

2.1 - Human

Hiraeth's humans are the mortal children of Arcana, the god of magic. Every Human carries a small inherited spark of that creation, while nationality and upbringing belong to Heritage and profession belongs to Background.

Hiraeth Context

Arcana created humanity. His mortal children were physically varied, curious, ambitious, and capable of carrying small acts of Magic before any school or profession taught them Ars. Arcana's later death changed Magic throughout Hiraeth, but humanity's first spark predates that wound. Older HAG packages such as North Born, Arcane Born, Imperial, Tropic, Folksy, and Frontier Human remain Heritage inspiration rather than biological subtypes.

Lifecycle and Physical Profile

Field	Typical Range
Maturity	About 18 years
Lifespan	Usually 80 to 105 years
Height	Usually 5 ft to 6 ft 6 in (152 to 198 cm)
Typical Weight	Usually 120 to 240 lb (54 to 109 kg)
Size	Medium

Humans show the broadest ordinary variation in complexion, hair, build, and facial structure. Regional dress or bearing is cultural rather than inherited.

“ These are setting averages, not restrictions. Within the selected size category, choose the height, build, coloration, sex characteristics, mobility aids, scars, and other features that fit the character.

Ancestry Chassis

Field	Rule
Creature Type	Humanoid
Size	Medium
Speed	30 feet
Typical Lifespan	Usually 80 to 105 years

Chassis trait	Rule
Adaptable	Gain proficiency in one skill of your choice.
Arcana's Spark	Learn one utility cantrip of your choice. Choose Intelligence, Wisdom, or Charisma as its spellcasting ability. This is a trace of humanity's creation, not spellcaster training.
Human Drive	Once per long rest, after you fail an ability check, you can roll 1d4 and add it to the check, potentially turning the failure into a success.

Ancestral Details

Choose one Ancestral Detail at character creation. Details preserve the small sensory and physical choices present in earlier HAG systems without adding another power currency. A Detail supplies reliable narrow information or expression; it does not grant blanket advantage unless it explicitly says so. Your lineage recommends one in its Quick Package, but you may choose any Detail on this page.

Detail	Inherited expression
Resting Rhythm	You can accurately tell how long it has been since you last slept, ate, drank, or finished strenuous exertion.
Motion Memory	After watching a creature walk for 1 minute, you can recognize that creature later by its ordinary gait unless it deliberately disguises its movement.
Sure Hand	You can keep one hand steady during harmless fine work despite ordinary cold, excitement, or fatigue; this grants no proficiency or bonus on a check.
Quick Acclimation	After a long rest in an unfamiliar ordinary climate, identify the single environmental condition placing the most stress on your body.
Arcana's Tell	Choose a harmless sensory trace—an Arcana-blue spark, shifting written mark, brief chord, scent of honey or wine, or another inherited sign—that can accompany your Human cantrips. You can suppress or reveal it when you cast.

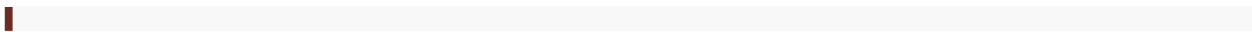
Lineages

Choose one lineage, or replace this choice with a versatile lineage. A lineage is a physical, inherited, environmental, or supernatural sub-race package; it is not your nationality or profession.

Enduring

Your family line is marked by steady growth, hard recovery, and bodies that carry hardship without being defined by one homeland.

Lineage gift: Your Hit Point maximum increases by 1, and it increases by 1 whenever you gain a level.



Quick package: choose **Resting Rhythm** as your Ancestral Detail and **Stubborn Resolve** as your level-1 Ancestral Trait. This is a ready-to-play recommendation, not a restriction; you may replace either choice normally.

Keen-Sensed

Fine attention to motion, expression, and small environmental changes appears reliably in your senses.

Lineage gift: Gain proficiency in Perception. If Adaptable already granted Perception, choose Investigation or Insight instead.

“ Quick package: choose **Motion Memory** as your Ancestral Detail and **Helping Hand** as your level-1 Ancestral Trait. This is a ready-to-play recommendation, not a restriction; you may replace either choice normally.

