

Avatar: Enlightenment Supplement

This doc may be used as a supplement to any jumpdoc set in the universe of *Avatar: the Last Airbender*.

Scenarios

You may choose as many or as few of the following scenarios as you wish, and may take the Chakra scenarios even after you leave the Avatarverse.

Note that completing the Chakra scenarios with the help of perks which immunise you to various emotional responses doesn't count; the process of opening the chakra happens because of what you learn through hard, spiritual work. If you don't do the work, you can't expect a reward.

Furthermore, each of the below scenarios takes at least a year to complete. These minimum durations cannot overlap with one another, save for The Original Benders with the Chakra scenarios. However, if you take longer than one year to complete a given scenario, the 'extra' time can overlap.

The Earth Chakra

The Earth Chakra is located at the base of the spine. It deals with survival, but is blocked by fear. In the course of your time in this jump, you will be confronted by deadly fears - these may be obvious and forceful, such as the fear for your life presented by enemies you can barely hope to overcome, or may be more subtle, such as the fear of failing a friend, of standing up to someone you respect or fear and weathering their displeasure, and so on.

Over the course of at least half a year, you must face your fears again and again, coming to know them intimately. During this time, you must learn neither to succumb to your fears, nor to reject and deny their reality - this would only lead to recklessness; fear has a vital component in warning you of danger - but to accept and understand them, to let fear pass into your being and through you, leaving your mind clear in its wake. Should you complete this mental and spiritual ordeal, you will have earned your reward.

Reward: Opened Earth Chakra

You have opened your Earth Chakra, not rejecting but understanding and accepting your own fears. With such acceptance comes clarity and mastery: You still feel fear for yourself, your safety and that of others, but can always control yourself in the face of it. Supernatural terror will have no hold on you, for you can understand the truth of fear: It is your body warning you of danger, danger you can assess clearly. So long as this chakra remains open, you will never freeze up in a moment of panic, and will have the kind of bravery which comes from acceptance and understanding of danger, risk and the fears they evoke. What might paralyse another will only ever serve as a source of insight and aid to your survival.

Furthermore, having mastered your fear, you gain a greater attunement to your own survival instincts. Without interference from uncontrolled fear, it becomes simple to interpret these bodily warnings, granting you a sense for danger bordering on the supernatural. It's not infallible, but more often than not you'll be able to sense when something is about to go wrong a few moments before it does, giving you those crucial seconds to act. Likewise, with mastery of fear, pain becomes just another warning from your body; you will still feel it as intensely as ever, but you can ignore it if need be - though be careful, as wounds still retain their effects. Finally, your mastery of instinct also grants you greater control over any instinctual desires you might have, whether of the mundane kind like lust or anger, or more, like the urges of a werewolf.

The Water Chakra

The Water Chakra is located in the sacrum; it deals with pleasure, and is blocked by guilt. In the course of your time in this jump, you will be confronted by regrets of your past, and your own internalised guilt. This might take many forms, from tormenting dreams or supernatural visions of your past mistakes, to those harmed by your previous actions returning to seek vengeance for what you took from them.

Over the course of at least half a year, you must face all the guilts and regrets you hold for your past actions, and slowly become able to forgive yourself for each one of them in turn. What this means will depend on you yourself, but will likely require working to right past wrongs as much as possible, confronting feelings you had buried or ignored up to now, and otherwise working through the guilt that burdens you. Should you complete this mental and spiritual ordeal, you will have earned your reward.

Reward: Opened Water Chakra

By opening this chakra you have not purged your guilt, but gained the ability to assess and understand it rationally, and to forgive yourself when you err in future. Guilt will never again be a chain holding you back from bettering yourself - though you may still feel guilty, and may still do wrong, this guilt will never paralyse your spiritual development, nor prevent you from learning to be better.

Furthermore, having gained the capacity to forgive yourself and metabolise your guilt, the pleasures of the world become all the more shining. So long as this chakra remains open, you will never become jaded, bored of or gain feelings of entitlement to any of life's enjoyments. A beautiful spring morning, the sight of a lover's face or their amorous attentions will remain as enjoyable in a hundred years as today.

