

# Eternal Darkness: Sanity's Requiem

## Any% No CS Pandora Workshop Notes

Written by BigNoNo

Based on [Pandora Jane's Workshop](#)

### General Comments

**While these notes are based on Pandora's workshop, I alone carry responsibility for them.** Anytime these notes conflict with anything Pandora has said in the video, the video is right, and I have probably made some silly mistake or misunderstood her.

**These notes are not meant to replace Pandora's workshop.** I highly recommend watching it as Pandora not only gives great explanations for everything, but also insight into a lot of the tech here. The notes are only intended to serve as a summary for people learning the run.

Finally, while good for learning, **these notes are generally too cluttered and detailed to be of much use during a run.** I suggest filtering them down to the key points you are likely to forget or the inputs you are unlikely to remember for your own run. You can see an example of where I have done this for my own runs [here](#)

Finally, please feel free to hit me up with any questions or feedback you may have about these notes. However, keep in mind that I am still a beginner runner of this game and do not have nearly the insight or knowledge that Pandora and other community members have. You will probably benefit greatly from joining the Discord server linked on the speedrun dot com page and asking your questions there.

### Part 1 - Pious

- Hold X when turning around
- Animation cancel on all doors and ladders
  - Slide finger A to B, exceptions will be noted
- Stand in front of camera when picking up items
- Stand still with R to pick up items
- Pick Ulyaoth

### Part 2 - Ellia

- Right Trap Hall
  - Run straight and a bit to the right (between the two pressure plates at the end)
- Green Zombie
  - 5 body hits
    - 2 front
    - 3 back
  - Animation cancels by running
  - Puzzle: X+Y
- Right Trap Hall 2
  - Same trajectory
- **STAMINA TIME**
  - In main hall - after first pillar until line between two squares
- Left Trap Hall

- **Sneak** a bit after triggering first trap
- Red Zombie
  - Ignore him
  - Puzzle: X
- Blowgun Trap Hall
  - **Sneak** a bit after triggering first trap
  - Go right to blowgun
- 4th Trap Hall
  - Hold R when triggering masher
- 5th Trap Hall
  - **Sneak** a bit on first trap dart
  - Avoid blade trigger
  - **Sneak** a bit when triggering masher
  - Go a bit to the left to avoid more triggers
- Furnace Room
  - **Sneak** towards blue zombie until he starts singing
  - Run to exit
- **REMEMBER TO PICK UP THE STAFF!**
- 5th Trap Hall 2
  - **Sneak** until a bit after triggering first trap
  - **Sneak** a bit between blades / smasher
  - **Sneak** between masher / skeleton
- 5th Trap Hall 3
  - **Sneak** from first blade line to last zombie
  - Rest is the same
- Mantorok Hall 2
  - **Sneak** until passing corner / camera change
  - **Sneak** between the bottom lines in the floor

## Part 3 - Anthony

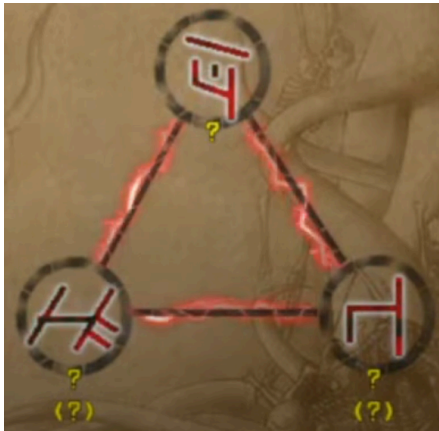
- Alex
  - Puzzle: A+X
  - **DON'T FORGET THE GLADIUS!**
- **!! ITEM TIME !!**
  - Pick up blue urn pieces
  - Pick up circle of power
  - Analog stick down + mash B to skip tutorial
- Rune Skeleton
  - 1 head attack from front
  - 2 head attacks from back
  - Equip Scramasax
  - 2 head attacks
  - Mash B to skip tutorial
- Monk Room
  - Grab and equip torch
  - Kill skeletons
  - Pick up **ONLY 2** green urn pieces
  - Talk to monk, get sword
- 2nd Rune Skeleton
  - Kill with torch
- Carpet Room
  - Burn carpet

