



**TARGET ARTICLE
SPECIAL
SUBSECTION**

From ‘Baby Doctor’ to ‘Witch Doctor’: A Retrospective of Charles Tramont’s Work with Spirit Releasement Therapy

Nancy Smoot Tramont
nsmoot2003@yahoo.com

HIGHLIGHTS

A biographic account outlines how one physician came to believe in the existence of dark-demonic forces due to clinical experiences with patients who sought spirit releasement therapy.

ABSTRACT

The work of Charles Tramont, M.D. showed that Comprehensive Hypnoregression Therapy can be a powerful healing tool when a hypnotized patient’s subconscious reveals to the conscious mind the cause of suffering. Often perceived to be from past-life events or attached discarnate entities of which the subject was previously unaware, Tramont’s patients reported significant improvement after experiencing techniques related to apparent past-life regression and ‘entity removal.’ Eight such cases are summarized here, and these might suggest that various types of ‘dark forces’ do indeed exist and can disrupt people’s overall development and well-being.

<https://doi.org/10.31275/20232825>

PLATINUM OPEN ACCESS



Creative Commons License 4.0.
CC-BY-NC. Attribution required.
No commercial use.

KEYWORDS

Discarnate agency, entity encounters, healing, hypnoregression, spirit release.

INTRODUCTION

Fascination with dark entities, demons, and spirits is as old as time. The influence of such forces has been widely discussed in religion, legend, culture, and fables. However, firsthand, discernable indications of such phenomena, as well as methods of dispelling such forces, have been minimal at best. In 2001, Society for Scientific Exploration (SSE) member Charles Tramont, M.D. (1937-2021), a retired OB/GYN, embarked on a journey that would lead him to an abundant collection of such material. In 2014, the present author began working with him in his hypnotherapy practice, which included detecting and removing what were believed to be discarnate dark entities attached to humans.

Using past-life regression and spirit release techniques, board-certified hypnotherapist Tramont guided

his patients in identifying and removing what they perceived to be ‘dark entity attachments,’ taking detailed notes during each session. When requested by patients unable to achieve visualization in the hypnotized state or to attend in person, experienced subjects with strong ‘Spirit Guides’ assisted in that process. This essay, therefore, offers a unique look at these dramatic and often disturbing experiences that unfolded within these structured settings. It will discuss the predominant types of discarnate entities; summarize protocols used to identify and remove them; share session outcomes with feedback from eight representative patients; and provide a general idea of how a conventional medical practitioner transitioned from delivering babies to delivering dark entities from suffering people.

The author is not a scientist or researcher. Moreover, this paper aims neither to convert anyone’s beliefs nor to



prove the reality of discarnate entities. Instead, readers are invited to consider the material documented here with an open mind, focus on the positive patient results, and allow the clinical testimony to speak for itself. Patients whose cases are discussed in detail have granted their permission by text or email to anonymously share details of Tramont's work with them. Readers should note that despite Tramont's medical and hypnotherapy education, he was not trained as a clinical psychologist or psychiatrist. As such, his methods of addressing reported physical and emotional suffering eschews traditional biomedical or psychological practices in favor of a hypnotherapeutic approach in which spiritual forces are utilized for wellness.

Background: Charles Tramont, M.D., and Board Certified Hypnotherapist

A concise biography of Dr. Tramont should help to contextualize the patients' reports presented later. After graduation in 1958 from John Carroll University, Tramont earned his M.D. degree from New York Medical College in New York City in 1962. He then began his medical practice in obstetrics and gynecology, performing surgeries and delivering thousands of babies through the University Hospitals' Health System in Chardon, Ohio. His primary focus was always on healing and promoting good health, whether by conventional means or, later in his life, utilizing alternative, natural healing methods. Tramont continued serving others during his time spent with the Air Force. He graduated from the School of Aerospace Medicine in 1984 and the Air War College Associated Studies Program in 1988. Serving as a Flight Surgeon, he was assigned to Active Duty in 1966 during the Vietnam War and again in 1991 during Desert Storm after attaining the rank of Colonel. In the 1990s, Tramont completed training in medical hypnosis to assuage women's discomfort during labor and delivery. Tramont was not only a man of great compassion but a man of many passions as well. In addition to his enthusiasm evidenced in several vocations, over the years, he also enjoyed tennis, horseback riding and wrangling, martial arts, men's fashion, boating, snorkeling, dancing, music, and metaphysics. To the delight of nearly all those who knew him well was his obsession with knights and chivalry, manifested in his home decor, wardrobe, library, and topics of conversation.

In 2000, Tramont retired from his OB/GYN practice, moved to Las Vegas, Nevada, and became certified in past-life regression by the American Board of Hypnotherapy. Raised Catholic, Tramont was devout throughout his life but questioned some of the orthodox Catholic tenets and came to fully accept reincarnation as part of the soul's life

cycle after reading Brian Weiss' (1988) book, *Many Lives, Many Masters*. Desiring to research the therapeutic value of past-life regression (PLR), Tramont needed subjects to conduct a study, so in November of 2000, when he lectured on this topic to the Consciousness Studies program at the University of Nevada in Las Vegas, he offered free hypnotic regressions to any students who were interested. The present author was one of many who signed up.

News of his work spread through word of mouth, followed by several internet and radio interviews, which generated an increase in clientele. An unexpected interaction with what he felt was a discarnate spirit during a session in 2003 prompted additional research on his part, ultimately expanding his practice to include 'spirit releasement.' This view contends that discarnate entities sometimes connect with persons living on the material plane and become 'attached' to them (Baldwin, 1992). Years after my own hypnosis sessions had ended, Tramont called to discuss the book he had written based on his PLR study. My interest in hypnosis and PLR had not diminished, so I agreed, and we got to know each other well during the process of typing and editing the final manuscript. We married in 2007.

The PLR findings were published in his first book, *From Birth to Rebirth: Gnostic Healing for the 21st Century* (Tramont, 2009), followed by *What's Missing in Medicine: Unleashing the Healing Power of the Subconscious Mind* (Tramont, 2016). In 2009 he lectured at the annual convention for the American Board of Hypnotherapy, presenting his findings regarding PLR and apparent entity attachment after receiving positive feedback from clients who felt relief after 'entity removal.' Tramont was invited to discuss his unusual practice in two 2009 interviews with George Noory on the *Coast-to-Coast* radio program, which further broadened his exposure to the public, and interest in Tramont's services skyrocketed. On February 24, 2010, he spoke at the International UFO Congress convention in Laughlin, Nevada. Tramont was contacted by people from every state in America, and his 20-year hypnotherapy practice ultimately comprised patients from at least 24 countries on five continents, many of whom were specifically seeking spirit releasement. When making their appointments, most clients already knew what to expect, and it was why many chose him rather than seeking hypnosis treatment locally.

