cloud*  
*ghastly flight*<sup>S</sup>  
*heroism*  
*hex*  
*inflict wounds*  
*longstrider*  
*protection from evil & good*  
*sanctuary*  
*shield of faith*  
*sleep*  
*witch bolt*

## 2nd-Level

*aid*  
*alter self*  
*augury (ritual)*  
*barkskin*  
*blur*  
*continual flame*  
*darkness*  
*dust devil*\*  
*earthbind*\*  
*enhance ability*  
*flame blade*  
*gentle repose (ritual)*  
*gust of wind*  
*heat metal*  
*locate animals or plants (ritual)*  
*misty step*  
*moonbeam*  
*pass without trace*  
*protection from poison*  
*spike growth*  
*totemic cowl*<sup>S</sup>  
*warding wind*\*

## 3rd-Level

*clairvoyance*  
*daylight*  
*dire wail*<sup>S</sup>  
*dispel magic*  
*elemental weapon*  
*feign death (ritual)*  
*gaseous form*  
*haste*  
*life transference*\*  
*meld into stone (ritual)*  
*nondetection*  
*plant growth*  
*protection from energy*  
*remove curse*  
*sleet storm*  
*slow*  
*speak with dead*  
*spectral passage*<sup>S</sup>  
*spirit guardians*  
*stinking cloud*  
*thunder step*\*  
*tidal wave*\*  
*tiny hut (ritual)*  
*wall of sand*\*  
*wall of water*\*  
*wind wall*

## 4th-Level

*arcane eye*  
*banishment*  
*control water*  
*divination (ritual)*  
*elemental bane*\*  
*faithful hound*  
*fire shield*  
*freedom of movement*  
*giant insect*  
*grasping vine*  
*guardian of nature*\*  
*ice storm*  
*sickening radiance*\*  
*stoneskin*  
*watery sphere*\*

## 5th-Level

*antilife shell*  
*awaken*  
*cloudkill*  
*commune with nature (ritual)*  
*dawn*\*  
*dispel evil and good*  
*dream*  
*far step*  
*maelstrom*\*  
*planar binding*  
*reincarnate*  
*scrying*  
*skill empowerment*\*  
*spiritual sundering*<sup>S</sup>  
*wrath of nature*\*

# Shaman Spells

The following spells are available exclusively to the Shaman class and are presented in order of ascending spell level.

## Otherworldly Grasp

*Necromancy cantrip*

**Casting Time:** 1 action

**Range:** Self

**Components:** S, M (an empty hand)

**Duration:** Concentration, up to 1 minute

You channel necrotic spiritual power to your hand, changing it into a withered specter of itself. Make a melee spell attack against a creature within your reach. On hit, the creature takes 1d8 necrotic damage, and you gain 1d4 temporary hit points which last for the duration of your concentration.

**At Higher Levels.** The damage of this spell, and the temporary hit points you gain, increase by 1d8 and 1d4 respectively when you reach 5th level (2d8 and 2d4), 11th level (3d8 and 3d4), and 17th level (4d8 and 4d4).

## Seance

*Transmutation cantrip*

**Casting Time:** 1 action

**Range:** 30 feet

**Components:** V, S

**Duration:** 1 action

You channel minor spirits, allowing them to work through you so that they may once again affect change in the material world. You create one of the following effects within range:

- You create an instantaneous, harmless sensory effect, such as a flickering azure flame, an unnaturally chill breeze, rhythmic chanting, or the smell of incense.
- A minor spirit briefly appears and fades away.
- You instantaneously light or snuff out a candle, torch, or a small campfire.
- A mote or iridescent light points to the closest place of spiritual power, recent death, or new birth.
- Ley lines within range briefly reveal themselves as they flicker with otherworldly light.



## Ghastly Flight

*1st-level conjuration*

**Casting Time:** 1 action

**Range:** Self (60-foot line)

**Components:** V, S, M (the powdered remains of a creature)

**Duration:** Instantaneous

You release a malevolent spirit that flies out from you in a direction of your choice in a 60-foot long, 5-foot wide line, at which point it fades away. Each creature within the line must make a Constitution saving throw. On a failed save, creatures take 2d8 necrotic damage and cannot regain hit points until the start of your next turn. On a success, creatures take half as much damage and can regain hit points as normal.

**At Higher Levels.** When you cast this spell using a spell slot of 2nd-level or higher, the damage increases by 1d8 for each slot level above 1st.

## Totemic Cowl

*2nd-level abjuration*

**Casting Time:** 1 action

**Range:** Touch

**Components:** V, S, M (a leaf from the first day of fall)

**Duration:** Concentration, up to 1 hour

You touch a willing creature. Until the spell ends, it is cloaked in a ghostly cowl, and any damage it takes is reduced by 1.

**At Higher Levels.** When you cast this spell using a spell slot of 3rd-level or higher, the damage reduction from the cowl increases by 1 for each slot level above 2nd.

## Dire Wail

*3rd-level necromancy*

**Casting Time:** 1 action

**Range:** Self (30-foot radius)

**Components:** V

**Duration:** 1 minute

You let forth a wail filled with otherworldly power. Creatures of your choice within 30 feet must succeed on a Constitution saving throw or take 4d10 thunder damage and be deafened for the duration. At the end of each turn, targets can make a Constitution saving throw, ending the spell on a success. On a successful save, it takes half damage and is not deafened.

**At Higher Levels.** When you cast this spell using a spell slot of 4th-level or higher, the damage increases by 1d10 for each slot level above 3rd.

## Spectral Passage

*3rd-level transmutation*

**Casting Time:** 1 action

**Range:** Touch

**Components:** V, S, M (an object a spirit has passed through)

**Duration:** Concentration, up to 1 minute

You touch a willing creature. Until the spell ends, it becomes semi-incorporeal and can move through other creatures and objects as if they were difficult terrain. If the creature ends its movement inside another object or creature, it is immediately shunted to the nearest unoccupied space, taking 1d10 force damage for every 5 feet it was forced to travel.

