

The Love Relationship Formula: Predicting Romantic Success with Astrology

By Christine Rakela



The Love Relationship Formula: Predicting Romantic Success with **Astrology** By Christine Rakela

Includes Free Astrology Software!

A no-fail way to predict your cosmic chemistry and odds for lasting love. What elements do all successful relationships have in common? For eighteen years, Rakela has studied the consistent signifiers of ideal love connections. Now she shares her unique formula to finding and maintaining lasting romantic happiness. The formula consists of fifteen planetary combinations that reflect the perfect relationship. The more combinations you have, the better off you and your partner will be.

Learn about:

- planetary pairings for doom or bloom
- indicators for karmic relationship patterns
- best times and places to meet your soul mate.

With this guidebook and CD set, you can generate comprehensive, insightful astrological reports quickly and easily, while learning the essentials of astrology at your own pace. The CD included with this book is PC-compatible and was developed by Cosmic Patterns, a leading developer of astrological software.



The Love Relationship Formula: Predicting Romantic Success with Astrology

By Christine Rakela

The Love Relationship Formula: Predicting Romantic Success with Astrology By Christine Rakela

Includes Free Astrology Software!

A no-fail way to predict your cosmic chemistry and odds for lasting love. What elements do all successful relationships have in common? For eighteen years, Rakela has studied the consistent signifiers of ideal love connections. Now she shares her unique formula to finding and maintaining lasting romantic happiness. The formula consists of fifteen planetary combinations that reflect the perfect relationship. The more combinations you have, the better off you and your partner will be.

Learn about:

- planetary pairings for doom or bloom
- indicators for karmic relationship patterns
- best times and places to meet your soul mate.

With this guidebook and CD set, you can generate comprehensive, insightful astrological reports quickly and easily, while learning the essentials of astrology at your own pace. The CD included with this book is PC-compatible and was developed by Cosmic Patterns, a leading developer of astrological software.

The Love Relationship Formula: Predicting Romantic Success with Astrology By Christine Rakela Bibliography

Sales Rank: #781637 in BooksBrand: Llewellyn Publications

• Published on: 2004-01-08

• Ingredients: Example Ingredients

• Original language: English

• Number of items: 1

• Dimensions: .90" h x 7.50" w x 9.16" l,

• Binding: Paperback

• 312 pages



Read Online The Love Relationship Formula: Predicting Romant ...pdf

Download and Read Free Online The Love Relationship Formula: Predicting Romantic Success with Astrology By Christine Rakela

Editorial Review

From Publishers Weekly

Those who prefer looking to the constellations for advice and formulas for a successful relationship may find this book of astrological combinations useful. Geared toward individuals familiar with the highly specialized lingo of astrology and its relationship with mathematics, this book details the numerous combinations for male/female compatibility. Rakela offers advice on where best to meet your mate and analyzes the compatibility of famous couples like John Lennon and Yoko Ono (who, she says, were well-matched air signs whose love and respect for one another was "instigated by mutual Sun/Venus aspects"). Readers new to this field or only mildly familiar with it would do best to stick with traditional self-help guides, but ardent astrology buffs will likely appreciate this book's quantitative approach to evaluating relationships. CD-ROM included.

Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved.

About the Author

Christine Rakela (New York) is a full-time professional astrologer. She has been featured on Fox News and the A&E network's "Astrology Unexplained Special." For seventeen years she has produced and hosted the television program "Astrology Connections" on Manhattan Neighborhood Network.

Excerpt. © Reprinted by permission. All rights reserved.

Part I

The

Journey

to Love

1

Understanding

the Love Relationship Formula

We are all looking for the "right" relationship-the one that works! Timing, fate, and your astrological connections have everything to do with it. For a relationship to really prosper, however, both parties must have some sense of stability in their lives, have no other involvements, and have a desire for each another, as well as a desire to make it work. But what signifies a good, lasting relationship? Have you ever wondered if there is some kind of secret to having a great relationship? Well, there is.

What if we could come up with a formula that could lead to the "perfect" relationship -one that truly satisfies the needs and desires of the two people involved? Now you have the opportunity to benefit from the Love Relationship Formula, which has all of the right ingredients for the relationship you are looking for and more. So often we think we know what we want, but then we are disappointed in our romantic encounters. Why? Because the Love Relationship Formula is incomplete. Once you understand

what the formula is, you will attract and maintain a winning relationship. The Love Relationship Formula is actually a reflection of your finest self.