Prior to their sessions, Tramont acknowledged that he was not a psychiatrist or a psychologist and would not be diagnosing or treating any mental illness or disease. Patients were asked to sign an Informed Consent Agreement for Hypnosis that stated the treatment was designed to "allow the knowledge of the past to enlighten and illuminate the consenting party as a form of learning

about one's own body, mind, and spirit... providing such enlightenment to the below-named party in the spirit of philosophy and skills of past-life therapy." Addendum-A provides the Consent document, a Patient Questionnaire, and the Hypnotherapist Disclaimer that Tramont used.

A Note on Hypnosis in the Present Context

Hypnosis is a dual-consciousness experience; it is like watching oneself in a movie and being the lead actor in it at the same time. The lives and insights perceived in a PLR are of one's own actions that elicit emotions felt just as strongly as if one were experiencing them presently in real life. They are all stored in the same mental vault and can dramatically expand the subject's worldview. Content of ostensible prior lives, as well as the presence and identification of foreign energy, always comes from the subject or a surrogate but never from the hypnotherapist.

The secret to successfully being hypnotized is to allow one's conscious mind to temporarily suspend thought, focusing instead on the induction instructions. The term 'going under,' when used to describe being hypnotized, is a misnomer. One is not under a spell or rendered unable to end the session, get up, and leave the room if so desired. When hypnotized, about 10% of the conscious mind is 'on the back burner,' or 'keeping warm and ready to serve,' so to speak, observing and retaining much of what comes forth.

My many PLR sessions with Tramont never involved a need to validate what came to my subconscious mind. What was experienced in those sessions was often more significant to me than what was gleaned from everyday reality, powerfully enriching my life, independent of verification; it was *my* truth, not his or anyone else's. Past lives need not be human lives. In 2001 the author saw one of my past lives as a discarnate entity, a tree fairy, an essence of nature that absorbed humans' suffering.

In conventional hypnotherapy, the practitioner utilizes suggestions, often reading scripts to the patient's subconscious mind to address issues such as addictions, fears, and phobias. Treatment is enhanced with PLR, guided by the therapist so that the patient himself might discover that the cause of addictions, attitudes, illness, and other issues is from a prior life influence. Delving even further into the subconscious mind, Tramont's research corroborated the findings of other practitioners whose patients uncovered the presence and prevalence of foreign energy attachments. Tramont's clients contacted by this author reported that they felt that entity removal had been the primary source of their improvement.

Protocols for Putative 'Spirit Release'

In 2003, Tramont first encountered what he interpreted to be a discarnate entity that was controlling his patient, 'Jason,' when suddenly a third party addressed Tramont through the patient, saying, "And Jason won't do what I want him to do!" Stunned, this took Tramont by surprise; entity possession and removal had not been mentioned in his hypnotherapy training. A call to the American Board of Hypnotherapy in 2023 confirmed that entity attachment and removal is still not in their curriculum. Tramont found guidance on how to handle this phenomenon in the comprehensive book *Spirit Releasement Therapy* by clinical psychologist William J. Baldwin, D.D.S., Ph. D., which taught that entities might attach to vulnerable people in their aura or chakras (1992, p. 15). Trained by author and clinical psychologist Edith Fiore, Ph. D., Baldwin's 1982 doctoral thesis was titled "Diagnosis and Treatment of the Spirit Possession Syndrome." Tramont used Baldwin's book, whose Foreword was written by Fiore, as a guide in forming his own protocols.

The spirit attachment phenomenon is far more common than is generally understood. Baldwin reported that "between 70% and 100% of the population is influenced by one or more discarnate spirits at some time in their life" (1992, p. 14). Of the patients who sought Tramont's treatment methods, approximately 85 percent were noted to have entities. Fiore was interviewed by psychologist and SSE member Jeffrey Mishlove, Ph.D., in his online *Thinking Allowed* program in a podcast titled "The Unquiet Dead," where she stated her belief that 100% of people have spirit attachments at some point in their lifetimes.¹ Belief in spiritual entities will vary from person to person. The names of all discarnate entities discussed herein were identified by Baldwin (1992) in his book and utilized by Tramont in his practice. While Baldwin dialogued with his patients' Higher Self to accomplish the process of identification and removal of foreign energy, Tramont preferred to work with his patients' Spirit Guides, who were not part of Baldwin's practice. If the patient proved unable to access his or her own Spirit Guide, Tramont often successfully summoned a prior patient's Spirit Guide, aptly named Abel, who had volunteered his services for that very purpose.

Sessions began with an interview in which the patient informed Tramont of the overall concerns to be addressed, such as troubling relationships, undesirable habits, emotional or medical issues, etc. Sometimes people simply wanted to experience a past-life regression or had personal spiritual issues to explore. After signing the consent forms, they proceeded with the hypnotic induction. When the patient was hypnotized, Tramont invoked spiritual protection from the Warrior Angels of Light for all persons present in the room, followed by inquiring of

the Spirit Guide whether there was any foreign energy present in the patient. If the response was affirmative, he proceeded first to rule out the presence of any dark force entities, also known as 'dark forces,' as they can affect everything else in the session.

Baldwin (1992) writes that whether the demonic "is imagination, archetype, collective hallucinations, mass hypnosis, a projection of the therapist or something else again, Dark Forces seem to exist in some form in this reality. Beings of Darkness seem to be present and actively involved... as the eternal opponent of all that is good in the world" (p. 276). Spirit Release hypnotherapist Terry Palmer, Ph.D., in his scholarly book, *The Science of Spirit Possession* (2014), distinguished between Spirit Release Therapy (SRT) and exorcisms, saying that the latter involved religion, but SRT does not (p. 13). By the same token, one might say that the word 'demon' is more common in a religious context, while 'dark force' feels more comfortable in a broader spiritual or ideological context.

If a dark force was identified by a Spirit Guide, Tramont followed Baldwin's (1992) protocol of calling on the Rescue Spirits of Light to encapsulate the dark one(s) in a net of Light. Once success was confirmed by the patient's Spirit Guide, Michael the Archangel and the Legions of Heaven were summoned by Tramont to detach the encapsulated entity or entities and take them to their destination. After the Spirit Guide verified their removal, Tramont thanked the archangel and the other celestial beings for their assistance.