The Fire Chakra

The Fire Chakra is located in the stomach; it deals with willpower, and is blocked by shame. During the course of this jump, you will find yourself confronted with your shame - your feelings of inadequacy in yourself, whether those feelings arise from within your own being, or from the negative regard of others. Perhaps you will have to face a sense of being unfitting for the power granted to you as a jumper, not having lived up to the ideals you wish

you could have upheld, or being rejected by others or a group for some flaw they see within you. Alternatively, if you are prideful or desirous of glory, you may need to dig down into the depths of why you feel such a need to prove yourself to others.

Of the course of at least half a year you will have to deal with these painful feelings. You will have to confront your greatest disappointments in yourself, and of others in you, and decide for yourself which of these disappointments are worth regarding. You will labour to live up to those expectations you find worthy, and discard those you discover to be unreasonable or unfairly-imposed. Through this process, you will slowly generate for yourself a core of self-worth; the steady, unwavering knowledge that although you may fail, you have worth as a person in your own right. Should you complete this mental and spiritual ordeal, you will have earned your reward.

Reward: Opened Fire Chakra

Having opened this chakra, you have gained an understanding of yourself, and created a self-image to which you need not live up to, or feel anguish at failing, but which is simply a reflection of you as you are: A person worth being. So long as your Fire Chakra remains open, even the worst of social environments could not wear you down or turn you from the course of living up to that self-image. Even constant abuse could not wear you down, nor any amount of peer pressure prevent you from living up to your internal standards if you choose to.

Having freed yourself of maladaptive shame, your will is free to flourish. You have a tremendous well of resolve, a reserve of inner strength that would allow you to work at a seemingly-impossible task for years on end without giving up. This does not make you unwise or reckless, but merely allows you to pursue your goals wholeheartedly and without regret, knowing that even should you have failed, you put your all into them.

The Air Chakra

The Air Chakra is located in the heart; fittingly, it deals with love, and is blocked by grief. Over the course of this jump, you will find yourself confronted by memories of all that you have loved and lost, or left behind. This may take the form of ghosts or spirits - whether actually of what you've lost or merely spirits exploiting their images to get to you - longing dreams, people who remind you of them, or simply the quiet times when you cannot forget or let go of what you once had.

Over the course of at least half a year, you must learn to let go. With each of these visitations, literal or otherwise, you must slowly learn that although they are gone, and it is no sin to mourn, the love you held for them has not died - it lingers within you, and is reborn in the form of new love. You must realise this truth on a deep, emotional and spiritual level; not merely engaging in rebound relationships or indulging in things which remind you of what you once possessed, but learning to accept loss and move on from it, to take the gifts that love has given you and make new realities from them. Should you complete this mental and spiritual ordeal, you will have earned your reward.

Reward: Opened Air Chakra

Having opened this chakra, you will not be paralysed by grief, the fear of loss, or the jealousy that fear can produce, and can love without fear or hesitation. No matter how long you live, how many things you love, and how many times you lose, you will not fear to embrace again. Moreover, grief will no longer drive you to irrational extremes; you will mourn when you lose those things you love, but will be able to subdue anger, and pursue justice - if necessary - instead of mere vengeance. You may still feel grief, and it may still be agonising, but it cannot consume you.

Having mastered your grief, love is freed to move between yourself and others without reservation. You gain a near-intuitive understanding of the emotional bonds people share, and can deftly work to help others deal with and expel negative energies and approaches in their relationships, and to cultivate positive ones. You would make an exemplary therapist; all the more so when dealing with people you understand deeply due to long connections.

The Sound Chakra

The Sound Chakra is located in the throat; it deals with truth, and is blocked by lies; most of all the lies we tell ourselves. Over the course of your time in this jump, you will find yourself confronting your self-deceptions, whether you created them out of some desire to ignore some part of your life or nature.

Over at least half a year, you will have to confront and resolve the contradictions and deceptions within yourself. In order to complete this scenario, you must come to a true and deep understanding of your own nature and self, for better and worse, and accept who and what you truly are. You might be forced to take up responsibilities you denied, shed false identities or face your troubles yourself rather than relying on lies - to yourself or others - to escape them. Should you complete this mental and spiritual ordeal, you will have earned your reward.

Reward: Opened Sound Chakra

By opening this chakra, you have confronted the lies, contradictions and delusions you have imposed upon yourself and accepted the truth about yourself. So long as this chakra remains open, you will understand yourself on a deep and fundamental level; you will not lie to yourself or shy away from responsibilities or your own nature, but rather find truth within your own being and hold to it. Such absence of inner lies allows you to accurately assess yourself and to act according to your own true abilities, rather than deluding yourself into believing yourself greater or lesser than you are.