One of the most important findings is that the Love Relationship Formula is consistent in relationship after relationship. Since the formula is based on the mathematical angles used in astrology, with a specific composition of planets, if a (cosmic) mathematical pattern is consistent, it cannot be denied. Why? Because math is a form of perfection. Therefore, it is possible for a relationship formula to exist that is based on math for

precision, yet fluctuates to the needs, desires, ideas, and emotions of being human. But what makes the Love Relationship Formula even more valid is that you will find the formula not only in a couple's synastry, but also in first meeting charts, marriage charts, and composite charts of long-term unions, and even in the solar and lunar return charts. The consistency of the Love Relationship Formula is what validates its credibility and love potential for all.

Before we explore the world of synastry and understand our Love Relationship Formula in its entirety, we must first discuss relationship challenges. What emotional blocks are keeping us from a lasting love? In this process we will learn what works, what doesn't, and why. The next few pages will allow you to release emotional blocks, get back in touch with your feelings, understand love, and confront your relationship beliefs that may be inhibiting you from finding true love. Once we rid ourselves of all this relationship baggage, we may enjoy the Love Relationship Formula to its fullest. Without getting into any astrological specifics, here are four questions to ask yourself.

- 1. Do you communicate well with your partner, or is only one of you calling the shots?
- 2. Does your partner meet your needs, or are you constantly meeting his or her needs, and thus your needs are neglected? (We will talk about your desires later.)
- 3. Do you feel secure and comfortable with your partner, or do you need to control or monitor him or her?
- 4. Are you pulling all the weight in the relationship emotionally, physically, and financially, or are the responsibilities equally divided?

However you answered these questions, now we will find out why.

In relationships, good communication is of prime importance. Mental needs are just as important as physical needs, and must be fulfilled. You have to be able to express your feelings and opinions with your partner, and if a disagreement is in order, then fine. A client once stated to me how she was so afraid to express herself, because otherwise, she thought, her spouse might leave her. With his Saturn (restriction) in adverse aspect to her Mercury (communication) and her Venus (affection, self-esteem), I could understand why. However, if she did not face up to this challenge, her self-esteem would continue to diminish and he would eventually leave or neglect her because she didn't think she was worthy enough to express how she felt. Yes, he might leave her, but he might also stay and give her the respect that she deserves, because she thought enough of herself to speak her mind. This challenge, of course, was not an accident. It came into her life to transcend her low self-esteem, fear of rejection, and need for approval to validate her existence. Once she confronted this episode in her life, either her significant other would change, or she would attract a more supportive relationship. Expressing how you feel, talking issues out-these are musts. If you find yourself in a relationship where you are experiencing verbal repression, than you need to seriously reevaluate your relationship, for one thing is for sure-you are not happy. Why? Because you can't be yourself.

2 What Challenges our Relationships

Needs Versus Desires

We all have desires. But desires are short-lived and *needs must be met*. Forget about what you want or what you think you should have-stop twisting God's arm! Concern yourself

with your needs, because otherwise you will never be fulfilled. How often is it that we go running after our desires? Yes, the grass always looks greener on the other sidebut is it? When you get what you want, but not what you need, the longing within continues. What we desire is fulfillment, not greed.

Thanks in part to the media, it almost seems to be easier to go after our selfish desires then deal with our needs, which furthers sexual promiscuity, unwanted pregnancies, co-dependent relationships, and fatal attractions. What we really want is long-term gratification. It is something that we all yearn for in life and it comes through a deep, meaningful union with another. This happens when we recognize our needs through the Love Relationship Formula.

It's not always easy to get in touch with our needs, and sometimes we are surprised by our discoveries. Why? Perhaps they are not in line with our "ideal" relationship, the one that our parents, grandparents, and, worse yet, society has programmed into our heads-that image of how it is "supposed to be." Remember, the whole idea behind relationships is that they are an illusion, like ornaments on a Christmas tree. It's romanticism -it's happy connotations of what life can be like with someone. This is not real. There is no such thing as an ideal relationship. The ideal is what we may strive for, but it should not rule over or confine us in any way. The ideal relationship does not exist in dense reality; it can only be found in God.