The second type of attachment, named by Baldwin (1992), was the earthbound spirit, aka 'earthbound,' the soul of a deceased person who had chosen to attach to the patient for either malevolent or benevolent purposes instead of going to the Light. If such an entity was discovered, Tramont interrogated it through the Guide to determine its purpose in attaching. Tramont would reason with it to persuade it to move on to the Light so it might continue its own spiritual journey and relieve the patient of its influence. Before going any further, Tramont would confirm that the earthbound had indeed been removed.

A third type of foreign energy Baldwin (1992) identified was the mind fragment, aka 'soul fragment' or simply a 'fragment,' which is said to be created when a part of a living person's mind or soul splits away from its original soul under traumatic circumstances and attaches to someone else with beneficial or detrimental intentions. Fragmentation always affects two people, not only draining energy from the host but also leaving the original owner's soul incomplete. Again, Tramont would interview the fragment to determine its purpose in attaching, convince it to rejoin its original soul, and then confirm its dismissal with the Guide.

The last prevalent attachment type Baldwin (1992) recognized were various races of extraterrestrials (ETs), whose physical appearance he described as humanoid, dolphin, lizard, and other shapes, with some life forms less dense than human bodies. Their intelligence level was reportedly far more advanced than that of human beings, and some were seen to be pure intelligent energy from higher dimensions or planes of existence. (p. 52). These ETs were interviewed through the patients' Spirit Guide to determine their purpose for attaching or hovering nearby. When revealed to cause suffering, Tramont would reason with them to leave his patient and then confirm their removal, but in cases where they were found to be instructive, protective, or helpful, they were left with the patient. These were the only entities who were left in place.

If any attached discarnate entities were uncooperative in departing, they were usually found to have dark forces attached to *them*, forcing Tramont to first utilize the demonic entity release process to expel their attachments before successfully persuading them to leave. After all these entities had been jettisoned, Tramont would confirm that the patient was free of foreign energy, allowing the patient to identify any further types of discarnate entities that might be affecting him beside the four most common ones identified by Baldwin. In Tramont's experience, his patients had also found terminated pregnancies, android ETs, and inter-dimensional ETs, who were described by a patient as part mechanical and part bioengineered living tissue (Tramont, 2016, pp. 33, 212).

Before moving on to the past-life regression (PLR) portion of the session, Tramont inquired whether the patient himself had fragmented, with parts of his own mind attached to someone else. If so, the patient was directed to imagine a silver thread leading to the fragment, re-experience the fragmentation and the emotions that occurred at that time, and forgive those involved, including himself, if necessary. He is then instructed to pull back the thread leading away from his body. "The patient emerges from this course of action feeling immensely better, knowing without reservation and with Spirit Guide confirmation that he is once again a complete soul." (Tramont, 2016, p. 115) All the above spirit release techniques were from Baldwin.

Tramont would then inquire whether a prior life had been the source of any physical or emotional concern that had not already been addressed; clarity comes in the hypnotic state that is not accessible in the conscious state. Bringing a past life to the forefront of the hypnotized patient's mind enables his conscious mind to understand, accept, and deal with the source of the problem, commencing the healing process, which occasionally is imme-

diate and at other times more gradual, as is demonstrated in the case histories which follow.

Tramont used several protocols to address addictions, insomnia, anger, and a host of other issues. For those open to it, he would include chakra-balancing. The final step in Tramont's thorough hypnotic treatment, which he referred to as *Comprehensive Hypnotherapy*, was to encourage the patient to avoid future infestation by daily performing two brief exercises. The first, called "God Light Visualization," effectively involves putting on spiritual armor by envisioning oneself surrounded by a protective shield of powerful God Light. The second, which he learned from UFO artist James Nichols, he called an Affirmation, repeating the words "The Light of God never fails" three times, followed by "I live this day in God Light," also said three times, and "The harmony of my true being is my ultimate protection," said once. Both can be done silently in a few seconds. All of this was a laborious process; Tramont's sessions usually ran between two and three hours and sometimes longer.

Dual and Remote Sessions

Baldwin (1992) described dual sessions as simultaneously hypnotizing two individuals who are related to each other or know each other intimately, with the therapist questioning each separately but in the presence of the other. Tramont applied this technique when patients had trouble accessing a Spirit Guide. For example one time a young woman and her mother both desired sessions with Tramont. First, he hypnotized the mother, who had a strong Spirit Guide; but when the daughter had difficulty achieving the trance state, Tramont suggested that he hypnotize her mother, lying beside her child, so he could converse with the mother's Spirit Guide on her daughter's behalf to help identify any foreign energy that might be affecting her daughter. Both women agreed, and the process was successful.

Some individuals found it challenging to quiet their busy minds in their first attempt to achieve the hypnotic state. Recalling the favorable mother-daughter outcome, Tramont suggested to those patients that at a second appointment, he could arrange to bring in an assistant who was experienced in hypnosis and had a strong Spirit Guide to conduct a dual session by hypnotizing the assistant (aka 'scanner' or 'surrogate') on their behalf while lying next to them. This option was welcomed by many, and he began conducting such dual sessions (aka 'duals') in 2009. In duals, both client and surrogate were hypnotized, reclining with eyes closed as Tramont interviewed the assistant's Guide. All dialogue was between Tramont and the surrogate; the patient did not speak with Tramont

or the surrogate during the session. At the conclusion of duals, patients often commented to us that they felt "so much lighter!" After a minute or two, this author would then leave the room so that Tramont could discuss the results with his patients privately.

After performing quite a few duals, Tramont began offering remote sessions (aka 'remotes') to those who were unable to come in person at all, and he found there was a great deal of interest in this service. In remotes, Tramont would conduct a session with the surrogate independently, specifically targeting a client who was not present. He would then contact the client and report to him what information was gained by the independent session with the surrogate. When preparing for all remote sessions, Tramont interviewed those patients just as he would with someone in his office, either on the phone or through emails; the questions asked are provided on the Patient Questionnaire in Addendum-A. He would inform the patient what day he would conduct the remote and typically called the patient that evening to report the results. The patient was not listening on the phone during the session; Tramont never hypnotized anyone over the phone. Protocols for a remote were the same as in a dual session, with Tramont conversing entirely with the hypnotized surrogate's Guide, who frequently volunteered advice.

