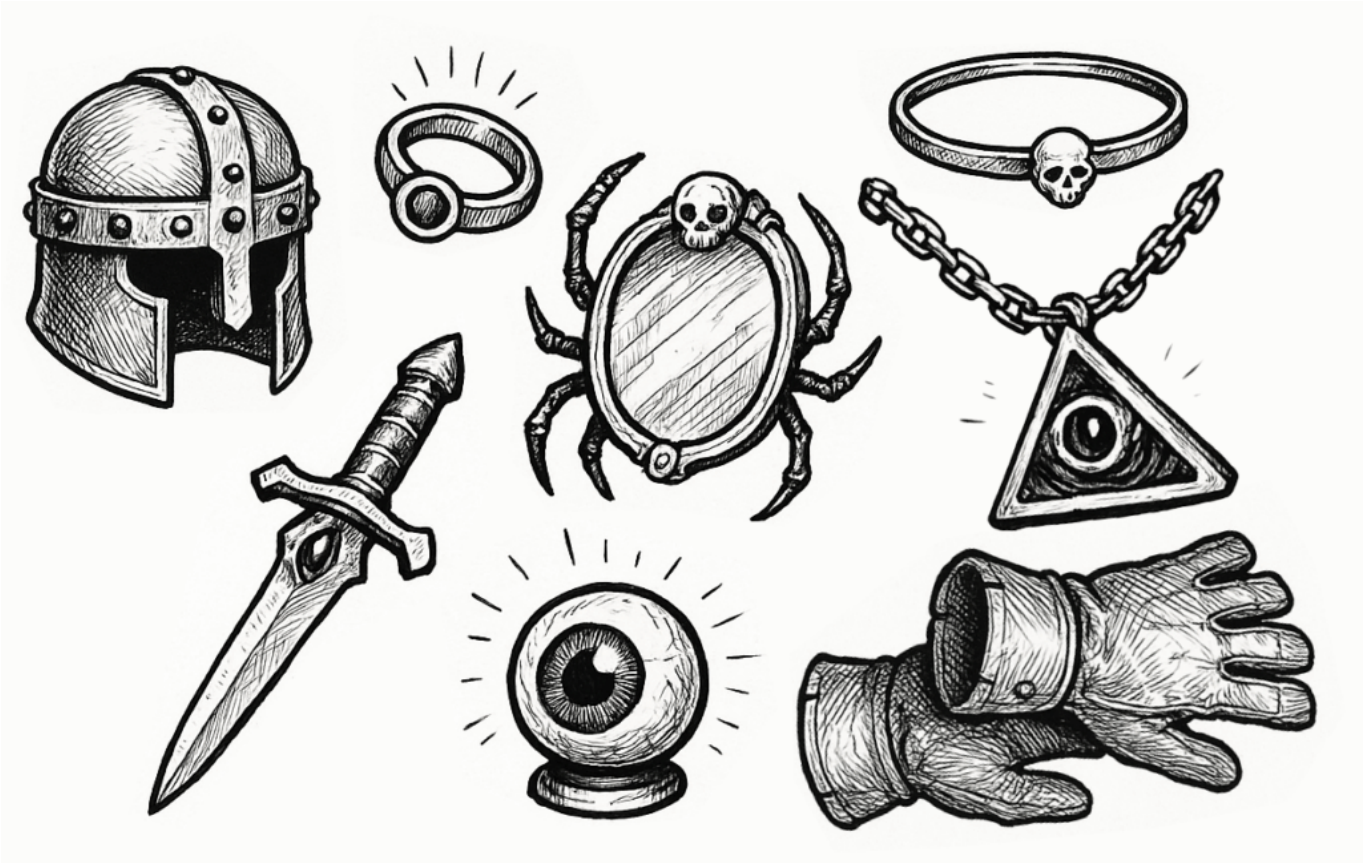
Psionic Items

written by CresthavenRPG Guru | June 17, 2025



Psionic items in **Cresthaven RPG** are rare, mentally attuned tools and relics created not through arcane means, but through the focused will, psychic residue, or innate mental resonance of powerful minds. Unlike magical items, psionic items do not function autonomously or with passive enchantments. Instead, they are powered and activated by the **Potential Energy Pool** of the user—drawing directly from their own psionic strength.

What Makes Psionic Items Unique?

- **Not magical**: Psionic items cannot be dispelled, identified, or affected by anti-magic fields, though they may be impacted by psionic-null zones or psychic backlash.
- **Energy-powered**: Each item ability draws from the user's **Potential Energy Pool**. If the user does not have sufficient energy remaining, the item's effect cannot be activated.
- **No spellcasting needed**: Any character with a Potential Energy Pool—through class, ancestry, or rare training—can use these items, regardless of whether they cast spells.

Activating Psionic Items

To use a psionic item:

If an item provides passive benefits (e.g., bonus to saves), those are always active unless stated otherwise.

The item must draw energy from the user's **Potential Energy Pool**.

The effect is resolved as a psionic action, using the relevant psionic power and its rules.

Here is the **full list of psionic items** for *Cresthaven RPG*, each with a **visual description**, **mechanical effects**, **Potential Energy cost**, and **DM notes** where applicable. These items follow the official psionics system and are powered by the user's **Potential Energy Pool**, not magic.