In *The Divine Romance* by Paramahansa Yogananda, he writes about how we seek that special union with another human being, but what our soul is really looking for is union with our divine selves. We should never lose sight of this fact, for in doing so we give our power away to another. In seeking the divine romance, looking outside of ourselves for love is a very unfulfilling experience. It's like setting ourselves up for a disappointment. Sometimes we have to come to terms with the fact that we may be madly in love with someone, but they may not be the right person for us. Why? Usually it's because our needs are not being met. *If we neglect our needs, we are neglecting ourselves.* When we find ourselves attending to someone else's needs and loving too much, we are probably neglecting our own needs.

Giving your power away to another leaves you with nothing, and eventually they leave you too. For you end up giving away the very thing your lover was attracted to in the beginning of your relationship. You feel that if you shower them with love and attention, then they will not abandon you. But what is happening is that you end up abandoning yourself in the process. Givers always attract takers, and taking advantage of someone, controlling someone in a relationship, is not love. In any relationship, we give to a point, but we also need to learn when to cut off our efforts and let the other person help themselves, so we in turn can help ourselves if necessary. The strength of a relationship depends on the two people involved. Both must be able to stand alone, yet stand together. The Love Relationship Formula encourages you to get in touch with your higher self and your needs.

The "Fix"-Ignoring Relationship Issues

We are prone to ignoring relationship issues. Even though we don't intend to repeat this mistake, at times we do. Looking for ways to escape, we continually distract ourselves from the truth. The problem stems from the fact that we are constantly looking for the "fix" instead of looking for a way to reunite with our divine selves. *The "fix" never allows us to arrive at the point of relationship realization*. Awakening from this delusive state, we can then truly unite with another. Remember that romance is a delusive state of mind. To bring romance into an awakened state, we can begin to create a positive romantic ideal. I often hear, "All I need is the right person, Mr. or Ms. Right, and then everything

will fall into place." It's time to take off those rose-colored specs and start dealing with your issues, for the work really begins with you. So much of my own personal discovery and transformation was learning about myself through my own astrology chart and struggling to change the adversity. It's called "turning squares into trines," and you can achieve this much easier than an alchemist turning base metals into gold.

What Are Your Beliefs?

As you strive to become a better person, you will attract a better partner-one in line with who you really are. For in life we attract what we are. I had a hard time recognizing that like attracts like when I attracted someone into my life who I felt exemplified qualities or behaviors that where *unlike* me. After much soul-searching, I came to realize that a certain thought/belief system pulled these emotionally unsettled individuals my way. I finally concluded that yes, thoughts are things, and their importance is not to be underestimated. For our thoughts are more powerful than we realize. So be careful of what you are thinking, because it may come true for you!

Getting control over your thoughts is easier said than done. You can become very comfortable being angry with someone, or feeling life is out to get you, or that life is unfair. This will not help your situation. What will improve your circumstances is working on yourself to change the old pattern. You may need to find healthy ways to release the tensions, resentments, or anger, and how you deal with it will lead to your success or failure. The choice is yours.

Timing

Timing has everything to do with securing a relationship. When our timing is off, one or both parties are unavailable on some level: emotionally, physically, psychologically, spiritually, or financially. You will not find security in someone who is unavailable or prefers a love affair or third-party relationship. Both can be highly regrettable, especially the triangle. I have seen women wait for years, as he tells her he's going to leave his wife someday. In most cases, he never will, for the pattern is set.

Going from one relationship to the next can also burn you out. The only way to recuperate is to be with yourself. Celibacy is not a curse! It is a time to get your act together on the emotional front. The more you are with yourself, the more time you have to check in to your own issues-to change. The dating merry-go-round of attracting individuals who are not right for you is a reflection of something in yourself. But you will continue to attract what is in your life blueprint until you transcend it.

Part of the healing process is dealing with your issues and not being *distracted* by another relationship. Although romance sounds nice, it doesn't usually solve your dilemmas. However, there are some rare cases where someone you meet is a part of that healing process. But don't count on this. For after a recent breakup, one tends to be vulnerable and hurting, and therefore needs to take time to heal the wound. If you look for someone to do that for you, you might well become prey to someone else's vindictive tendencies, and the cycle continues.

