

Lagertha the Shieldmaiden  
Ally Spirit

#### ALLY SPIRIT FORMULA

An ally's spirit formula is a physical representation of the spirit, similar to an initiate's thesis (see p. 142). Gained by undertaking a metaplanar quest (p. 140) to the chosen metaplane, an initiate can locate a formula that matches her needs.

Step 1: Choose Force: The base cost of an ally spirits 8 Karma times desired Force.  
Force 7 - 56 karma

Step 2: Choose Form(s):  
Materialization (p. 398, SR5) [Shieldmaiden]  
Additional Form [Businesswoman] - 2 karma  
Additional Form [Raven] - 2 karma

Step 3: Choose Powers  
Astral Form (p. 394, SR5) - Standard  
Banishing Resistance (p. 194, SG) - Standard  
Realistic Form (p. 198, SG) - Standard  
Sapience (p. 400, SR5) - Standard  
Sense Link (p. 198, SG) - Standard  
Accident (p. 394, SR5)  
Energy Aura (Cold) (p. 396, SR5)  
Elemental Attack (Electricity)  
Concealment (p. 395, SR5)  
Fear (p. 397, SR5)  
Guard (p. 397, SR5)  
Movement (p. 399, SR5)

Step 4: Choose Skills  
Assensing  
Astral Combat  
Perception  
Unarmed Combat  
Blades - 5 karma  
Con - 5 karma  
Counterspelling - 5 karma  
Etiquette - 5 karma  
ERW (Elemental Attack) - 5 karma  
Intimidation - 5 karma  
Pilot Groundcraft - 5 karma  
Sneaking - 5 karma

Step 5: Choose Spells  
None known.

Total karma cost: 100

