



# Get Hooked and Fly...

[www.suspendc.com](http://www.suspendc.com)

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## Ancient Tribal Rituals meet Modern Body Piercing at SuspendDC

Event: SuspendDC  
When: March 30, 2008; 2-9pm  
Where: The Crucible  
1816 Half Street SW  
Washington, DC



March 10, 2008—At SuspendDC, held March 30, 2008 at The Crucible in Washington, DC, modern body piercing enthusiasts can “take flight” using suspension techniques borrowed from ancient tribal initiations and rituals.

Body piercers from Sacred Mark Sanctuary and the Mind Over Matter Suspension Crew of Washington, DC will pierce participants in the chest, back, or arms with large stainless steel hooks, which are then attached by rope to a rigging or other pierced participants.



By undergoing such a physical and mental ordeal, those who are suspended may achieve an altered state of consciousness or have a spiritual experience, often leading to a sense of camaraderie among the event participants.

“The people were all wonderful. It was such a nice and welcoming atmosphere,” says Jane Baden, who attended SuspendDC last September. “Everyone was so supportive, and even though I was new I felt like I really was among good friends.”



The suspensions were accompanied by rhythms from a small drum circle in which anyone could play. Mike Bryan “really enjoyed playing in the drum circle, and even though I didn't have a drum with me, there were extras available. It made me feel at home and at peace.”

SuspendDC was launched in spring 2007 by Kindlers of the Sacred Rhythm with resounding success, and grew with a fall 2007 event that boasted eighty local body piercing enthusiasts and five body piercers.

Participants must be 18 years old and sign a liability waiver. To register, or to learn more, visit [www.suspendc.com](http://www.suspendc.com).

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**Kindlers of the Sacred Rhythm** is a spiritual group following the path of Ordeal, exploring the energy of extremes through ritual and trance. Combining ritual intention with intense physical stimulation to create altered states of awareness, Kindlers connects with Spirit through the ecstasy created by overcoming ordeal.

[www.sacredrhythms.org](http://www.sacredrhythms.org)



**Sacred Mark Sanctuary**  
...Connecting Body & Spirit

**Sacred Mark Sanctuary (SMS)** combines ancient, modern, and tribal spiritual practices to promote and explore the interconnection of body and spirit. SMS assists individuals and communities along their spiritual journey through offerings such as workshops, group ordeal and ecstatic ritual facilitation, individual ritual body modification, reiki, energy healing, and the arts.

[www.sacredmarks.com](http://www.sacredmarks.com)

**M.O.M.**  
**Suspension Crew**

**The Mind Over Matter Suspension Crew (M.O.M.)** operates in the metropolitan D.C. area, hosting suspension socials and facilitating private suspensions, pulls, and other body play/ ritual activities since 2001. In 2003, M.O.M. began suspension/sideshow performances. For more information, contact Sean Philips at [lextalonis@gmail.com](mailto:lextalonis@gmail.com).