

The Reusi Tradition

The Thai word *reusi* is derived from the Sanskrit *ṛṣi*, meaning seer. In Thailand, reusi are those who practice the esoteric sciences. They are the keepers of natural laws and sciences which have been passed down over millennia. These include esoteric systems such as astrology, alchemy, palmistry and demonology, as well as mathematics, medicine and music. In the Thai tradition, reusi are the guardians of all of these sciences.

Hundreds and perhaps thousands of years ago, reusi lived in caves, were ascetic, and spent long periods of time practicing solitary meditation.

They also practiced a form of self-stretching discipline known as *reusi datton*, while in recent years has become popular among students of Traditional Thai massage. Although some modern-day reusi still live solitary lifestyles in rural areas, others are fully integrated into modern society, and offer spiritual and social services to their communities. Wherever they live, they aspire to a naturalistic approach to life, in balance with the elements, nature, deities, and spirits. The primary goals of reusi are to understand nature and to live within natural law. Like Buddhist monks, they strive to benefit all sentient beings, while promoting and preserving the dharma, and maintaining a focused spiritual practice