Baldwin (1992) commented that females are more helpful in remote sessions because "women tend to be more right brained and can usually go into an altered state, perceive the thoughts of the entity, and repeat the responses" (p. 365). While acting in the capacity of a surrogate, insights arose in my subconscious mind of how patients might help heal themselves, and those suggestions were shared aloud during the session. A review of my predecessor's dual and remote files revealed she had done the same. In 2013, the author began working as Tramont's assistant. How did this transition occur from being Tramont's PLR subject to serving as a surrogate Spirit Guide? To my knowledge, there is no training for this role, but our backgrounds dovetailed beautifully to prepare us for working together, having had many successful hypnosis sessions myself assured fluency in the process. The entire Consciousness Studies curriculum at UNLV taught by Dr. Raymond Moody had broadened my worldview, and exposure to my interest in ufology raised Tramont's awareness of ETs, who had caused suffering in quite a few of his patients. This transition seemed destined to take place.

In his decades of practicing hypnotherapy, Tramont treated a total of approximately 2,000 patients. Anticipating possible future interest in researching his work, the author began tracking his cases from the beginning

of my work with him in late 2013. One-third of his entire caseload, from January 2014 forward, were male. Beginning in January 2014, of the 410 dual and remote sessions which we conducted, 76% were found to have dark force energy attached, and of those, one percent reported having been attacked by an incubus or succubus in their initial interview with Tramont. 17% of our dual and remote sessions revealed one or more earthbound spirits; 35% had one or more mind fragments attached, and 65% of his patients were fragmented themselves. ETs were found to be attached or hovering to 14%, and roughly half of them were considered benevolent. 1% of his patients either suspected they had or were sensed to have alien implants, all of which were removed. From 2014 forward, the age range of our patients was 18 months to 92 years.

Note that 45% of the remote sessions that we conducted were for people in Eastern Europe or Russia. While most American patients requested past-life regressions, nearly all the Eastern European and Russian patients also sought removal of 'demonic entities' which they believed to be attached to themselves or present in their home or workplace. Such requests denote an unmet need for this type of therapy in their native countries. Of his non-American patients, approximately 13% requested repeat sessions for themselves, and 28% referred Tramont to family members, friends, and business associates. Two clients sought spirit removal for their recently deceased relatives, which was done. A married couple from the Middle East, whose native language was Aramaic, brought their son in to see Tramont, and we conducted four remote sessions for a South American shaman. Tramont's clientele approached him from a wide variety of belief systems, but notably a variety of beliefs that commonly believe in forms of spirit possession, or they were open-minded enough to entertain spirit possession as possible.

When performing in my capacity as a surrogate, some background information on patients was often provided prior to the session. My predecessor specifically asked not to be given any information. When we spoke in 2023 for the first time, it was learned that she herself was a hypnotherapist back in 2008 when she sought Tramont's services and is still active but is not performing spirit releasement. This gifted woman experienced prophetic dreams from the age of five, and favorable patient feedback on her work, seen in notes and emails sent to Tramont, attested to their satisfaction with her abilities and the material which flowed from her in their dual and remote sessions.

In England, Palmer was carrying out remote sessions like Tramont's but was using a medium in his conscious state, to whom he referred as a 'remote scanner.' Palmer and Tramont both died in late 2021 due to complications

from Covid-19, just six weeks apart... and sometimes the question occurs to me whether *that* was the work of dark force entities.

Sample Cases Suggestive of 'Dark Forces'

The qualifying features in selecting the eight cases to present in this article were:

- Those in which the author assisted as a surrogate.
- Patients who were found to have 'dark force' attachments.
- Patients who were accessible via phone or email.
- Patients who were amenable to discussing their experience.
- Patients whose sessions were relevant to the issues discussed in the article.
- Patients who gave written permission for their history to be published anonymously in this journal.

Patients B, C, and D were the first to be contacted since they had lingered to chat after their sessions, leaving a distinct memory of them. Their enthusiastic responses to inquiries five years after their sessions indicated that others might be open to sharing their experiences. Patient A was chosen because of how frightening, disturbing, and dramatic her session had been. Additionally, there was lasting curiosity about how the patient interpreted that experience and whether she had benefitted from entity removal. Patient B was a veterinarian who commented on one of our felines after his appointment had concluded. His long list of issues to be addressed generated curiosity to see whether he perceived any improvement from his two dual appointments and, if so, in which area(s).

Husband-and-wife patients C and D were struggling to deal with his debilitating addiction to alcohol, a common affliction that can be challenging to overcome. Although she was able to access a Spirit Guide herself and found no foreign energy attached, her description of feeling fragmented and the improvement felt following retrieval of her soul fragments were particularly well expressed. The mass shooting at Mandalay Bay was widely publicized, so the author felt that readers might empathize with Patient E's history and see that there were more victims of that trauma than just those who were shot. Conventional treatments had not done for her what Comprehensive Hypnotherapy accomplished in one session to alleviate her suffering.

Personal interest and participation in the field of

ufology caused Patient F's material to capture my attention, and it was gratifying to learn that he felt a weight had been lifted off his shoulders with a five-year hiatus from perceived contact. Patient G was approachable, considering her career in practicing Reiki, and her feedback demonstrated how memorable and helpful SRT could be to patients, even from a single remote session, with results conveyed in a phone call from Tramont. Years later, she told me that 96% of her emotional fog had been lifted. Patient H approached me in an email and in subsequent phone calls more than five years after his only session, a dual, with effusive gratitude for launching his spiritual journey, improving his digestion issues, and eradicating his opiate dependency. Including his case material was an easy decision.

Patient A

After assisting with quite a few dual sessions, the author learned to achieve a hypnotic state without needing an induction. That ability was especially helpful several months later when Tramont called me into a session already in progress after the patient had apparently been taken over by a dark force entity. Patient A, a woman in her late fifties, made an appointment in 2015, hoping to rid herself of panic attacks, migraines, and fear, to learn the nature of her life's lesson(s), and to stand up for herself. Her marriage was falling apart. She was able to be hypnotized, and the Spirit Guide, who presented itself early in the session, reported she had no foreign energy. The cause of her migraines was identified during her regression, but then she saw herself killing a person in a past life who had reincarnated as her mother in her present one. Suddenly evil sounds interrupted the exchange between the patient and Tramont. According to his notes, he had watched that woman growling and writhing on his couch for three full minutes when a deep voice arose from her, shouting, "I don't want to talk to you anymore!" At this point, Tramont summoned me to join them.

Walking into the room was frightening, but the author lay down next to her and silently slipped into the hypnotic state. Immediately and without any hesitation at all, words came forth in a strong and most authoritative tone as my Spirit Guide commanded, "FEAR NOT," until it overrode the demonic effect within the patient, and we proceeded with the spirit release. Tramont's notes read, "Lots of screaming & noise while being encapsulated." My Guide found the patient to have three powerful dark forces and two demonic Reptilians attached to her. The 'Spirit Guide' who initially came to her had been an impostor. When she woke up from the session, Tramont wrote, "Patient feels good."