- Burn skeleton next to you
- Equip Scramasax
- Use blue and mash B to pick up the red rune and go to the next room
- Urn Skip
  - Bait a skeleton attack from the corner
  - Sneak past and **WALK TO DOOR WITHOUT OPENING**
  - Look at skeleton and pause once Anthony's hit animation starts
  - Mix green urn pieces
  - Mash B to open the door
  - Pause the game ASAP
  - Make the only spell you can make (Enchant Item)
  - Assign to left dpad
  - L + R + cast spell on Two-Edged Sword
  - Walk through the doorway in the cutscene (hurry!)
  - Walk back to the door, skip tutorial **CAREFULLY**
  - **DO NOT PRESS B!**
  - Hold up
- Bishop fight
  - Equip Two-Edged Sword
  - Use attack cancels (not writing this anymore)
  - Two attacks on every arm
  - Mash B to get key
- 1st Trapper
  - Wait until Trapper is close to the wall
  - Press A
  - Hog wall and run past
- If the upside-down room sanity effect appears:
  - Dance around a bit until a B prompt shows up
- Horror Skip
  - **DON'T FORGET TO ATTACK THE LADDER!**
  - Target + sequence of attacks:
    - Right x 2
    - Up x 2
    - Right x 2
    - Up
    - Right
    - Neutral
  - Save game
  - Load save
  - Go left + a little down, then straight down until you leave the room

## Part 4 - Karim

- Hold target after picking the book, attack + interact to go down ladder
- Blue Rune Zombie
  - Stay close to wall
  - 2 hits to body
  - The wall should auto target cancel
- After trapper rise - left **THEN** down
- Rune Hall
  - Bait 2 zombie attacks by going up to them
- Red Horror
  - Turn using X

- Attack heads from back
- Equip / Unequip Tulwar for animation cancel
  - Timing is on lightning getting brighter
- No Quick Rune? What the hell Panda : (
- **!! WATCH OUT FOR TRAPPER !!**
  - Rune Hall 2
- Killing Floor Room

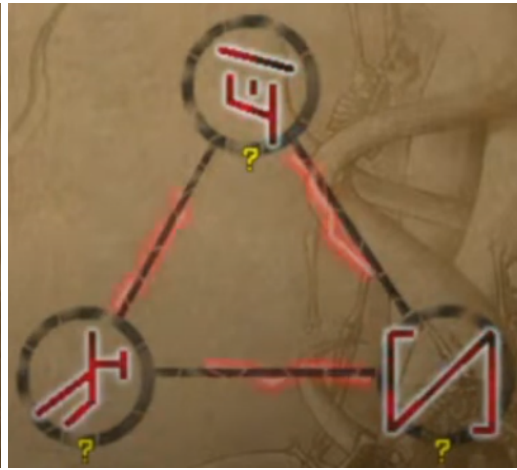
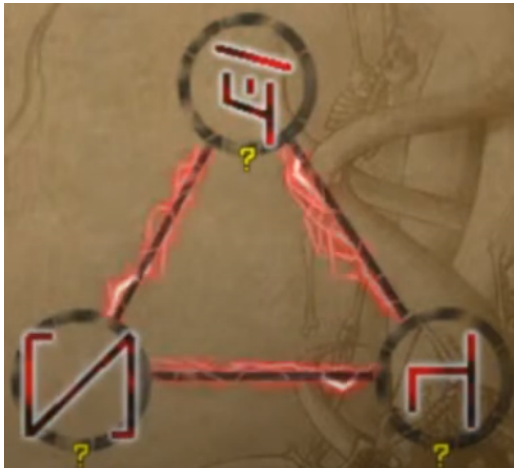


- 
- Assign to Up
- Hold R and cast spell (try to land on cutscene)
- Wave 1
  - Tulwar
  - Body attacks
  - Circle
- Between waves: watch and cancel A Death In the Family cutscene
- Wave 2
  - Equip Ram Dao at the end
  - Otherwise same as wave 1
- Wave 3
  - Body attacks
  - After 3rd, cast recovery (Up)
  - Walk to where 1st zombie was
- Wave 4
  - Body hit on each normal zombie
  - Head attack / two body on each bone thief
  - Body hit on rune zombie
  - Assign blue enchant to Left
  - Equip Chakram
  - Finish both bone thieves
  - Reach gate on right, count 1, 2, cast Left on Ram Dao
    - We are trying to merge enchantment with the gate opening
- **!! WATCH OUT FOR TRAPPER !!**
  - Sneak a bit and run past
- Book room
  - Equip Tulwar
  - Use book
- Barrier fight
  - Heal if needed
  - Wave 1
    - Body attacks on Mantorok zombies
    - Equip and finish up with chakrams (A+B)
  - Wave 2
    - Body attacks on Mantorok zombies

