Blood Resonance

Certain diciplines can be enhanced by a kindred should they choose feed themselves with the appropriate type of blood of a sufficient quality. Note that quality is subjective based on the type of blood resonance you are trying to acheive, for example spending a large amount of time seducing and then having sex with prey and feeding on them at the same time has a good chance activating sanguine blood resonance and therefore providing you benefits for the disciplines associated with sanguine blood resonance.

The various intesities of resonance come in *temperaments*, which can be well-balanced, fleeting, intense, or acute. An acute resonance is self-sustaining, an effect called "Dyscrasia" adopted from Hippocrates:

- *Well-balanced* temperament brings no closer advantages.
- *Fleeting* temperament brings no direct advantages, but can be used for Thin-Blood Alchemy
- *Intense* temperament increases a Discipline corresponding to the resonance type.
- *Acute* temperament has the same effect as intense but gives the drinker additional bonuses.

Resonance	Element	Jungian Function	Humor/Hormone	Emotions	Affects
No Resonance					Oblivion
Animal					Animalism, Protean
Choleric	Fire	Feeling	Yellow bile, adrenaline	Angry, violent, bullying, passionate, envious	Celerity, Potence
Melancholic	Earth	Thinking	Black bile, thyroid	Sad, scared, intellectual, depressed, grounded	Fortitude, Obfuscate
Phlegmatic	Water	Intuition	Phlegm, pituitary	Lazy, apathetic, calm, controlling, sentimental	Auspex, Dominate
Sanguine	Air	Sensation	Blood, testosterone / estrogen	Horny, happy, addicted, active, flighty, enthusiastic	Blood sorcery, Presence

All effects last until the vampire has their next drink, or reaches Hunger 5. The storyteller should decide circumstances where characters start with blood resonance however this can be used as an

effective role playing tool and so a light hand may achive the best results