

# Power Within

## In-Game Description

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*Pyromancy of Carmina, who harnessed the power of flame to actualize the inner-self. strength/endurance boost, but lose HP.*

*Excessive power eats away the life-force of its caster, and like all dangerous spells, Power Within was kept secret for eons.*

## Availability

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- Treasure from a hanging corpse next to the Parasitic Wall Hugger in Blighttown.

## General Information

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MagAdj Modifier	Uses	Duration	Dex Reduction	Stats Needed	Slot Cost	NPC Trainer	Training Cost
0/0/0/0	1	100 seconds	0 frames	-	1 Attunement Slot	-	-

- Catalysts that halve your spellcasts (Tin Crystallization/Manus) will cause you to have 0 casts of Power Within if you only have one copy of the spell equipped.
- Increases all damage by 40% and stamina regeneration by 30 points, but constantly drains HP at the rate of 1% of max HP per second, rounded down. For example, a player with 573 health will take 5 damage per second while Power Within is active.
- Damage taken per second does not increase when upgrading the Pyromancy Flame
- Damage increase doesn't seem to affect damage from Dragon Head Stone's flame

- When used with the Ring of Favor and Protection, Tiny Being's Ring, Mask of the Mother and/or being Cursed, the damage received per second will be based upon the modified max HP (i.e., base max HP plus/minus the bonus(es)/penalty from the ring(s)/mask/status). For example, at 50 VIT with 1500 HP, equipping the Ring of Favor and Protection will increase max HP to 1800. This means the loss of 18 HP (1%) per second until the duration ends or the character dies.
- Power Within can be used to increase damage output to trigger the Overkill mechanic for a 20% increase in souls obtained from enemies
- Counts as personal buff. Cannot stack with these items/spells: Fall Control Bountiful Sunlight, Chameleon, Elizabeth's Mushroom, Flash Sweat, Great Magic Barrier, Green Blossom, Hidden Body, Hush, Iron Flesh, Karmic Justice, Magic Barrier, Replenishment, Transient Curse,

## Key

<b>MagAdj Modifier:</b>	<p>The Magic Adjustment Modifier stat dictates how much damage the spell does. The Damage stats for a weapon are W / X / Y / Z:</p> <ul style="list-style-type: none"> <li>• W is Physical Damage</li> <li>• X is Magical Damage</li> <li>• Y is Fire Damage</li> <li>• Z is Lightning Damage</li> </ul> <p>Certain enemies are weak or strong against different damage types.</p>
<b>Uses:</b>	<p>The number of times a spell can be used before having to refill it by sitting at a bonfire. Having found and attuned multiple of the same spell will multiply the number of times it can be used. Some spells will reduce the counter my more than 1 with each cast.</p>
<b>Duration:</b>	<p>The duration casted buffs, lingering or the player following attacks last. Can be extended with the Lingering Dragoncrest Ring.</p>
<b>Slot Cost:</b>	<p>The number of attunement slots necessary to attune one instance of a spell.</p>
<b>Stats Needed:</b>	<p>The Stats Needed determines how high various Stats must be in order to cast a spell. One also needs to be able to wield the catalyst used. Pyromancies do not require any stats, Sorceries require a minimum Intelligence, Miracles require a minimum Faith.</p>
<b>Dex Reduction:</b>	<p>The number of frames by which the startup of a spell is shortened at 45 dexterity, see Casting Speed.</p>

**NPC Trainer,  
Training Cost:**

The NPC who can teach the player the spell for the  
Training Cost.

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