- Equip and finish up with chakrams (normal finish this time)
- Equip Ram Dao
- Body attack on near blue zombie
- Retreat to back of room (time for 2 recoveries)
- Wait for 4 blue zombies to explode
- Wave 3
  - Body attack on normal blue zombie
  - Body attack on blue zombie hiding bonethief
  - Body attack to kill bonethief
  - Watch cutscene
- Wave 4
  - Kill blue zombies with head attacks
  - Wait for Horror to get past barrier
  - One shot with head attack (get very close)
  - Watch cutscene

## Part 5 - Max

- **!! MAGIC TIME !!**
  - Enchant Gladius (avoids sanity effect)
- **!! ITEM TIME !!**
  - Grab key from clock
- Mash B as Max starts
- Equip Flintlock while picking up other Flintlock
- Rune Horror
  - Position - corner, but “behind” Horror
  - Target left - 2 shots
    - Gets left arm because you’re behind
  - Reload
- Run past Trapper
- Free Cast
  - Cast a quick spell
  - Cast enchant **from the menu**
  - Cancel when picking item
- Free Cast + quick enchant halfway through the stairs
  - Pick Flintlocks
- Horror
  - Move around to cancel shot animations
  - 2 headshots
  - Reload 1
  - Headshot
  - **Z reloads anytime!**
- Move to cancel the door opening animation
- Open envelope **AND** make spells

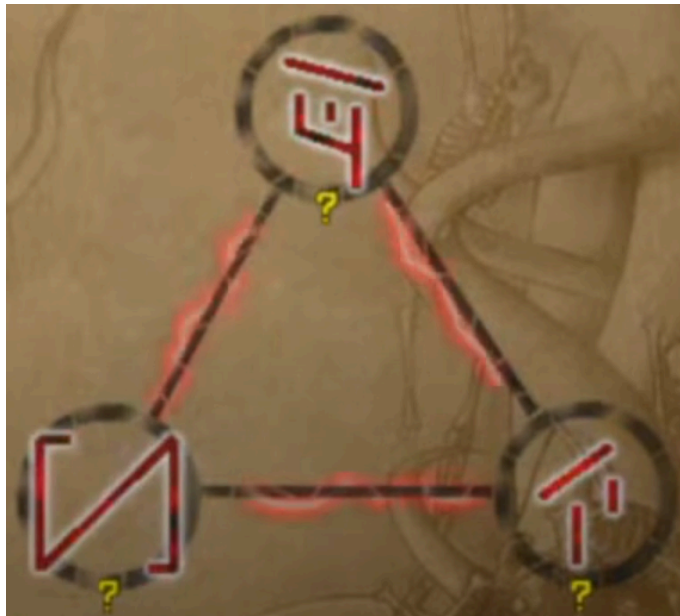


- 
- Assign spells:
  - Spell 2 - Green - Down
  - Spell 3 - Green - Right
- Z Reload into D-Pad Right
- **!! ITEM TIME !!**
  - Grab ammo left of basement door
- Move a bit, Z Reload into D-Pad Down
- Shoot rune zombie in engha entrance
- After barrier mash Z to reload
- Guardian
  - Hold R (can't hold preemptively)
  - Shoot as soon as you gain control
  - Shoot again from middle of bridge
  - Reload right after 2nd shot
    - It's OK to get hit by magical attack
  - Shoot 3 more times