Space between relationships can be a very important time and can be just as significant as the time spent in a relationship with someone. Hopefully, we take what we have learned into our next relationship. For as the saying goes, if you don't learn from your mistakes, you are destined to repeat them until you do. There is nothing worse than going through the same painful experience a second time around. The more you work out your issues alone, the less you will have to work them out in a relationship. *The idea is to enjoy your relationship*.

Besides the timing and the cosmic connections, to have a relationship succeed you must feel you are worthy of love and a wonderful relationship. If you take a good look at yourself, you may find that you are too critical of yourself and maybe of others too, thus making it difficult for anyone to get close to you. Or perhaps you are always trying to meet with someone else's approval or are living someone else's life.

You must feel good about yourself. Otherwise you will not feel happiness with another. Don't expect that you can depend upon another person for your happiness. No one is required to provide this joy for you. Being an adult is being responsible for your own happiness. The Love Relationship Formula allows your personal happiness to thrive as you incorporate timely choices.

Control and Denial

There are two kinds of emotion in life: love and fear. When fear dictates, we deprive ourselves of love and happiness. In this instance love is a one-way street, for people who do not fully love themselves attract partners who exemplify those same feelings. This can also be said for the emotionally detached and noncommittal individuals who attract people who are already spoken for, or unavailable. This only further promotes a fear of love and intimacy. Sabotaging ourselves keeps us from what we want. These are conditioned patterns that must be addressed, for what one tends to attract in this state is essentially an abusive relationship in either a verbal, physical, psychological, or emotional manner, sometimes all of the above. What we do for love!

At times, due to karmic retribution, we find ourselves in an abusive relationship. If we are not able to work things out, hopefully we learn not to tolerate this kind of treatment -that we deserve better. Ridding yourself of anyone who negates your self-esteem will signify that you do not accept this behavior. Therefore, you are less likely to attract this detrimental conduct into your life again. Once you take action, your life will change for the better. Don't think that you can wave a magic wand and change a person. Wouldn't life be so great if that were possible! But how a person sees you can rarely be changed, especially if they want to have a certain control over you, which is due to their own selfishness and insecurity.

Usually when one person is calling the shots in a relationship, they are also projecting their issues onto you, which will soon erode your self-esteem along with your potential. When we fall in love with someone who controls us, we give our power away. If and when you regain your power, your relationship will either move to a new level or dissolve if the other party continues to want to overpower you. Relationships are growing together and sharing, not conquering and controlling. I have seen many love slaves in my time and I always urge them to move on. At times, however, it's not until they are either fed up or totally devastated that they break the chains. Sometimes many years have gone by and an emotional price has been paid.

One of the hardest things to do is to move on when a relationship is or has become destructive, because you have made a tremendous investment of time and energy. But abusive relationship situations may need to end if the couple cannot resolve their differences. The longer you wait, the longer your recovery will be. I am certainly not an advocate of terminating relationships. You can possibly save your relationship by working on it. The people whom we meet in life and become intimate with, we have much to learn from because they mirror what is going on within ourselves. Many times it is not what we care to see. This is why some people can't seem to stay in a relationship, because they start to see the reality of who they really are and want to believe otherwise. Many of us come from dysfunctional families. We learn to adjust, and therefore survive.

So often to survive we enter the world of denial. We block out scenes of physical and/or verbal abuse, drug or alcohol-related incidents, love affairs, or a lack of emotional support (love). We *rationalize* that it's okay if dad drinks, because he's stressed on the job. It's okay that mom has an affair, because she needs love and attention. People in denial blind themselves from the truth. *They don't want to feel.* They don't want to face themselves. *And if you cannot feel, how can you possibly love?* When we take this behavior into our relationships, it becomes an issue of control, abandonment, or a need to take care of someone. *What we really need to do is take care of ourselves!* If love and respect are not forthcoming in our earlier years, we need to take time out to understand our feelings-not deny them. The Love Relationship Formula allows you to avoid unhealthy obsessions and be aware of control and denial issues so that you fully appreciate yourself.

What Is Love?

True love is respecting and deeply caring for someone.

Venus, the goddess of love, depicts for us a picture of heavenly romance, which love certainly can be. But this illusive state does not touch upon the realities nor the responsibilities involved. The cherub, resourcefully armed with bow and arrow, symbolizes the innocence, truth, and love that we experienced in our childhood. But as we take this into adulthood, we begin to learn otherwise.

