Essence of the Battle spirit

By drinking this swirling blue-hued silver essence, your innate battle spirit awakens, turning you into a Spirit Master.

- Choose a... something; be it animal, plant, object, food, etc. Your battle spirit manifests
 as this something, the nature of their manifestation a case-by-case basis; while a bear
 might cause you to hulk out, a hammer will just manifest on your hand.
 - In case you ended up in the world of Douluo Dalu, you will start out as a 10 on the scale from 1 to 99 (100). You MAY of course, have yourself isekai'd to that land, in any era you wish, with whatever background you wish.
- You may cultivate spirit energy, a ethereal substance that nourishes your mind, body, and soul. This gradually empowers you to become superhuman, and beyond. Yes, this can also eventually give you retroactive perfect memory.
 - You will instinctually know / understand the most compatible method to cultivate your battle spirit, without risking Deviation or requiring fucked up methods (such as consuming live babies).
 - This also allows you to instinctually learn / research methods that best complement your cultivation style - such as drawing upon the surrounding light and water to better nourish your plant-based battle spirit, or inhaling a mixture of spices for a food-based battle spirit.
- You will also gain a sort of plot armor that grants you opportunities (which you can intuit as genuine) to further your cultivation, in terms of foundation, supplemental abilities, etc. Please grasp it firmly, however, for you still need to pursue such leads.
- You may, through intensive, closed-doors cultivation, create your own personal Spirit
 Ring ethereal channels used to perform spirit abilities, aka special moves based on
 your own battle spirit. Up to nine such rings may be obtained, in intervals of 10 ranks,
 starting at rank 10 and ending at rank 90.
 - These spirit rings are unique to you, as you can further cultivate them, evolving them beyond their current tier. The higher the tier - White, Yellow, Purple, Black, and Red - the more difficult it is to raise them.
 - These aspects are unique only to you, so please do not reveal this to people you
 do not fully trust. Actually, it's better if you don't reveal this ability at all, unless
 you want to get dissected by unscrupulous individuals.
- You may also condense your own spirit bones, highly rare relics in which the original method to obtain them requires a lot of luck and strength. TL;DR, you kill dangerous murder-beasts, some of which are sentient or sapient. This is the same for the usual method of obtaining spirit rings.
 - Spirit bones, like spirit rings, will bestow you new spirit abilities. Unlike spirit rings, they are more material, and thus will nourish the body parts they are absorbed (in your case, condensed) into.

- Six most common spirit bones exist Head, Torso, and your four Limbs. There
 exists spirit bones that can be grafted (condensed) into other parts, such as the
 Vertebrae / Ribs, Palms, or even the Penile Bone in one hilarious (not) case.
- Unlike regular spirit bones, in which their tiers (same as rings) are determined at the moment of collection, spirit bones you condense will grow in potency as you live.
- You will also gain the intuition to develop your own spirit abilities through your connection
 with your battle spirit, independent from those granted by spirit rings and bones. These
 will best compliment your style, whether as a frontline fighter or a backline support
 (healer).
- Should you manage to cultivate to pinnacle rank for mortals (aka rank 99), your plot armor will provide you opportunities to pursue immortality, in which divinity is the most common, though there exists other methods for you to become immortal. This depends on the nature of your battle spirit.