## Part 6 - Lindsey

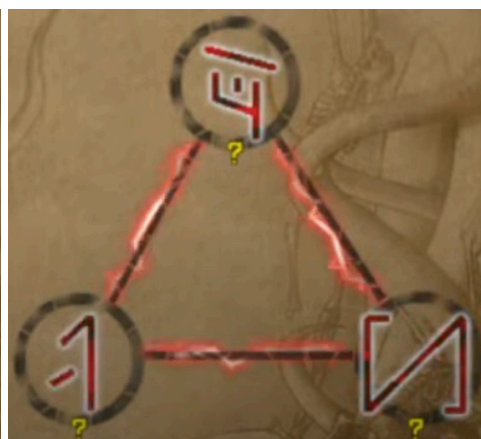
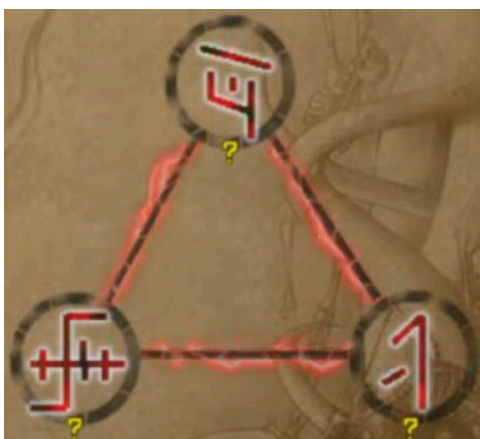
- **!! MAGIC TIME !!**
  - D-Pad Right
- **Don't** punch Edward door
- Gatekeeper lure
  - Look at video to see exact timing
  - Run down and right as Lindsey starts
  - Go back to brush
  - Mash B
- To statue
  - Equip shotgun
  - L R
  - Bracelet
- Up-right after tome
- 1st Trap Hall
  - **Sneak** a bit on first trap and run straight
  - For safety - shoot trapper after first two slicers
- Grab necklace
- 1st Trap Hall 2
  - Run straight ahead to middle
  - **!! ITEM TIME !!**
    - Grab bracelet
  - Keep doing in the middle

- Back to main room
  - Use necklace
- 2nd Trap Hall
  - Like Elia - straight, tiny bit to the right
- Blue Zombie Mob
  - Neutral target + attack
  - Might require 2nd attack
  - Run past
- 3rd Trap Hall
  - Hug Lindsey's left wall
  - **!! MAGIC TIME !!**
    - After triggering slicers
    - Go to statue
    - Create spell (dispel magic, spell 5)



- Assign green spell 5 to right d-pad
  - Use bracelet
  - Run down the middle
- D-pad right
- Run and grab necklace
- **Sneak** a bit and react to traps
- Use necklace on statue
- Rune Zombie
  - 1-2 shots
- Axe Trap Hall
  - **Sneak** until axes
  - Go straight in middle
  - React if hit
- **!! ITEM TIME !!**
  - Use brush on web to get necklace
    - If sanity under ~25%, d-pad right and move after 1 rune
  - Back to axe hall
- Axe Trap Hall 2
  - Hug Lindsey's left
  - **Sneak** a bit after 1st and 4th axes
- Moving Statue Free Enchant
  - D-pad Right
  - Fake Menu Enchant

- Real Menu Enchant
- Walk onto button during animation
- D-pad down
- Go to statue
- D-pad down again
- Grab item
- Exit
- **Sneak** until fountain
- Masher Hall
  - Middle-middle-right-left
  - Use necklace
  - Equip torch
  - Use gold bracelet
- Staircase
  - **Sneak** from the torch until the corner
  - **Sneak** between the next two torches
- Another Trap Hall
  - R in front of mashers
  - Run down the middle
  - Cancel a dispel magic before the next room
- **Sneak** until the zombie
- Yet Another Trap Hall
  - Left-middle-left-middle-right-middle
  - **Sneak** until zombie
- Oh My, Another Trap Hall
  - **Sneak** a bit on first trap
  - Go around trap
  - **Sneak** from getting tired until Masher
  - D-pad down near end
- Barrier Room
  - Burn rune zombie
  - Pause near barrier
  - Make spells



- Assign spells
  - Red Spell 5 - Left
  - Red Spell 6 - Y
  - Red Spell 11 - Up
  - L R
  - Cast Red Spell 11 from menu
  - Cancel d-pad down
- One More Trap Hall