A conversation with this patient in 2022 revealed that her experience had been a "real eye-opener" and had "opened the door to appreciate the seriousness of what happens when you have an entity attached to you." She reported having no further panic attacks since that day. She had gotten divorced, her migraines had been reduced by 75-80%, and she is now performing spirit release-ments herself. Renewed self-confidence enabled her to take control of her life, a huge improvement from where she had been prior to seeing Tramont. Post-hypnosis rehabilitation and success attest to the power of having dark entity attachments removed.

In his book, Baldwin (1992) noted a distinction between 'regular' dark forces and 'powerful' dark forces, asserting that the powerful ones were higher up in the celestial hierarchy (p. 278). Unaware of this distinction, in the surrogate-hypnotic state, my subconscious mind distinguished between the two by sensing that the less powerful dark forces caused suffering in the patient while powerful ones drove the patient to cause suffering in others, too. In addition to Patient A, several more dual and remote cases involving dark force removal are included here with recent feedback from the patient. Addendum-B contains further patient comments and transcripts of Tramont's session notes.

Patient B

A 34-year-old veterinarian sought Tramont's help in 2014 and brought a lengthy list of physical, emotional, and personal issues he desired to address, primarily anxiety, depression, lack of self-confidence, back pain, and the desire to communicate with animals and Spirit Guides. Recommended by those who had heard Tramont's lecture, this open-minded individual was already familiar with Tramont's unusual approach and asked, "In what area of metaphysics/medicine/healing should I focus?" When he was unable to achieve the hypnotic state, the author was called in for a dual, and a week later he returned for another dual session. The following narrative is summarized from Tramont's extensive notes.

At the first session, one powerful dark force was found attached to him, so we went through the spirit release process. Also attached was an earthbound, who in life had been a disc jockey that died in a car accident. This DJ feared rejection of women but could enjoy them from afar while he worked. He said he liked rhythm but "had a hard time finding his own rhythms." The earthbound had back pain, few friends, and little opportunity to share his thoughts. He liked the way Patient B moved and wanted to stay with him. Unwilling to leave, we discovered this DJ's spirit had two dark forces attached to him, so we per-

formed an entity release on the earthbound, after which he agreed to leave. Reportedly sent to cause chaos, a Reptilian was found hovering but still negatively affecting Patient B, instigating indecisiveness to detract from and delay success in his veterinary practice. He had been with Patient B for a year. Also unwilling to leave, Tramont called in “all the archangels” to help pull him away from the patient, who was finally pronounced free of foreign energy.

Patient B’s Anxiety and poor self-esteem resulted from residual feelings of guilt from past-life situations in which he wanted to do right but was diverted from it due to circumstances. For example, he was seen torturing animals in an earlier life, pulling wings off insects as the result of peer pressure. And as a Jewish man during World War II, he was afraid for his life and wanted to conceal his identity, abandoning his family rather than staying with them to try to protect them.

To communicate with animals and sense their vibrations, it was suggested that he look for their subtle movements. He was reminded that he is a capable, trained professional... but also a perfectionist. It was advised that he surround himself with crystals and potted plants; as they live and grow, they exude subtle energy. Being around them would improve his memory and nurture subtle changes in him.

The second dual session detected no foreign energy, but information continued to flow from the Spirit Guide. It saw the patient as being a “hyper-alert” person who would benefit from trusting others to competently perform their duties. The patient had been “a perfectionist and not in touch with himself; he’s unfamiliar with his soul. Lack of trust creates stress, and forgiving others relieves it. His life’s blueprint is to learn the interconnectedness of all nature; rocks, crystals, plants, and even volcanoes— are all alive.” Tramont spoke with the patient at length after the session was completed, and the author had left the room. His notes indicated a “long discussion on patterns of behavior disappearing slowly but steadily.”

Seven and a half years later, Patient B was contacted to determine whether his two sessions had been of any benefit. Likely quite surprised to hear from me, he was quiet for a little while and then responded that Spirit Release Therapy had been an “excellent stepping stone” on his spiritual path, with “manifested improvement.” He had learned to communicate with animals, which was at the top of his list of personal concerns. What he identified as the most helpful aspect of his experience was an awakening to the reality of dark forces, “a realization of what my inner self knew,” he said, stating that he “believes 100% in all of this,” emphasizing that he *knows* there are dark forces. Patient B told me he is now doing “energy work,”

having added the removal of dark spirits from animals and people and the ‘cleansing of homes’ to his repertoire of services in addition to veterinary medicine.

Patients C and D

There was a multi-talented and gregarious American couple in their early fifties who came together to see Tramont in 2017. The first appointment addressed the husband’s severe alcoholism problem dating back to his teens. Hospitalized many times for this addiction, he’d even resorted to drinking hand sanitizer and rubbing alcohol.

With his wife in attendance, Patient C was able to achieve the hypnotic state himself and found his Spirit Guide, who identified two dark forces, an earthbound spirit, and three mind fragments attached to him. The Guide also found two ETs: one was evil with a dark force attached to it, and the other was benign. After Tramont confirmed through his Guide that the patient was free of foreign energy, the patient’s mind fragments were retrieved, and his past lives were explored. Every entity and prior life scene had contributed to his drinking problem in some way. Tramont’s notes say he then read a forgiveness script which detailed benefits to the patient in forgiving himself and others.

A week later, they returned to address the wife’s weight concerns, fears, and her various relationship issues with immediate family members. As her husband watched, Patient D successfully slipped into the hypnotic state where a strong Spirit Guide appeared in her mind and told her he’d been with her for “ages.” No foreign energy was attached, but the Guide reported an earthbound spirit and three benevolent ETs were all hovering nearby to protect her. Her soul was fragmented, and Tramont helped her retrieve the fragments. Then, after a PLR, the Spirit Guide offered the wife enlightening information, which released some fears she’d been harboring and allowed the ETs to depart.

Patient D had only one session, but we were asked to perform a remote on the husband a week later. Here are the doctor’s pertinent notes from that session:

Surrogate: Deep down, he welcomes the foreign energy as it encourages him to drink; he chooses to do this. Patient C doesn’t dwell in his Higher Self, as he should. He needs something more exciting than drinking. He drinks out of frustration and doesn’t realize how many options are out there for him. Taking more responsibility in his daily routine will stop him from drinking. He must accept and agree to this responsibility!

