When something untoward happens, a mangangatang – one who celebrates the atang or appeasement ritual – is called upon to cure the illness caused by the kaibaan. The manner by which this is done differs from case to case, depending on the kind of kaibaan involved.

The simplest of the rituals consist of an offering of grated coconut meat mixed with oil, with pieces of coconut husks and shells around it, placed in the middle of a winnowing tray. At about six o’clock in the evening, the mangangatang or mangagas (healer) brings the tray to the place where the kaibaan is thought to live. He then invites the spirits to partake of the offering, asking them to relieve the patient of the illness.

The second attempt at appeasement is more involved. The offering is the same, with the addition of a glass of water. However, these items must be obtained by the mangangatang from different houses in the community, without the owners knowing the purpose of the request. The more stringent requirement is that only the mangangatang can touch the items. A violation of this requirement will have a grave effect on the patient, even causing death.

When the second attempt fails, it means that the highest order of kaibaan is involved. The offering becomes more elaborate and includes rice cakes, a glass of water, oil from a coconut with reddish-brown husk, three pieces of rolled tobacco leaves (dinubla), betel-nut chew and perhaps fruit. An important component is meat from chicken that has been sacrificed on a small altar outside the house of the patient. The mangangatang sees to it that no blood is shed on the altar and that the altar must be cleaned before the final offering is made. After this third atang, the patient is certain to be cured.

Even among the Ilocano sophisticates, there persists a belief of the existence of kaibaan or ansisit – tiny unseen spirits that proliferate among trees, rocks and abandoned places – and who, if befriended, could cook an endless supply of rice in earthen pots and exercise other mythical powers. However, when these are inadvertently harmed, even innocuously through a thoughtless act, such as passing through their habitat without permission, they can cause rashes, boils (kurad) and other irksome maladies.