Quick-Reflexed

Your body responds rapidly to danger or opportunity, whether through training, temperament, or inherited coordination.

Lineage gift: Add half your proficiency bonus, rounded down, to initiative rolls.

“ Quick package: choose **Sure Hand** as your Ancestral Detail and **Stubborn Resolve** as your level-1 Ancestral Trait. This is a ready-to-play recommendation, not a restriction; you may replace either choice normally.

Arcane-Touched

Magic sits close to the surface of your lineage, expressed as a minor working rather than a predetermined vocation.

Lineage gift: Learn a second utility cantrip. Whenever you finish a long rest, you may replace either Human cantrip with another utility cantrip, using the same spellcasting ability.

“ Quick package: choose **Arcana's Tell** as your Ancestral Detail and **Practical Training** as your level-1 Ancestral Trait. This is a ready-to-play recommendation, not a restriction; you may replace either choice normally.

Broad-Built

Your frame is unusually powerful for a human, though stature and muscle do not dictate personality or profession.

Lineage gift: Count as one size larger when determining carrying capacity and the weight you can push, drag, or lift.

“ Quick package: choose **Quick Acclimation** as your Ancestral Detail and **Helping Hand** as your level-1 Ancestral Trait. This is a ready-to-play recommendation, not a restriction; you may replace either choice normally.

Ancestry Talents

Choose one Ancestral Trait at level 1 and another ancestry talent at levels 5, 10, 15, and 20. You may also choose an eligible universal option.

When a later Talent appears, decide how it was discovered: training, crisis, inherited memory, prophecy, supernatural change, or another explanation that belongs to this character.

Level 1 Ancestral Traits

Trait	Rule
Helping Hand	You can take the Help action as a bonus action once per long rest. When helping an ability check, the target must be within 10 feet.
Practical Training	Gain one tool proficiency and one language. You can change the tool proficiency after seven days of downtime training.
Stubborn Resolve	Once per long rest, reroll a failed saving throw. You must use the new roll.

Level 5 Talents

Talent	Rule
Rally the Line	Once per long rest when you roll initiative, choose yourself and one ally within 30 feet. Each gains temporary Hit Points equal to your proficiency bonus.
Learned Flexibility	After a long rest, choose one skill in which you are not proficient. Add half your proficiency bonus to checks with it until your next long rest.

Level 10 Talents

Talent	Rule
Turn Failure into Method	When Human Drive succeeds in changing a failure into a success, you do not expend its use. This can happen once per long rest.

Talent	Rule
Coordinated Effort	Once per long rest when an ally within 30 feet fails an ability check, use your reaction to let the ally reroll it.

Level 15 Talents

Talent	Rule
Veteran Generalist	Choose one skill or tool proficiency you have. You gain expertise with it.
Hold Fast	Once per long rest when you would become frightened, charmed, or stunned, you can delay that condition until the end of your next turn.

Level 20 Talents

Talent	Rule
Defy the End	Once per long rest, when damage would reduce you to 0 Hit Points without killing you outright, drop to 1 Hit Point instead.
Impossible Adaptation	At the end of a long rest, replace one Human talent of level 15 or lower with another Human talent you qualify for.

Suggested Ancestry-Associated Flaws

These optional prompts recover the ancestry-associated pressures of earlier systems without awarding extra power. Choose one, adapt one, or use a Universal Flaw.

- *Overcommitment*: Ambition or responsibility tempts you to promise more than time and safety allow.
- *Restless Adaptation*: Once a routine becomes safe and familiar, you begin looking for a different method, role, or horizon.
- *Visible Tell*: A family habit, expression, or physical response makes one strong emotion difficult to conceal.

Roleplaying This Ancestry

- Which regional or family tradition matters to you even though it is not biological?
- Where does your adaptability become restlessness, ambition, or overcommitment?
- Which skill did your household consider basic adulthood?

Quick Builds

For a resilient generalist, choose Enduring and Stubborn Resolve. Put nationality and upbringing in Heritage, then choose a Background that supports the character's actual profession.

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