

Tome of Lycanthropy:

Monk

This is Supplemental Material

Monastic Tradition

At 3rd level, a barbarian gains the Monastic Tradition feature. This is an option written by Odvaskar for that feature: The Way of the Beast Spirit.

Way of the Beast Soul

Monks of the Way of the Beast Soul follow a tradition that values nature and beasts. When they focus their ki, they can align themselves with the forces of nature and their spirit beast, to take on bestial aspects. Monasteries of this way train students to use their power to protect the balance of nature and the wilds.

Many monks of this tradition call themselves wild wardens, beast sentinels, or shifters.

Way of the Beast Soul Features

Monk Level	Features
3rd	<i>Spirit Beast, Bestial Aspect</i>
6th	<i>Aquatic Aspect</i>
11th	<i>Aerial Aspect</i>
17th	<i>Bonded Souls</i>

Spirit Beast

3rd-level Way of the Beast Soul feature

At 3rd level, You gain the ability to summon a spirit that assumes an animal form: as an action, you can spend 1 ki point to cast the *Find Familiar* spell, without material components.

When you cast the spell in this way, the familiar is a Fey, and the familiar disappears after a number of hours equal to half of your monk level (rounded down).

Bestial Aspect

3rd-level Way of the Beast Soul feature

At 3rd level, your spirit beast binds with your soul allowing you to take on aspects of different beasts. You can use your action to spend 2 ki points to take on a bestial aspect that last for 1 hour. While in an aspect you have advantage on Wisdom (Perception) checks that rely on hearing and smell. You learn two beast aspects. You learn one more aspect at 6th and 11th level.

Bear

Your body takes on physical aspects of a bear. You gain the following ability:

- **Bear Climb.** You gain a climbing speed equal to your walking speed.
- **Tough Hide.** You gain resistance to a damage type until this feature ends or you use a different aspect.
- **Fortitude.** You have advantage on Constitution saving throws.

Bull

Your body takes on physical aspects of a bull. You gain the following ability:

- **Large Build.** You become one size larger, along with anything you are wearing. If you lack the room to become larger, your size doesn't change.
- **Heavy Blows.** When using Fury of blows you deal an extra 1d4 damage with your unarmed strikes.
- **Might.** You have advantage on Strength saving throws.

Cat

Your body takes on physical aspects of a cat. You gain the following abilities:

- **Cat Climb.** You gain a climbing speed equal to your walking speed.
- **Long Claws.** Your unarmed strikes have a 10-foot reach.
- **Grace.** You have advantage on Dexterity saving throws.

Fox

Your body takes on physical aspects of a fox. You gain the following abilities:

- **Nimble Escape.** You can take the Hide action as a bonus action on each of your turns.
- **Keen Instincts.** You can add your wisdom modifier to your initiative rolls.
- **Cunning.** You have advantage on Intelligence saving throws.

Aquatic Aspect

6th-level Way of the Beast Soul feature

Starting at 6th level, the bond between you and your spirit beast allows you to take on an aquatic aspect. You learn one of the following beastial aspects:

Octopus

Your body takes on physical aspects of an octopus. You gain the following abilities:

- **Amphibious.** You can breathe air and water. Additionally, you gain a swim speed equal to your walking speed
- **Extra Limbs.** You grow two tentacles that can use them to make unarmed attacks.
- **Grasping Blows.** If you hit a creature that is Large or smaller with an unarmed strike with your tentacles. It is grappled, escape DC is based on your Wisdom, and you can only grapple one creature at a time.

Quipper

Your body takes on physical aspects of a quipper. You gain the following abilities:

- **Amphibious.** You can breathe air and water. Additionally, you gain a swim speed equal to your walking speed
- **Blood Frenzy.** You have advantage on melee attacks rolls against any creature that is missing half or more its hit points. This feature doesn't work on undead, constructs.
- **Aquatic Senses.** You gain blindsight of 20 feet while underwater. On land the blindsight is reduced to 10 feet.

Aerial Aspect

11th-level Way of the Beast Soul feature

At 11th level, you can take on an aerial aspect. You learn one of the following beastial aspects:

Eagle

Your body takes on physical aspects of an eagle. You gain the following abilities:

- **Keen Sight.** You have advantage on Wisdom (Perception) checks that rely on sight
- **Flight.** When you use Step of the Wind you gain a flying speed equal to half your walking speed, until the start of your next turn.
- **Eagle's Reflexes.** You can add half of your proficiency modifier (rounded down) to your AC
- **Splendor.** You have advantage on Charisma saving throws.

Owl

Your body takes on physical aspects of an owl. You gain the following abilities:

- **Keen sight.** You have advantage on Wisdom (Perception) checks that rely on sight.
- **Limited Flight.** After you use Furry of Blows, you can fly up 10 feet without provoking opportunity attacks.
- **Perceptive.** You become proficient with Wisdom (Perception) checks and your proficiency bonus is doubled.
- **Wisdom.** You have advantage on Wisdom saving throws.

Bonded Souls

17th-level Way of the Beast Soul feature

Beginning at 17th level, you and your spirit beast's souls are bonded for eternity. You are always under the effects of a *Enhance Ability* spell. You can change its effect on a short or long rest.