PSIONIC ITEMS

Helm of the Iron Will

Wondrous Item, Rare
Visual: A smooth, steel helm etched with concentric ripples across the surface. A black gem pulses at the center of the brow.

Effects:

- +2 to all Intelligence and Wisdom ability saves (always active).
- Once per long rest, activate **Tower of Iron Will**: Immune to mind control and psychic attacks for 1 minute.

Energy Cost: 5 points (for Tower of Iron Will)

DM Note: Use this item as a reward for characters frequently targeted by mental effects or who serve as party leaders or tacticians.

Ring of Empathic Clarity

Ring, Uncommon
Visual: A slim silver band with a teardrop opal that glows with emotion-linked colors.

Effects:

- Passive **Empathy** (sense nearby emotional states).
- Once per short rest, pacify one creature for 1 round (Charisma save DC 13 to resist).

Energy Cost: 2 points per use of pacification

DM Note: Use this item in diplomacy-heavy campaigns. NPCs may fear or be charmed by a wearer who seems to "read their hearts."

Amulet of the Void Mind

Amulet, Very Rare
Visual: A jet-black charm shaped like a closed eye, suspended on a thin chain of woven silver.

Effects:

- Once per day: activate **Mind Blank** for 10 minutes.
- Immunity to ESP, Telepathy, and Empathy while worn.

Energy Cost: 6 points for Mind Blank

DM Note: Good defense against Ood, Mind Leeches, or psionic NPCs. The wearer's emotional detachment can be roleplayed for tension or consequence.

Thoughtpiercer *(Intelligent Dagger)*

Weapon, Rare
Visual: A crystal dagger with shifting runes and a faint psychic hum only audible to the wielder.

Effects:

- Grants **Mind Thrust** (1d6 psychic damage, ranged, costs 3 energy points).
- Once per long rest: read surface thoughts.
- Intelligent: INT 14, WIS 12, Ego 6; Alignment Chaotic Neutral
- Refuses to strike unintelligent creatures (INT 2 or lower)

Energy Cost: 3 points (Mind Thrust)

DM Note: Thoughtpiercer is deeply curious, but irreverent. It views emotion as a flaw and prizes rational minds. It constantly probes the wielder's thoughts, offering unsolicited critique or commentary, especially in tense moments. It disdains those who rely on brute force and urges its wielder to "slice the mind before the flesh." It refuses to attack creatures with low intellect (INT 2 or lower), considering them beneath notice.

Orb of the Astral Eye

Wondrous Item, Rare
Visual: A swirling glass orb the size of a fist, orbiting the user's head like a psychic satellite.

Effects:

- **Clairvoyance** (costs 2 points per use).
- Once per day: **Astral Projection** (user only).

- While in use, user’s AC is reduced by 1.

Energy Cost: 2 points (Clairvoyance), 9 points (Astral Projection)

DM Note: Ideal for scouting, infiltration, or precognitive characters. While projecting, the body remains vulnerable—make this a tactical decision.

Gloves of Telekinetic Grip

Wondrous Item, Uncommon
Visual: Soft black gloves lined with silver thread that glows faintly when in use.

Effects:

- Use **Psychokinesis** to lift/manipulate objects up to 100 lbs.
- Can open doors, lift weapons, or trigger devices at range.
- May act as a “mental hand” for interacting with the environment.

Energy Cost: 1 point per object moved

DM Note: Players may use this creatively. Be flexible, but reinforce that it requires line of sight and concentration.

CURSED PSIONIC ITEMS

Circlet of the Whispering One

Headgear, Cursed
Visual: A blackened copper circlet with a central strip of obsidian. Soft whispers echo around the wearer.

Effects:

- Grants **Telepathy** (100 ft range).
- After each use, roll Wisdom save (DC 14) or begin hearing chaotic surface thoughts for 1 hour.
- After three failed saves: suffer long-term hallucinations or paranoia.

Energy Cost: 2 points per Telepathy use

DM Note: Roleplay the whispers! Offer vague “truths” or red herrings. The curse escalates subtly—until it overwhelms.

Mirror of Ego Reflection

Wondrous Item, Cursed
Visual: A black-handled hand mirror with a blurred, distorted reflection. Looking into it shows an exaggerated emotional version of the viewer.

Effects:

- Activates **Ego Whip** once per short rest (targeted psychic attack).
- On a failed Charisma save (DC 15), the effect reflects back on the user.
- Three failed reflections = permanent -2 to Charisma until curse is lifted.

Energy Cost: 4 points per use

DM Note: This item tempts players with power and introspection. Best used in roleplay-driven campaigns or to reflect a character's internal flaws.

Creating Your Own Psionic Items

DMs are encouraged to build their own psionic items using the established **psionic power list** and typical energy costs (3–9 points per effect). Align powers to item form, and always tie effects back to **mental focus, willpower, or perception**, not physical magic.

For example:

- A **mask** might grant **Telepathy** or **Id Insinuation**.
- A **cloak** might offer **Thought Shield** or **Intellect Fortress**.
- A **staff** might store a limited-use **Psionic Blast** that draws energy from the wielder on impact.