

If Dale Buegel, M.D. weren't married, he would probably be meditating alone under a shady tree somewhere. But he *is* married, to yogini, kirtan master, clinical psychologist and acupuncturist, Ragani Buegel (INITIALS??). So, instead of that shady tree, he dedicates his life to the yoga of their relationship.

Dale, a yoga and meditation instructor, has practiced holistic medicine for more than 20 (**CHECK YEARS**) years. But at (**AGE**), he's reached a point in his life where he's not as interested in personal success. "I could care less about my career. The only thing I want to do is support Ragani's dream and life," he said in an interview with his wife at their east side home. "It's her time to flourish. It's time to fulfill a dream that has a more spiritual heart...This is my *sadhana* (practice)."

For her part, Ragani, **AGE** describes her marriage as being akin to "living with a Himalayan sage. There's so much I learn from him."

Circumstances and the tradition of yoga brought the two together. Both students of Swami Rama, founder of the Himalayan Institute in Honesdale, PA, their meeting, courtship and subsequent marriage of nearly nine years has been "magical, even mystical at times," Dale said.

When referring to yoga, the couple has a scope far beyond the physical postures (*asanas*). For example, when Ragani speaks of her appreciation for Dale's flexibility, she doesn't just mean his ability to twist into a pretzel. "Flexibility is not just hatha yoga; it's a state of mind," Dale explained.

"People talk about the idea of 'being off the mat,'" Ragani chimed in. "Yoga *is* off the mat. Yoga is not actually on the mat. Sure, we do physical postures to try and loosen our body and to train our mind, but yoga *is* life. Having a partner who has that same philosophy is a constant reminder of a way to be...I see myself doing things that I don't see him doing, things I don't like about myself and it's like, 'Oh. There's a way to do this that's different.'"

Each works to transform themselves and, in the process, transform each other. "It makes a nice partnership," Ragani said. "The relation to spirit is what connects things and keeps everything sacred."

The yogic relationship engenders a cosmic view of one's partner. "You are literally viewing a partner as yourself, rather than as separate," Dale shared. "What I do for Ragani, I do for me and vice versa, because there is no separation.

"People sometimes get so concerned about their piece of the pie and fear that when they get into that relationship they're going to lose that piece of the pie," Dale continued. "The truth is, in a yogic relationship, you get *two* pieces of pie when you get together! You get the whole thing eventually." It's a totally different concept than thinking you're going to lose something or give up something by joining in a relationship.

R--Kirtan is one thing I want to do—leave it and go do whatever we want to do after. I give myself about 5 years to do that.

D—The goal in life is not to work until your 65 then play golf for 5 years before you die. The goal of life is to master relationship with another human being because, if you as a yogi expect to be enlightened and expand your awareness to everything else in this cosmic state, what are you going to do if you haven't mastered harmony with another human being. How are you going to master harmony with all that stuff? This is the training ground. Relationship is the training ground and it's an incredibly beautiful training ground.”

R—It helps to have a partner with a similar vision. There's an understanding of that yoga. That spirituality and that connection to the heart are the main thing and there are times when we would just sit there, laying on the sofa next to each other feeling energy of each other and breathing together and seeing what that connection feels like. “It's better than TV!” Dale says!

We have our arguments, but nothing sticks. Follow the rule of when go to bed, forgive. That's such a beautiful thing.

D--If we died today it would have been a beautiful marriage and partnership. Forgiveness and empathy are key.

R—Idea of Joseph, supporting my dream: He's been the one that said, Let's do it right. He's almost looked out for my dream in some ways. Kirtan is one aspect of it.

I feel I am watching out for what his dream is. I see something emerging for him. I feel I am to be witness to what new thing is going to emerge.

Discovering energy medicine—one of his Dale's dreams is to bring the miracles back to medicine. Have some place where can do teachings and practice for healing experiences.

??D—When the marriage is good there's an incredible peace inside. Psychological concept called Omniconscience? That which is holy and divine begins to be nourished in heart and emerge and sustains everything. Doesn't matter whether we're alive or dead, whether there's disturbance in life, it's there. That's one of the yogas of relationship is that what is sacred continues to emerge

Guys would always complain couldn't understand women. What occurs to me is that if you love and support them and help them fulfill their dreams and it fulfills yours. It's not that hard.

Marriage is one of the best things about life. The other is the relationship to the divine. And they're intertwined.

R-Follow your dreams. May all your dreams come true. There should be magic happening everywhere you go—in our relationships, the things we do in the world, the time by ourselves. And marriage is a piece of that. If you invest a little time in finding that magic and looking for what is meaningful what feels most sacred in your life it expands do quickly and you'll find that you have this entire garden of flowers from the few seeds you planted. It's magnified when there's 2 people headed in the same way. There's magic when there's two people; It's like it magnifies. It's more than 1 plus 1. There's an energy that goes out that really does expand and makes dreams possible and probably. So align yourself with what you love. Because life is short.