Having understood your own lies and delusions, discerning those of others becomes far easier. You have a near-preternatural sense for deception or contradiction, and even if you don't immediately know what the truth is, inconsistencies or signs of lies will stand out clearly to your perceptions - whether those deceptions be in the form of lies, deceptive paperwork, or even supernatural illusions or compulsions.

The Light Chakra

Located on the brow, the Light Chakra deals with insight, and is blocked by illusion. Over the course of this jump, you will discover the many ways in which your understanding of the world does not accord with reality. Perhaps you will have to overcome internalised disregard or bad feelings towards another sex, be forced to work with people from a group you regard as evil or malevolent but which are in actuality more complex, or be confronted with a problem that requires you to realise the way in which things that seem separate are actually part of a unified whole.

Over at least half a year, you will have to face and resolve these inconsistencies one by one, coming to understand and reject those preconceptions which cloud your thinking and perceptions. Perhaps you'll even come to some insight with regards to the world, like how Toph Beifong saw past the simple understanding that 'metal can't be bent', and instead realised that she could bend the impurities within the metal to manipulate it in turn. This may seem easy, but confronting one's own failures to see clearly - and the harm they may have caused through that failure - is anything but. Should you complete this mental and spiritual ordeal, you will have earned your reward.

Reward: Opened Light Chakra

Having opened this chakra, you have gained the ability to understand preconceptions as such, and cast them aside when evidence speaks to the contrary, rather than clinging to false visions of the world out of a discomfort with change. Thus, you are freed from prejudice and can approach others as they actually are, rather than projecting ideas onto them.

With this freedom from preconception, you gain a profound insight into the world as it truly is. You are not omniscient, but through observation and contemplation you can discern truths which others would dismiss. With enough time and understanding, you could even predict the course of the future - though this is not prophecy, merely educated guesses, made with an absence of preconception.

The Thought Chakra

Located at the crown of the head, the Thought Chakra deals with an individual's connection to pure cosmic energy, and is blocked by earthly attachment. This does not mean your connections to the world - your loves, friends and duties - but rather your inability to let them go in their proper time, or when they become toxic or dysfunctional. Over the course of this jump, you will find yourself confronted by all of your connections to the world and others - to your companions, your friends, your enemies and to people who depend on you.

Over at least half a year, you must examine each of these connections in turn, contemplating every facet of your bond for them, and coming to the point that, if need be, you could let them go. This process will be arduous, and demand an honesty and rigour of spirit and attention that goes beyond what most are capable of. You must put yourself in a state where, from a detached position, you analyse all the connections of your heart, their positive and negative sides, and learn how to do the hardest thing of all: To let them go. Even by learning this you may feel that you are betraying those you love, but nothing less will suffice. To

master your attachments, you must have the ability to release them, whether or not you choose to do so. If you achieve this, you will have earned your spiritual reward.

Reward: Opened Thought Chakra

By opening this chakra, you have understood your attachments and gained the ability to let them go. This does not mean abandoning love or connection - rather that you no longer require these things, can recognize when attachment is irrational or negative, and can release them if required. The sunk-cost fallacy has no hold on you anymore, but neither are you cold, callous or unloving. You understand the difference between a tie and a chain, and no emotional chain can ever hold you down.

Your reward for opening this final chakra is a connection to the pure cosmic energy of the universe, within yourself and others. For each chakra you have opened, you gain new spiritual abilities.

With only the Thought Chakra open, your connection to the cosmic flow of the universe gives you a subtle but profound insight into the nature of time and destiny. This is not so clear as seeing visions or speaking prophecy, but simply a subtle attunement to things that are to come. When you go to a place where important events have happened in the past or will happen in the future you will be able to sense the presence and rough nature of those events, and your insight into the movements of the world can allow you to pick out people whose actions will have great repercussions for the world. You won't know exactly what they'll do or how, but if you come to know them you'll be able to make educated guesses.

With the *Light Chakra* open, you can sense the presence of spiritual energy, perceive spiritual beings even when they do not wish to be seen, and see through all manner of illusions and other magical deceptions, where before you were merely attuned to the signs of their falsehood. By touching another and attuning your spirit to theirs, you may be able to sense emotional or spiritual blockages or wounds within them. Finally, with the combination of your insight and your connection to the flow of cosmic energy through the universe, your understanding of destiny and your ability to make accurate predictions will be increased.