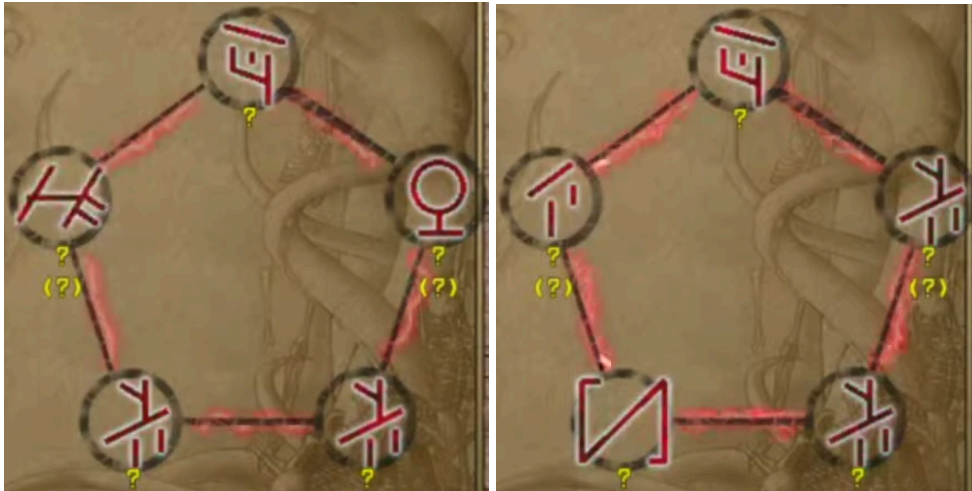


- **Sneak** a bit on first wide trap
  - Watch out for blades (finicky af)
  - Cancel d-pad down
- Cancel d-pad down before leaving any of the remaining rooms
- You did it! You got through the most complicated freaking chapter in this run!

## Part 7 - Paul

- Explosion cancels from here on out
  - Cancel recovery and move out
  - Cancel again at line in library
  - Cancel again at start of stairs carpet
- Edward Skip
  - Enter 2nd floor hallway
  - D-pad right
  - Cast and cancel menu enchant
  - Go through door Max is facing
  - Red dispel
  - Cancel recovery
- **BEFORE READING PAGE**
  - Assign red spell 9 to left
- Bell Tower
  - On camera change - D-pad up
  - Down + Mash B
- Basement
  - Get Mace nearby to avoid camera zoom
- Old Tower Door
  - Equip Mace
  - Use Key
- Anthony
  - Phase 1
    - Attack head
    - Keep moving behind and attacking head twice
  - Phase 2
    - D-pad up
    - When on knees - head attacks
    - If he manages to get up, attack from behind again
- Cask Room
  - Mash d-pad left on entry
  - Go to cask to open door
  - Equip two-handed sword
- Horror fight
  - Like Karim horror fight
- Blue Zombie room
  - One body attack on near blue zombie
- Mantorok Zombie corridor
  - Two head attacks on each zombie (OK if they don't die)
- Blue Zombie corridor
  - Two head attacks on each zombie (OK if they don't die)
- Pick up note at end of corridor
- After 2 horror room on way back:
  - Kill Mantorok Zombie with one body attack
  - If walls didn't bleed - recovery until you get a No Magic Message (NMM)

- Blue Zombie room 2
  - One more body attack on near blue zombie
- Kill 3 Mantorok Zombies on the way back
- After organ
  - D-pad up
  - Get circle of power after custodian
- After custodian
  - Use meditation rod
- Get circle of power and make spells:



- Assign:
  - Spell 5 - 5 - Green - Right
  - D-pad up after unpause
- Cask room 2
  - Kill Zombies
  - In next room run through left gap
- Horror Room 3
  - Run between horrors
  - When hit - use dagger
- Ritual Room
  - D-pad right on entry
  - Circle analog stick after zoom-in on body