When we wish to establish a romantic bond with someone, we start by showing responsibility toward them. In time trust is earned, which leads to love. When we love, we become the truth. We become real. Love is tapping into the depths of our soul, connecting with our essence. Once we realize our oneness by reuniting with our divine selves, we can unite much more easily with a significant someone. The word divine describes a heavenly yet spiritual understanding that inspires in us a desire to fulfill an essential need that will greatly improve our life. Divinity is an exalted state that we must strive for to enhance our relationship potential.

Mother Teresa said that of all the places she had visited, there was a great hunger for love in the United States. To end that loneliness that is so prevalent in our society is not an easy feat. So many are starved for love and appreciation. But behind this human desire is one longing, and that is to fill that emptiness, that void, with divine love. So often the problem is that we are not seeking love, but what love can give us. Self-gratification, me-me-me, does not lead to love. We can only fill that empty void with divine love. This is the love that does not involve just you and another, but our spiritual Creator as well. The Love Relationship Formula encourages a compassionate, spiritual love that embraces and supports a relationship.

Triads or Dyads

Relationships are dyads, male and female energies. But just experiencing the polar opposite of one another is not enough. For true fulfillment, a third entity of divinity is needed. It enhances as well as embraces the totality of this relationship experience. In a relationship, two people are a duality. The divine must be a part of this duo for the relationship to prosper. Then it can become the triune reality of love. Even the composite chart, which is created by finding the midpoint between a pair of planets and other significant points of interest of the two horoscope charts, describes the subtlest details of a relationship. A relationship (two) emanates a third entity (three) described in the composite chart. This third entity is the *spirit* of the relationship. How that spirit affects the two people involved depends on what they are individually able to

contribute to the relationship. The more they improve themselves, the more the dynamics of the relationship as a third entity, as *spirit*, will prosper.

In astrology, we relate to the triplicities, based on energies conceived of a triangle that relate in harmony and therefore promote unity. The three horoscope signs in each element, such as the fire signs, Aries, Leo, and Sagittarius, relate to this experience. The three compatible horoscope signs in one element indicate the triad principle, as the trine in astrology is a harmonious angle connecting one element to another. Therefore, the more trines or sextiles (half of a trine) that you have in your compatibility analysis of all of the planets or significant points of interest, the better off your relationship will be. With the Love Relationship Formula intact, we can rate your interaction as a couple with the help of the triad principle.

Our Relationships Reflect Our Parents

If we look into the past, we usually find a situation or series of situations that have caused an inner difficulty to develop, grow, and fester until it is addressed. So often this goes back to our relationship with our parents. The interaction you had with your parents will directly reflect what is going on in your intimate relationship.

Mental conditioning has occurred when we attract people into our life who exemplify our parents. There is no escaping this pattern. Once you realize that you have attracted someone who mirrors one of your parents, then you can begin to change the pattern that started in childhood. Since most of us come from dysfunctional families, most patterns need to be changed.

Paul, a handsome and well-to-do client, came for a consultation and told me that within six months of meeting and developing a relationship that seemed to be going great, the woman would decide to leave him. This had happened several times, and he was devastated and could not bear for this to happen again. My first question to Paul was, what happened to your relationship with your mother? There were some adverse aspects in his chart indicating a definite problem. It turned out that at a young age, Paul's mother died and he felt terribly abandoned. He said that he was angry and hurt, and being just a child he didn't know how to deal with his loss, so he repressed this trauma. Unfortunately, Paul has such a fear of being abandoned by a woman that his fear attracts the very thing he fears. He has a belief system that women abandon him, and has created a pattern of female abandonment that is true to his beliefs. This belief system can be changed. If we look at Paul's astrology chart, his aspects clearly depict the situation that he finds himself in, and also indicates how he can begin to transcend his astrological karma. He has a Moon-Neptune (mother/emotions-spiritual/illusion) conjunction in the tenth house in Scorpio, the sign that rules over transformation and death, in sextile aspect to Uranus in Virgo (progressive, detailed insights). Here Paul would have experienced his mother not being around, possibly due to her passing away. Now that he is older, he needs to understand his strong connection with his mother, which, although suppressed, is still there. With a Moon-Neptune conjunction, Paul was meant to experience his emotions, not suppress them. A spiritual way of looking at his situation along with some counseling or psychotherapy can lead to a new understanding. The women in Paul's life were leaving him not to hurt him, but to get Paul to finally own up to his suppressed emotions that were wanting to be felt and heard. Sometimes we need to be broken to finally find our way. Paul surrendered to his emotions and cried. I knew from that point on his life would change for the better. So often we block or control our feelings, and thus may block and control the people who come into our lives. Surrendering to our feelings, to love, is not a failureit's a success. It can be scary to extend ourselves and be open to love. But if we are not