With the *Sound Chakra* open, you can access the primordial language of truth. By touching another and connecting your energy with them, you can impart information to them directly without needing to speak, or understand what they wish to express to you without similar barriers. Furthermore, if you can touch another being, you can gain insight into the nature and state of their spirit - the true form of a transformed spirit, for instance, or that they have been spiritually wounded, whether by magic or trauma.

With the *Air Chakra* open, your insight is opened to the web of emotional connections which link all things in the world. By touching another being and connecting to them, you can gain visions of its emotional connections to others, or even their locations and current activities. Similarly, through

meditation you can track your own connections regardless of distance or seeming separation.

With the *Fire Chakra* open, your sense of self extends to your spiritual being as well. Your ability to resist spiritual, magical or mental corruption or domination is greatly enhanced. This also extends to possession and other such bodily inhabitations, allowing you to expel such beings from yourself.

With the *Water Chakra* open, your ability to forgive yourself and purify yourself of unhelpful guilt extends to your spirit as well. With this, you can purify your spiritual energy of blockages, corruption and other negative effects, allowing you to recover from chi-blocking far more quickly, as well as to purge spiritual maladies from your body. Moreover, this same ability to protect yourself from the negative effects of other energies allows you to safely serve as a host to spiritual beings, allowing them to channel their power through you, if they choose to do so, without danger of becoming twisted by this contact.

With the *Earth Chakra* open, your mastery of your own energy allows you to circulate it within your body, conserving it. This is enough to greatly reduce your need for food, water or breath, helps maintain your health and physical vitality, and increases both your longevity, and how long you can maintain your physical fitness. This does not precisely lengthen your lifespan, but by resisting the diseases and other troubles which can carry off the old you can remain hale and hearty for many years past where others would have become decrepit, and can sustain you to a tremendous age. Guru Pathik was over a hundred and fifty years old when he taught Aang, and altogether fit and healthy, while other sages are said to have lived far longer still.

The Original Benders

Requirement: May only be taken once per jump; may only be taken if you are not a natural bender (i.e. if you have only gained whatever bending you have via this Scenario)

It is said that long ago, humanity learned to bend the elements by studying the original benders - dragons for fire, badger-moles for earth, sky-bison for air and the moon and the ocean for water. You aspire to imitate this ancient feat, to do what is considered impossible in the modern day: To become a bender, despite not having been born one.

The first thing you must do in order to accomplish your goal, is to choose an element, and find a teacher. This is easier said than done. To learn airbending or firebending you must discover a sky-bison or a dragon to learn from, respectively - both species considered to have gone extinct in the era of Aang. A few do remain, but finding them will be no mean feat. Earthbenders have it somewhat easier, but badgermoles are still reclusive beings that have little interest in letting a human follow them around for an extended period. As for the moon and ocean, although they are on easy display, you will need to find a spiritual location where the ocean meets the shore, the better to understand the nature of their spirits - push and pull, yin and yang.

The second thing you must do (after, of course, ensuring that your 'teacher(s)' won't torch/bury/drop you off a cliff) is simply to study them. You must come to understand them on an intuitive level, from their movements to their personality to - of course - the nature of their bending. From this understanding you will have to experiment, devising martial-arts forms which imitate the spirit of the beings you study. Knowledge of existing bending forms will likely help you here, but it will only go so far; modern bending forms have long-since been adapted for all manner of purposes, moving them away from their original source. In the end, your own patience, ingenuity, spirituality and determination will all be put to the test, over the course of at least half a year, and likely longer. It will be bitter work - but if you succeed, the results will be worth it.

Finally, you must face a last, great challenge or ordeal, which will test how well you have absorbed the wisdom of your teachers. This trial might be the result of your 'teacher' deciding to judge you once and for all, or some unrelated circumstance (for instance, the Fire Nation discovering the nest of the dragon you've been learning from, and you having to defend them), but whatever the case you must face it before you gain any bending abilities - only with whatever knowledge and understanding you have gained from studying your teacher, and whatever skills you yourself possess. There will be a real danger of death during this trial, and you will have to go it alone rather than relying on friends or companions to help you through it, but should you face it head-on and apply all that you've learned, you will find the power of bending awakening within you, whether just at the moment you need it most, or in your moment of triumph.

Reward: Spiritual Awakening

If you succeed, your rewards are threefold.