## Part 8 - Roberto

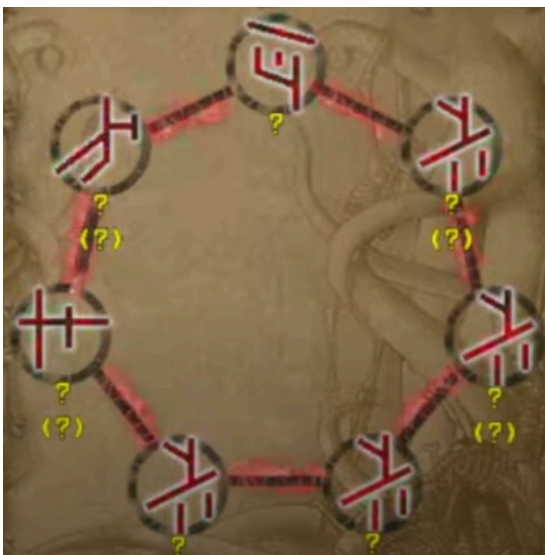
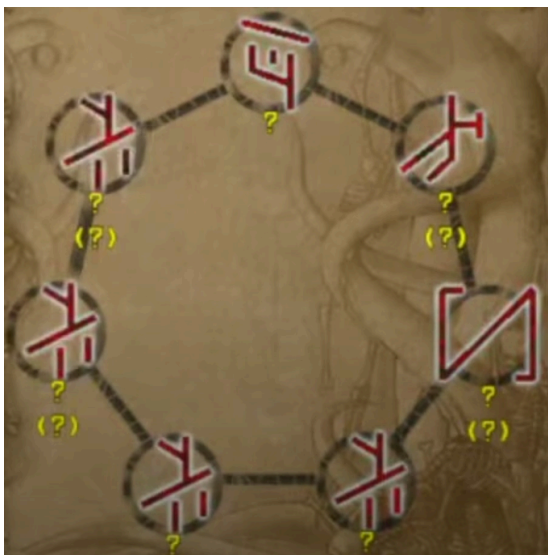
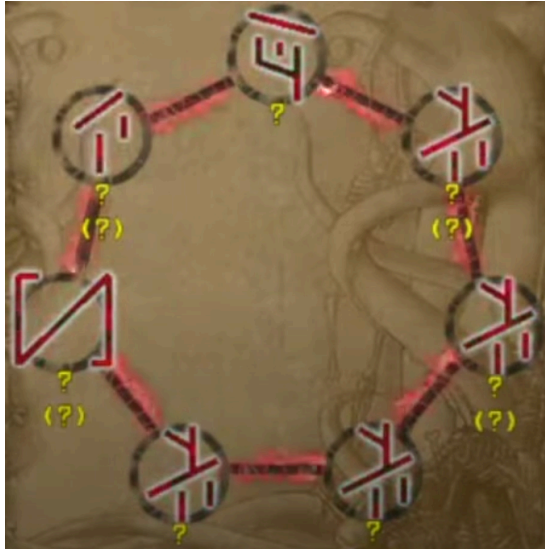
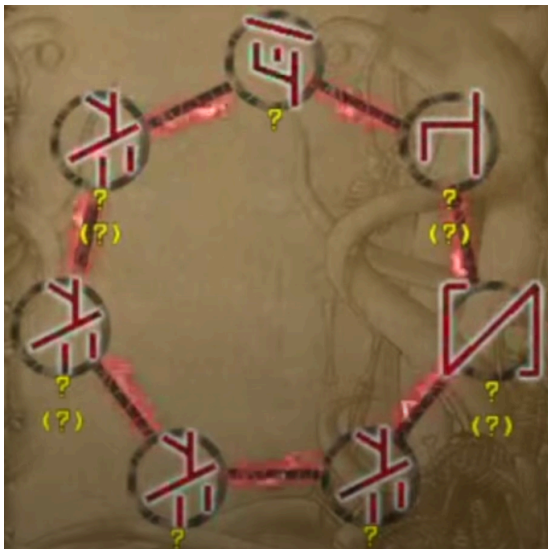
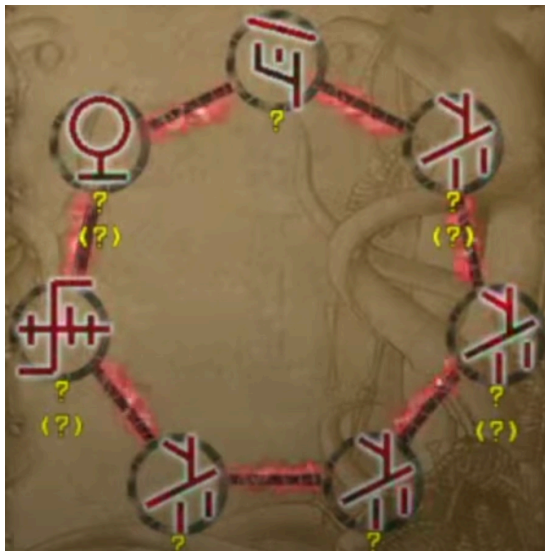
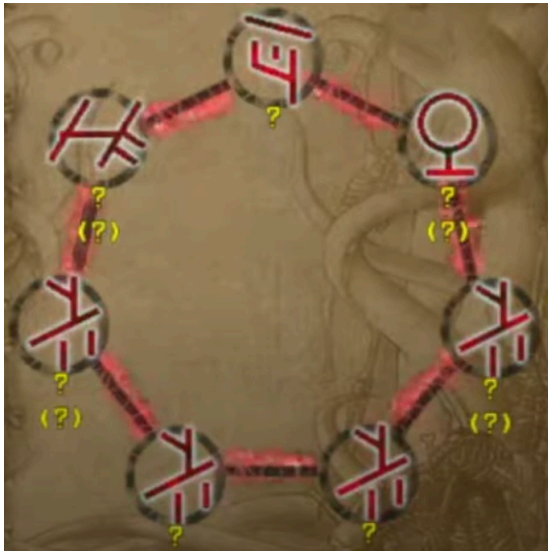
- Explosion cancels
  - First 3 like before
  - One more before the fireplace room door
- Circle Room
  - Do not punch this ladder
  - Do not punch the next ladder
- Survery: BAB
- After tome
  - Mash B to go down ladder
  - Move a bit and d-pad left
  - Cancel recovery
- Don't cancel recovery before next room
- Cancel recovery on the one after that
- Float Time
  - Y
  - Cancel menu enchant