A dramatic change is needed. A mere intention to agree not to drink is not enough. With his first drink after his session that he chose to have, dark forces came in. They drove him to drink to excess but did not drive him to drink in the first place. He needs to maintain the attitude that he is good enough. He needs to be his wife's partner, and she has been very patient. One Powerful dark force is present.

Tramont note: Exorcism carried out... call in Troops and St. Michael the Archangel. Now free of foreign energy.

Surrogate: His soul is not fragmented. He needs to look at all the reasons that he is drawn to drinking and find substitutes that will satisfy whatever the needs are that draw him into this.

Tramont: Is his Spirit Guide protecting him?

Surrogate: Yes! But even his Guide cannot stop Patient C from drinking. Only patient C can! He hurts his wife every time he leaves the house and drinks. It's a selfish thing. He must realize a lifetime of patience and understanding will not carry a relationship. He needs to take her with him on these trips and go to places that don't serve alcohol. He needs to deal with the reasons why he drinks. There may be many. He is to deal with them, one by one, and find alternatives that will address those needs and satisfy them. He needs to look at the repercussions, the consequences, and the side effects of his actions and how it affects his spouse and others. Does he feel remorse afterwards? What is affected: the loving relationship between him and his wife, self-esteem issues, resentment, forgiveness, etc. If his problem is a physical dependence caused by an emotional dependence, then the medical community can work on the physical dependence while he works on his emotional problems. He should categorize them by the timeline involved, namely past, present, or future events. If he cannot get past any of these issues, he should return for another session.

A year later, they returned for a dual session on the husband with assistance from his wife's Spirit Guide, who reported no attached foreign energy but that he had fragmented three times.

In the follow-up call of July 2022, the wife exclaimed

that they had just been talking about Tramont and me the prior evening. In response to the query of any perceived benefit, she readily replied that the changes were "revolutionary, life-changing, and ongoing." She described her fragmentation experience as feeling that her "soul had shattered into a million pieces" and that pulling all the fragments back had left her with a "visceral feeling of wholeness." The PLR, together with the retrieval of fragments, had helped her. She had not seen any other hypnotherapists before or since her appointment, but she had just purchased Baldwin's book because she wanted to learn how to do spirit releasements herself to perform this work. Her pursuit of learning Spirit Release Therapy speaks to the success of Patient C and D's treatment.

Her husband chose his words carefully when speaking about his experiences five years earlier. He articulated that "The lie from Satan is that alcohol will make me more peaceful," but now he realized he'd opened himself up to entities, allowing himself to be "invaded by outside visitors" due to decisions he'd made. Twice he volunteered that he is now taking responsibility for his actions, which is what was emphasized in our remote session but not mentioned in Tramont's notes of his other two sessions. Patient C admitted that although he stayed sober for a while, he still has relapses from time to time. Also, in that remote, my Spirit Guide suggested that dramatic lifestyle changes would be helpful. The couple had moved out of state, expanded their professional interests, and Patient C was using a different first name and dramatically changed his appearance by growing a full beard. The ease with which both spoke indicated they were more self-confident, content, and happier with themselves and each other.

Patient E

A local woman in her early thirties was left traumatized after America's worst mass shooting, committed from the Mandalay Bay Hotel in Las Vegas on October 1, 2017. The patient was suffering with extreme anxiety, fear of death, and fear of being shot. In the six months following that tragedy, she had lost 45 pounds and had been having 3 to 4 panic attacks daily, and apparently, counseling had provided insufficient relief.

Although she was hypnotized, she was unable to access a Spirit Guide. I was called in to help with a dual session, locating and helping rid her of four dark forces and two mind fragments, one of which had come from her mother following a traumatic event and the other from a young person attending the Mandalay Bay shooting who panicked and felt lost in the turmoil of the hysterical crowd. Four and a half years after her only appointment,

she was contacted for a follow-up, and again the patient said that she and her uncle had just been talking about us the day before. She enthusiastically stated that her anxiety had been dramatically reduced, and she had not had a single panic attack after that session. When asked what aspect of the treatment had been most helpful, she said, “getting rid of the attached entities,” and added that she would remember that session for the rest of her life. She volunteered to write a Testimonial about her experience with Tramont, which is included in Addendum-A.

Patient F

In 2017 a concerned father brought his 36-year-old son, Patient F, in from Texas. For over ten years, the son had held a responsible position as a military security guard and was quite familiar with guns in his line of work, but he had received a medical discharge from the service. The patient was married and the father of three.

Tramont’s interview notes began with, “Visits at night, gets paralysis. One year ago — sat up and felt that *‘the Black Man was here.’* Saw an alien, thin and tall. Pistol not working, no bullets; couldn’t wake up wife. Alien grabbed his wrist. Had three fingers, minimal nose. 6’6” tall. Has apnea, a “micro” pituitary tumor, heart problems. Who was *‘the Black Man’*? As a kid said things about a sterile room. May have had abductions.”

With his father present, we conducted a dual session which revealed two dark forces and one mind fragment attached; the latter was from a human who had seen him and recognized the effects from shared experiences. The Spirit Guide identified those to have been alien abduction experiences. This human’s intense gaze had influenced our patient subconsciously by causing a dormant memory to resurface, instilling in Patient F a strong fear of contact with ETs. The attachments were all removed.

The Spirit Guide sensed that *‘the Black Man’* was the shadow of a benevolent ET before it came over to him and grabbed his arm, knowing that a firearm would have been unnecessary since he had no intention of harming Patient F. This ET and his fellow ETs want humans to develop the skills they have, to not fear ETs, to have an open mind and not be judgmental. Seeing Patient F as a respected and compassionate man, they feel one day, he will be able to influence his peers to accept that ETs are real.

A month after the session, the patient’s father wrote Tramont a note thanking us for our “awesome work,” saying his son had been sleeping much better than he had in a long time. In a follow-up conversation with Patient F in 2022, he spoke slowly and thoughtfully, saying the experience had left him feeling as if “a weight had been taken off my shoulders.” Spiritually, he said, he felt lighter and

much improved. He’d only had one visit from an ET since his session... but it was recent. The subconscious memory of the fellow abductee’s intense gaze likely would have remained dormant without the benefit of the session with us, which apparently allowed the patient’s nocturnal ET visits to subside for five years. This patient had only a single session with Tramont.

Patient G

In early 2018, Patient G, a 65-year-old divorced female Reiki Master, had contacted Tramont seeking relief from feeling she’d been “haunted” over the prior few years by a negative presence which she sensed at various times. She’d been feeling an “emotional fog” coming over her that was causing a sadness she couldn’t shake off, leaving her feeling drained. She had a history of abusive relationships with her parents and both spouses. At the time of her only session with us, a remote, she was living with her two adult sons, one of whom had issues that occasionally caused her great stress. Patient G was also unhappy with some extra weight she’d gained.