Firstly, there are the fruits of your labours: You have become a bender in the element of your choice.

Secondly, thanks to your profound study and understanding of your element, your skill and power in wielding it is profound. You have an intuitive grasp of the philosophies, states of mind and physical forms best-suited for your style of bending, and thanks to this can advance quickly in it. Like Toph, you could become a master of your element with only time and practice, no need for a further teacher, perform feats of bending of a scale and skill that would shock most ordinary benders, and even innovate new forms and techniques others might have thought impossible, comparable to combustion-bending, metalbending or similar.

Finally, the focus and discipline you exerted in your studies has given you an entirely separate skill. Just as you studied your teacher in this jump, you will find similar study and understanding of other forms of magic or spirituality comes easier to you. You won't necessarily be able to gain those powers in the same way as you did bending, but if there is a way to initiate yourself you are likely to discover it, and even if there isn't you will have gained profound skill in understanding and exploring magic and spirituality of all kinds. You won't know everything, but you'll know how to go about finding out.

Drawbacks

Canon Toggle (+0 CP)

By taking this option, you may ignore the canon established by *Beginnings* parts 1 and 2, and inhabit a version of the Avatar universe wherein the Avatar's power comes not from a single spirit of all-encompassing goodness, but the collected wisdom and power of countless generations of Avatars, where bending was learned by spiritual work in connecting to and understanding the original benders rather than being granted by lion-turtles, and so on.

The implications of such a world for the canon of *Legend of Korra* and *Legend of Genji* are up to you.

Locked Chakra (+Various CP)

One or more of your chakras are not only closed, but locked. What this means is that the chakra in question is the locus of some kind of significant emotional issue for you, and you won't be able to open it until you have a significant emotional breakthrough in that area.

This Drawback may be purchased once for each of your chakras, providing an amount of CP and effects as described below. These can be considered to add extra difficulty to any related Scenario.

- **Earth (+50 CP):** You are ruled by your fear. This doesn't necessarily mean you're a coward, but it does mean that your fears continually cloud your judgement, cause you to overestimate your foes and troubles, and will generally be over-cautious. Until you overcome this maladaptive caution and prove your bravery to yourself, your Earth Chakra will remain locked.
- **Water (+50 CP):** You are ruled by your guilt. You feel intensely guilty for something in your past, and as a result you deny yourself life's enjoyment. Even when others try to include you, your guilt holds you back from really appreciating life. Until you learn to forgive yourself and prove to yourself that you can move forward, your Water Chakra will remain locked.
- **Fire (+50 CP):** You are ruled by shame. Someone out in the world has a strong emotional hold over you, and wields the power of their shame to make you do as they want. Alternatively, you are part of a culture or society that regards a part of your being as shameful, wrong or worthy of punishment, and you feel the need to either conceal or make amends to them for some aspect of who you are. Until you can assert your own being independent of their shame, your Fire Chakra will remain locked.
- **Air (+50 CP):** You are ruled by your grief. There is some great loss or tragedy in your past which dogs you with sadness, and until you find the courage to seek connection and love again, even despite the possibility of another loss, your Air Chakra will remain locked.
- **Sound (+50 CP):** You are ruled by a lie. There is some great lie you have told yourself or been made to believe - perhaps that you are fighting for good by conquering other peoples, because you're spreading the greatness of your nation - and until you realise and confront the consequences of this lie, your Sound Chakra will remain locked.

- **Light (+50 CP):** You are consumed by delusion. You are prejudiced in some way; perhaps you believe that men or women can only behave in certain ways, that a particular people or element is irredeemably evil, or some other similar prejudice. Until you can work through and discard this delusion, your Light Chakra will remain locked.
- **Thought (+100 CP):** You are bound by earthly attachments. Some vice or consuming obsession drives you, whether that be drink, revenge, desire for someone who does not and will not love you back, the pursuit of glory and fame or some other worldly desire which causes you and others difficulty, pain and trouble. Until you confront the hollowness of this attachment and discard it, your Thought Chakra will remain locked.

Notes

On Teaching

Once you have opened a given chakra, it is possible for you to teach others in successive jumps, or in the Avatarverse, to open that chakra as well, for the same effects as you enjoy. However, this will require a similar degree of spiritual work, introspection and character development as you needed to open your own chakras in the first place, and they will need to do that work - you and whatever perks or skills you have can guide them along, but they must still make the journey themselves. The same applies to your students teaching further students, and so on.