- Y close to masher
- Wait for camera change
- B, Pause
- When trapper moves head to the other side, move onto masher
- Cancel recovery and leave
- Trapper Corridor
  - Sneak both ways
- Key door
  - Equip torch
  - Assign red spell 7 to d-pad left
  - Use key
- Electricity Field
  - D-pad left before field
- Pit room
  - Sneak up to stairs
  - D-pad up before middle of pit
  - Hit worms
  - Pull lever
  - D-pad left
  - Cancel menu enchant
  - **SURVEY**
- Gatekeeper Hall
  - Trapper Zig-Zag Pattern
  - **SURVEY** in next room!
  - Sneak on the way back if Trapper didn't die
  - D-pad up after going back

## Part 9 - Peter

- Explosion cancels
  - When gaining control and going to get page
- Get letter
  - **Sneak** until end of stairs
- Nurse Cutscene Skip
  - Go to beginning of stairs
  - Y
  - Cancel enchant
  - After nurse, walk on left side
  - **Sneak** down stairs
  - Cancel recovery
- Boiler Room
  - Cancel Load/Save to avoid sanity effect
  - **SAVE**
  - Y
  - Cancel enchant
  - D-pad left
  - Use trapper on body
  - Cancel recovery until NMM
  - Turn wheel on way back

- Before using the coin, make spells:



- Assign Spell 3 - 7 - Green - Right
  - Use coin
  - Grab bullets behind you
  - Activate generator
- Back in main hall
  - Immediately d-pad right
  - Cancel enchant
  - Stay away from walls to avoid bonethieves

- Grab rifle (wait for “detail”)
- [Optional] Cast green 3 pool
  - If not, need to sneak more
- Equip rifle before using handle
- Grab ammo in room
- Horror Party Room
  - **!!! Shoot left zombie !!!**
- Trapper Corridor
  - Turn around with X
  - Shoot Trapper
  - Cancel attack
  - Shoot other Trapper (rifle goes through wall)
  - **!!! Get letter in next room !!!**
  - Keep shooting Trappers in next rooms
- Blue Zombie Hall
  - Kill 1st
  - Kill 2nd if he’s not singing
  - Kill 3rd
- Get ammo in hall downstairs
- In front of boss door:
  - Save **ON ANOTHER FILE!!!**
  - Load 1st save
  - Load 2nd save
  - Enter room
  - Mash Y at start of fight
  - **DON’T PAUSE!!!**
  - Press start **ONCE** to get rid of Trapper
  - Get artifact

## Part 10 - Edward

- Gone!

## Part 11 - Michael

- Explosion cancels
  - First 2 like before
  - Before basement door
    - Don’t punch door
  - At end of stairs
    - Get the shotgun
- Safe
  - Right 60
  - Left 80
  - Right 46
- Another recovery
- **USE THE PENNY!!!**
  - Don’t trip breaker
- Assign:
  - Spell 11 - 3 - Blue - Up
  - Spell 12 - 7 - Green - Left
  - Read chapter
- Mash B at start of chapter
- Don’t punch dark hall 1st ladder (either way)

- After light puzzle / tome
  - **PUNCH THE LADDER!!!**
  - D-pad up
  - React to Trapper
  - Cancel recovery before most ladders from now on
- After Horror Room
  - D-pad right
  - Cancel enchant
- Trapper Gathering
  - **PUNCH THE DOOR!!!**
  - In the next room:
    - Wait for sight damage
    - Y
    - Teleport the thing
    - Start
    - Run away a bit and then go down
    - D-pad up
    - Exit to finish sanity effect
    - Make Trappers 'splode
- Horror Battle
  - D-pad down **AND PAUSE IMMEDIATELY**
  - Cancel enchant
  - D-pad left
  - 'Splode
  - Mash d-pad left
  - Watch for double arm attack
  - Grab explosive
- After Detonator
  - Assign:
    - Spell 7 - 7 - Red - Left
    - Spell 11 - 3 - Green - Up
    - Spell 5 - 7 - Green - Down
  - Mix explosive + detonator
  - D-pad left
  - Cancel enchant
  - Walk in circles to recover magic
  - Menu Spell 1 - 7 - Red - explosive
- After leaving bomb room
  - D-pad up