**At Higher Levels.** When you cast this spell using a spell slot of 4th-level or higher, you can target one additional creature for each slot level above 3rd.

## Spiritual Sundering

*5th-level enchantment*

**Casting Time:** 1 action

**Range:** 120 feet

**Components:** V, S

**Duration:** Instantaneous

Creatures in a 20-foot-radius sphere centered on a point of your choice within range have their soul rent, and must make a Charisma saving throw. On a failure, they take 8d6 necrotic damage, and for the next minute, they have a muddled sense of self and subtracts 1d6 from any Intelligence, Wisdom, or Charisma saving throw they make. On a success, they take half damage and suffers no penalties to its saving throws.

Targets can make a Charisma saving throw at the end of each of their turns, ending the effect on a successful save.



# Greater Totems

Below is the list of Greater Totem Spirits available for Shamans to choose from starting when they reach 11th level.

## Greater Spirit of the Dark Star

Spirits of Dark Stars are called from outer realms beyond the known planes. They grant Shamans strange aberrant powers.

Shaman Level	Spell
11th	<i>soul cage</i> <sup>XGE</sup>
13th	<i>prismatic spray</i>
15th	<i>maddening darkness</i> <sup>XGE</sup>
17th	<i>psychic scream</i> <sup>XGE</sup>

## Greater Spirit of Death

Spirits of Death are drawn from the Shadowfell, the Hells, or the Abyss. They lend Shamans their powerful sinister magic.

Shaman Level	Spell
11th	<i>flesh to stone</i>
13th	<i>finger of death</i>
15th	<i>horrid wilting</i> <sup>XGE</sup>
17th	<i>power word: kill</i>

## Greater Spirit of the Fissure

Spirits of Fissure are conjured from the realms on the Plane of Earth. They lend Shamans the unyielding power of stone.

Shaman Level	Spell
11th	<i>bones of the earth</i> <sup>XGE</sup>
13th	<i>symbol</i>
15th	<i>earthquake</i>
17th	<i>invulnerability</i> <sup>XGE</sup>

## Greater Spirit of the Inferno

Spirits of the Inferno are summoned from the great Plane of Fire. They grant Shamans overwhelming destructive power.

Shaman Level	Spell
11th	<i>investiture of flame</i> <sup>XGE</sup>
13th	<i>fire storm</i>
15th	<i>incendiary cloud</i>
17th	<i>meteor swarm</i>

## Greater Spirit of Life

Spirits of Life come to aid Shamans from the upper planes or the Feywild. They bless Shamans with mystic healing magic.

Shaman Level	Spell
11th	<i>heal</i>
13th	<i>regenerate</i>
15th	<i>holy aura</i>
17th	<i>power word: heal</i>

## Greater Spirit of the Moon

Spirits of the Moon can be summoned from the Astral Sea or Etherial Plane. They grant Shamans wondrous magic power.

Shaman Level	Spell
11th	<i>primordial ward</i> <sup>XGE</sup>
13th	<i>reverse gravity</i>
15th	<i>antimagic field</i>
17th	<i>astral projection</i>

## Greater Spirit of the Sea

Spirits of the Sea are called up from the depths of the Plane of Water. They bestow Shamans with frigid ethereal magics.

Shaman Level	Spell
11th	<i>freezing sphere</i>
13th	<i>etherealness</i>
15th	<i>tsunami</i>
17th	<i>invulnerability</i>

## Greater Spirit of the Storm

Spirits of the Storm are drawn from the great tempests of the Plane of Air. They lend Shamans the wild magic of storms.

Shaman Level	Spell
11th	<i>chain lightning</i>
13th	<i>whirlwind</i>
15th	<i>control weather</i>
17th	<i>storm of vengeance</i>

## Greater Spirit of the Sun

Spirits of the Sun are drawn from places of powerful radiant magic. They lend Shamans restorative and purifying power.

Shaman Level	Spell
11th	<i>sunbeam</i>
13th	<i>resurrection</i>
15th	<i>sunburst</i>
17th	<i>true resurrection</i>



# Shamanistic Feats

The Feats here allow all characters to share in the abilities of the Shaman. If your game uses the optional rule for Feats, they can be taken in place of an Ability Score Improvement.

## Spiritual Awakening

You have spent many quiet hours honing your spirit to better control your physical body. You gain the following benefits:

- Increase your Wisdom score by 1, to a maximum of 20.
- You gain the benefits of one Sacred Focus from those available to the Shaman Class at 1st level. If you already benefit from a Sacred Focus, you cannot select it again.

## Totemic Spirit

You have formed a connection with one of the minor spirits bound to the natural world. You gain the following benefits:

- Increase your Wisdom score by 1, to a maximum of 20.
- You gain the benefits of a Totem of your choice from those available to the Shaman class. If it has any prerequisites, you must meet them in order to learn that Totem.

## Wise One

You find ways to learn from every experience in life, always growing in wisdom. You gain the benefits on the table below that correspond to your current Wisdom modifier and lower. Should your Wisdom modifier increase, the benefits that you gain from this Feat also increase with your modifier.

Modifier	Benefit
+1	You gain proficiency with one musical instrument of your choice.
+2	You can make Wisdom (Persuasion) checks in place of Charisma (Persuasion) checks.
+3	You gain proficiency in either Animal Handling, Insight, Medicine, or Perception.
+4	You have advantage on saving throws to end the charmed and frightened conditions.
+5	When you are forced to make a Charisma or Intelligence saving throw, you can choose to make a Wisdom saving throw instead.



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