receptive to love, it doesn't have a chance to enter our lives.

The problem with many relationships is that an unwanted pattern starts to take hold, and instead of addressing the issue, the person who is being undermined goes into denial. Once you lose touch with your feelings, you are not able to confront the initial problem. *The relationship pattern is what is now controlling you.* You can begin to set the pattern right with the Love Relationship Formula. This formula sheds light on all of these personal issues. If you find that you are overlooking these issues, then you are overlooking your relationship.

Users Review

From reader reviews:

Ana Steadman:

What do you with regards to book? It is not important to you? Or just adding material when you really need something to explain what your own problem? How about your spare time? Or are you busy particular person? If you don't have spare time to perform others business, it is make you feel bored faster. And you have free time? What did you do? Every individual has many questions above. They need to answer that question mainly because just their can do that. It said that about e-book. Book is familiar on every person. Yes, it is suitable. Because start from on kindergarten until university need this specific The Love Relationship Formula: Predicting Romantic Success with Astrology to read.

Jena Alvarez:

Nowadays reading books become more and more than want or need but also get a life style. This reading practice give you lot of advantages. The advantages you got of course the knowledge the actual information inside the book which improve your knowledge and information. The data you get based on what kind of book you read, if you want send more knowledge just go with education books but if you want truly feel happy read one together with theme for entertaining like comic or novel. Often the The Love Relationship Formula: Predicting Romantic Success with Astrology is kind of publication which is giving the reader capricious experience.

Gwen Anderson:

Reading a book to be new life style in this calendar year; every people loves to learn a book. When you examine a book you can get a wide range of benefit. When you read textbooks, you can improve your knowledge, because book has a lot of information in it. The information that you will get depend on what types of book that you have read. In order to get information about your analysis, you can read education books, but if you act like you want to entertain yourself you are able to a fiction books, such us novel, comics, in addition to soon. The The Love Relationship Formula: Predicting Romantic Success with Astrology will give you a new experience in reading a book.

Latricia Wynkoop:

Do you like reading a e-book? Confuse to looking for your favorite book? Or your book seemed to be rare? Why so many concern for the book? But almost any people feel that they enjoy to get reading. Some people likes looking at, not only science book but in addition novel and The Love Relationship Formula: Predicting Romantic Success with Astrology or perhaps others sources were given expertise for you. After you know how the great a book, you feel desire to read more and more. Science e-book was created for teacher as well as students especially. Those textbooks are helping them to bring their knowledge. In some other case, beside science e-book, any other book likes The Love Relationship Formula: Predicting Romantic Success with Astrology to make your spare time considerably more colorful. Many types of book like this.

Download and Read Online The Love Relationship Formula: Predicting Romantic Success with Astrology By Christine Rakela #OF5NX2UHKBC

Read The Love Relationship Formula: Predicting Romantic Success with Astrology By Christine Rakela for online ebook

The Love Relationship Formula: Predicting Romantic Success with Astrology By Christine Rakela Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read The Love Relationship Formula: Predicting Romantic Success with Astrology By Christine Rakela books to read online.

Online The Love Relationship Formula: Predicting Romantic Success with Astrology By Christine Rakela ebook PDF download

The Love Relationship Formula: Predicting Romantic Success with Astrology By Christine Rakela Doc

The Love Relationship Formula: Predicting Romantic Success with Astrology By Christine Rakela Mobipocket

The Love Relationship Formula: Predicting Romantic Success with Astrology By Christine Rakela EPub

OF5NX2UHKBC: The Love Relationship Formula: Predicting Romantic Success with Astrology By Christine Rakela