## Part 12 - Alex


- Tome Room
  - Slide finger from Y to B
- Library
  - D-pad up
  - Cancel enchant
  - D-pad left
  - Move once pool is over
- **!!! ITEM TIME !!!**
  - Get Mantorok heart
  - Cancel d-pad left
  - Mash B to cancel message and open door

- After parcel
  - Cancel D-pad down
- Cancel d-pad left like before on each door
- Sun Puzzle
  - B before the very last step
  - Y
  - Cancel enchant
  - Finish puzzle **QUICKLY**
  - Hold down
- Engha Bridge
  - Open Parcel
  - Sneak on penultimate stairs
- Engha Main Hall
  - D-pad up
  - Cancel enchant
  - D-pad down
  - Move after first spell finishes
- Portal Room
  - Place 2 artifacts
  - Get fragments
  - Fix with 3 point enchant (**careful with cursor**)
  - Place final artifact (**watch out not to read letter**)
    - Use R L if you do
  - Runes are numbered 1-9 from the left
    - 8, 4, 5, 3, 9, 2, 6, 1, 7
- The last indented block in each Rune note is the stuff you do after setting the rune and teleporting away
- Rune 8



- 
- B-Right-A
- Punch teleporters!
  - D-pad down
  - Cancel enchant
  - Run to far torch
  - **STOP**
  - D-pad left
  - Exit after 3 spell finishes
  - Sneak in main room until yellow floor
- Rune 4
  - **TRAPPER!**
  - B-A
  - Between the two staircases
    - D-pad up
  - Mash run in rhythm to teleporter
    - Run to start of purple floor
    - Y
    - Cancel enchant
    - Run to line formed by end of arch



- Y
  - Hold down
  - Start when black bars disappear
  - Exit
- Rune 5 (middle)
  - B-Left-A (Green)
    - D-pad left
    - Cancel enchant
    - Exit
    - Sneak until yellow starts
- Rune 3
  - B-A
    - Watch cutscene
    - D-pad up (Can delay for safety)
    - Exit
- **IT'S REAL FROM NOW ON**
- Rune 9
  - B-A
    - After teleporter d-pad left
    - Should return to normal color
    - Wait for shield to finish
    - Exit
    - Sneak until yellow
- Rune 2
  - D-pad left
  - Cancel enchant
  - 
  - - After teleporter, D-pad right
    - Cancel enchant
    - Watch out for trapper on way out
    - Sneak until yellow
- Rune 6
  - Run-sneak past Trapper
  - B-A
    - Teleporter
    - Run-sneak out of the rooms
    - Sneak until yellow
- Rune 1
  - Run-sneak past trappers
  - B-A
    - After teleporter, D-pad left
    - Assign:
      - Spell 2 - 3 - Red - Up
      - Spell 1 - 3 - Green - Y
      - **LAST ASSIGNMENTS OF THE RUN BAYBEE**
    - L R
    - Cancel enchant



- Run back (no sneak needed)
- Rune 7
  - B-A
  - Make sure not to fail
    - Menu cast Spell 9 - 7 - Red
      - And advanced skip avoids this cast - if you implement it, don't make this spell on Peter anymore
    - Cancel enchant
    - Exit
      - After getting up stairs, D-pad up (no need to sneak)
      - Waste all remaining shields before entering room
- Before Pious
  - [Optional] Y-enchant shotgun
- Pious Fight
  - Skip Cutscenes
  - If Pious isn't casting a spell, avoid his melee
  - Run up and Y-enchant Gladius
  - Turn around and attack Pious first
  - Start attacking the artifact
  - Follow electricity to artifact
  - If you're a ghost, don't get hit!
    - Ghosts can't attack cancel
  - Sometimes the game decides you didn't hit the artifact
  - With Max you might want to lure Pious behind you to not get hit
  - Low health - D-pad up
  - After hitting the artifact with Roberto, get close to Pious
  - Equip Shotgun
  - Shoot from close but not point blank (about the distance of his spell runes)
  - As soon as you hear the shot,
    - Equip-Unequip shotgun to cancel animation
- Skip Cutscene
- Left-A

**THE END**