Shortly after our session began, my Spirit Guide sensed three dark forces, one of which was powerful. After they all were removed, an earthbound spirit was identified as the deceased father of her children. When Tramont asked him why he had attached to her, he replied, “She made me miserable. I wanted to get even.” Since two dark forces were found attached to this earthbound, they had to be removed prior to continuing the session. Tramont asked the earthbound how he was feeling now that they were released. My Spirit Guide sensed that he was far less hostile, and he readily proceeded to the Light.

A mind fragment from one of her sons was making her feel guilty, causing her discomfort as its influence was constantly in the back of her mind. It had been there for many years, and it was released. My Spirit Guide sensed that two benevolent Gray ETs visit her from time to time to encourage her in her work and bathe her in positive energy. One in particular, ‘Misha,’ helped her find her talent in healing others and said Patient F could speak to him “as though he were an angel.” He conveyed that if she ever comes to a stumbling block and needs guidance or strength, she can silently ask him for advice, and he will give her peace and conviction which will help her.

After confirming there was no additional foreign energy, her mind fragments were retrieved, advice was offered, and past lives were explored. When asked if she’d had a past life with her ex-husband, who had died, the answer was affirmative; she’d had several, and that’s what had attracted them to each other in the first place. My Spirit Guide sensed that she and her second husband had

been puppies together in a prior incarnation.

When called in 2023 to investigate any perceived benefit from our session for her five years earlier, Patient G vividly recalled Tramont, its results, and my work on her behalf. We spoke for almost an hour while she reported that the mental fog had lifted “tremendously.” Knowledge of the dark forces that had been affecting her had “opened the door” to what the trouble was. She said she had seen a “black goo covering everything,” with a hand coming down to remove it. Hearing Tramont explain what came through in the remote had opened her mind to the idea that ETs could be beneficial and that people could incarnate in forms other than human. She also recalled Tramont telling her that she and her second spouse were seen as having a past incarnation together as puppies; that had special but unfortunately painful personal significance to her, but it helped her understand some unpleasant thoughts she’d been harboring. The upbeat tone of voice in which she discussed this detail implied emotional healing of that memory. Then she volunteered new information, that her “attacks in bed had stopped” after her remote session, confirming the attacks had been physical and sexual in nature. It seems a great deal was accomplished in only one session.

Patient H

A 34-year-old single male had flown to Las Vegas from out of state in October of 2017, seeking relief from persistent digestive issues for which he’d been taking medically prescribed opioids. He’d had a tremor since age 12 and a difficult childhood with alcoholic parents who had not exposed him to religion. He contacted Tramont after watching his interview with Mishlove on the *Thinking Allowed* podcast.

When Patient H was unable to achieve the hypnotized state, I was called in, and under hypnosis, my Spirit Guide sensed two attached dark forces. The soul fragment of a bully who had tormented him in middle school was found to be contributing to his digestive problems, and a Reptilian was sensed to be responsible for activating the tremor and presently was causing confusion and distrust. Patient H also had an ET implant, and all attachments were removed. Following the Spirit Releasement, a past life with his sister was uncovered in which she had been a guidance counselor, and patient H had rejected her advice. In another past life, he had been on one of the ships accompanying Christopher Columbus; while his life before that voyage had been difficult, he experienced great joy after he arrived in the new world.

The author called Patient H at his request on February 4, 2023, to thank him for his kind email sent

the prior month after he had learned of Tramont’s passing. Five years following his only session, he was found to have nearly perfect recall of everything that was said, adding that he had been doing his protective affirmations “almost daily” ever since then, agreeing they were quite powerful. Although the tremor had not disappeared, his digestive issues had improved, and he was no longer using opiates. He felt the most significant benefit was the personal growth that the session had triggered, launching a spiritual journey that presently occupied his thoughts most of the time. He reported that metaphysics had become the primary focus of his life and was extremely passionate about that field and very well informed in it.

Patient H’s email of January 2023 stated, “After leaving your home in a taxicab I was left feeling with a new wonder and intrigue into life. I also experienced nausea that I attribute to the light work and banishing of the dark forces that you and your husband helped to remove from being attached to me.” On the phone, he commented that he vomited after arriving at the airport. Tramont had discussed entity releasement in detail in his Mishlove interviews, so the patient already knew what to expect. Tramont’s notes stated Patient H was awake, making his session an acutely memorable experience with immediate personal validation in his nausea. Patient H had come to believe that there *are* entities in a reality that people do not perceive with their five senses.

Patients seemed to resonate with what takes place in this methodology, perhaps providing the frequency they needed to heal. Apparently, it felt right and true and made sense to them, independent of whatever teachings, treatments, or beliefs they’d had earlier, or perhaps strengthening or expanding their existing beliefs rather than replacing them. SRT is not affiliated with religion, although groups of ambiguous celestial entities, such as “Legions of Heaven,” “Warrior Spirits of Light,” and “Rescue Spirits of Light,” are named as an integral part of Baldwin’s (1992) process, including Michael the Archangel who was summoned to detach encapsulated dark force entities and take them to their destination (p. 283 and 339).

The conviction of patients’ belief in dark forces, which third parties may lack, must come from personally experiencing the methods utilized in Spirit Release protocols:

1. Learning—and feeling—that they apparently have attached foreign energy;
2. Perceiving firsthand what feels to them like the actual removal of the entity or entities, or second-hand as they process information from Tramont regarding entities’ removal in their remote session.

3. Experiencing improvement in one or more areas of their lives and attributing that improvement to the removal of attached entities.

Personal Growth after Serving as a Surrogate Spirit Guide

Tramont (2016) described another possession experience with a patient in his *What's Missing in Medicine*. Rarely failing in dark entity removal, his second book makes it easy to understand why his belief in dark forces was so strong, as this event was experienced more by Tramont than by his patient:

One of my earliest and most frustrating cases of attempted intimidation by the dark force entities was a gentleman who went deeply into trance and immediately began growling and snarling and jumping up at me at various intervals from a lying position. When this occurred, I would then gently place his head and chest back on the couch. The patient then began to howl with his tongue out while his head and hands shook convulsively. Laughing in an evil fashion, he began to display hideous grimaces as he flapped his tongue with his mouth wide open and continued to growl and assume the position of a powerful beast by flexing his arms and legs and curling his hands into what looked like claws. Nothing I said seemed to make any difference. This bizarre behavior continued for over an hour until I decided to wake the patient up. He had no conscious memory of what had occurred. (Tramont, 2016, p. 55).

Reading through Tramont's patient files was enlightening, as the author personally had little or no memory of what emerged from the dual and remote sessions. The apparent reality of dark forces and their effects became far more convincing when conversing with his patients, in their choice of words and vocal inflections, which written words cannot adequately convey. Although they had seen us many years earlier, their enthusiastic, positive responses reflected lasting improvement. The notion of ghosts as manifestations of deceased spirits was familiar, but sensing earthbound spirits while in the hypnotized state expanded my beliefs. Tramont's case notes of their reasons for attaching to people allowed me to see some earthbounds from *their* perspective, which broadened mine as they shed a whole new light on the subject.

Tramont introduced me to the concept of a 'mind frag-

ment.' Eventually, it became acceptable to me, but that conviction became firmer after feeling myself fragmented, under hypnosis, realizing later that at least twice, my mind had completely blocked out memories of traumatic events of my own making. This led me to consider that unconscious memory blocking as a self-defense mechanism could evidence fragmentation, secondary to formal psychological explanations. And the retrieval of my own fragments may have contributed to subsequent recollection of the events, which are now far less emotionally troubling than they had been at the time the author experienced them.

ET implants had been identified and removed in at least five of our patients. It was perplexing how this all could be possible until a plausible explanation was found in notes of a 2002 phone conversation with my friend Jim Sparks, whose conscious memories of his extensive abduction history were credible enough to warrant study and publication by researchers Linda Moulton Howe (Howe, 1998, Chapter Three) and Harvard professor, Pulitzer Prize winner, and prior SSE member John Mack (1999, pp. 49, 63, 96-100, 103-4, 111-112, 114-115, 120-121, 123, 140, 143, 157-160, 164, 224, 254, 271). My notes commemorated Jim saying, "Implants are made with energy... graph of a device... they beam energy into biological material and make a machine from live tissue," leading me to accept that if implants are made with energy, they can be removed with energy. Baldwin (1992) also mentioned ET implant removal under hypnosis, but this was unknown to me during my work with Tramont.

DISCUSSION

Since my work with Tramont, some new viewpoints have come to my attention and are worth considering. In September 2022, upon approaching Penny Kelly, naturopath, and gifted author of many books on consciousness, for permission to quote her, she responded affirmatively and included a novel interpretation of 'dark forces' from her perspective after working in a research lab with SSE member William Levengood, Ph.D. (1925-2013):

Everything is aware and has at least some functions of consciousness. The range of differing kinds of consciousness here in this reality zone is staggering. Some of it is pretty limited and vastly different from human consciousness, but it is still aware. Plasma responds directly to consciousness, and we demonstrated this in the lab again and again! All particles are aware and communicating, and it is my understanding that when there is a collection of particles such as oc-

curs in a plasma, the intent they hold is part of the nature of their spin, size, direction, and the interaction with other plasmas. They are self-organizing because of the nature of consciousness and its characteristics (spin, size, direction, type of motion, etc.).

A plasma is always in motion, and when that motion provides destructive interference to neighboring plasmas, we often interpret that as 'evil.' Energies either build form or undo form. Since everything is always trying to garner more energy in order to grow and evolve – including those energies that function in such a way as to break down neighboring energies, we humans end up believing in evil spirits and devils. It would be much more accurate to realize that an incompatible plasma or set of plasmas is in operation and just needs to be canceled out, something akin to redirecting, which can be done using consciousness because – as we demonstrated in the lab – plasma responds directly to consciousness.

If we take the old term 'spirits' or 'spirituality' and realize that this term refers to the workings of energies functioning in a given environment, and then realize that the ancients called it 'spirit' because they couldn't see, hear, taste, or touch it, but they recognized good outcomes (something they liked) vs. bad outcomes (something they termed as evil), we have some idea of how religions got going, 'evil' was recognized, and 'priests' appeared. They were people who had an inherent ability to move energy, heal, communicate with plants, animals, and elements, or generate unusual phenomena.

We see some of these people around today. Since everyone is generating effects within reality, and some people are suffering from arrested development, they end up generating some really destructive effects and do not realize what they are doing. Many people do not have a successful conclusion to the first four stages of Piaget's model of human development, let alone the four additional stages of development that go on beyond his last stage, called 'the age of reason' or 'capable of abstract reasoning.' It is this lack of full human development that results in the darker side of spirituality. I discuss these stages of development in detail in the updated version of *Evolving Human*, and it is people like yourself that try to help and heal those who get caught in counter-productive energies! So, thank you for that! (P. Kelly personal communication to N. Tra-

mont, September 6, 2022).

This theory might make sense, but whatever the source of these 'dark or counter-productive' energies, the work of Charles Tramont showed that Comprehensive Hypnotherapy can be a powerful tool for a patient's healing and spiritual development. The subconscious mind provides solutions to questions whose answers are not found anywhere else. SRT techniques suggest that belief, as well as the subconscious mind, are crucial to the healing process. It was not Tramont who did the healing; it was his patients themselves, and he just guided them through the process. Further study in the mind-body relationship pertaining to the subconscious mind and perception of spirit attachment and release might be helpful. When the source of suffering is sensed to be from foreign energy or events envisioned in a prior lifetime, their negative effects often can be mitigated with Comprehensive Hypnotherapy, thus enabling healing to begin. The years spent with Tramont battling 'dark entities' proved to us both not only the existence of such forces but that these battles can be won.

ENDNOTE

- 1 Retrieved from <https://www.youtube.com/watch?v=-JvGSDUFv4dk>

NOTE

Supplemental materials regarding this article were registered with *JSE* and provided to the commentators of this target article. These materials are available by request to the author.

REFERENCES

- Baldwin, W. J. (1992). *Spirit releasement therapy: A technique manual*. Headline Books, Inc.
- Howe, L. M. (1998). *Glimpses of other realities, volume II: High strangeness*. Paper Chase Press.
- Mack, J. (1999). *Passport to the cosmos: Human transformation and alien encounters*. Three Rivers Press.
- Palmer, T. (2014). *The science of spirit possession* (2nd ed.). Cambridge Scholars Publishing.
- Tramont, C. V. (2009). *From birth to rebirth: Gnostic healing for the 21st century*. Granite Publishing.
- Tramont, C. V. (2016). *What's missing in medicine: Unleashing the healing power of the subconscious mind*. Du Lac Publishing.
- Weiss, B. L. (1988). *Many lives, many masters: The true story of a prominent psychiatrist, his young patient, and the past-life therapy that changed both their lives*. Touchstone.