



Welcome to the Secret Language of your Life.

You and us are all great creators in the process of creating.

It is with much pleasure that we are here in this time with you. Together we will inquire into all that is most meaningful to you and us, in a space where all exists.

Astar speaks

We are a gathering of nonphysical consciousness's that coexist in Denise's eternal stream. We live in dimensions or vibrations beyond that you live in, however, you can sense us when you make a conscious effort to focus in your higher vibrations. We are nebulous clouds of dynamic particles shifting, moving, spiralling in and out. When a question flows to us, it is a catalyst that sparks change. This causes us to rearrange in a uniquely, expanded new pattern. This information is then sent to Denise as a packet of information in the form of energetic waves which she senses as blocks of symbolic sight, inspiration and thought. When she is in the vibration of allowing, in other words, when she embraces all that she is in a state of love, no resistance can exist. She becomes a vibrational match to us, allows it to merge with her where her unique, sometimes funny, silly, quirky vocabulary interprets the energy into words. Some people call this channelling; we like to call this process "a grounded translation of symbolic source energy". Your questions help us to become more, this is natural state of the ever expanding, eternal Universe.

You have your own Astar

All of you have your own Astar and can connect to your higher wisdom. Denise has come to call us Astar because that is something that felt good and made sense to her. We are not a star; we don't have any physical bodies, and yet we exist in all. Stop trying to get proof by asking for us to be in physical form, it is time to clean up your energy, your vibrations, shift your perception and meet us half way. Look for where we are, instead of where we are not. We will send you physical pointers; we go by many names guides, angels, light beings, loved ones, ascended masters and so on. We are all of these and none of these; however, this is not important. Your most important focus is finding and knowing you. Now that you are aware of us, information will come to you that resonates with your very being and just feels right. It is a bridge that will give you the feeling steps to move where you are to where you want to go, reminding you to enjoy the journey for the destination will just have you creating a new desire. Let all flow to you and feel the best you can in each moment. You will feel a need and a want to embrace and love all parts of yourself, moving through all resistance, in others words, to heal. You will then awaken to your own unique, eternal, highest self - you are wise.

Some words from Denise

All exists as a mirror to help us unveil our truth. Your truth is the authentic you and is unique to each individual. Your life, every experience, relationship, conversation, thought, idea ETC is a way for you to know the authentic you. This is sometimes called the larger, Inner or Higher self, and it is also called the soul or spirit. You will know when you are here because of the way that it feels, no resistance lives here, and you will feel easy, soft inspired and joyous , this is often what we call love. When I am focused on feeling Astar, it feels like a natural conversation with myself, full of insights, knowing and deeper conclusions. Each day becomes a new opportunity to clarify and perfect my craft - my relationship with Astar. This inspires physical and emotional spaces where personal and social transformation can be experienced and created. This crafting moves through everything I experience and do. As I live each moment, more is revealed, truth emerges, and creative new undertakings move me forward into more revelations and new adventures. I share my work as a way to support all in finding their truth, for us all to feel empowered by our creative nature.

In Love and Light,




The Insights of Astar

You create through the inspiration of your life experiences, in a way that is most meaningful to you.

You are eternal - You are a stream of consciousness that flows from the source of all. Because you flow from it, you are also the source. We call this the larger, Inner of Higher self of you. The eternal you cannot die or be sick, it flows in an everlasting state of oneness. The physical you is a stream of awareness and focus that flows from the larger part of you for the purpose to create, be more, experience more and know life in new and fresh ways. However you choose to experience your physical life, know that you can't get it wrong, for your life is unique, new and expansive. You are a fringe dweller of new creation and thought.

You are vibrational - **Everything is vibrational**. All exists vibrational before it become physical. You were vibrational before you chose to focus a part of your stream in the physical, so it is logical, that the larger part of you is vibrational. Everything that you desire is a feeling, an energy, a vibration before it becomes physical. Everything in the universe consists of energy formed into different vibrations. Your life will inspire your desires. Each frequency of vibration has its own pattern and manifestation. The manifestation the solid reality of anything is the realisation, the fulfilment, the achievement, the completion of the vibration. An example would be a radio. Each station or frequency has a unique programming. If you change the station, you change the programme and what you expose your senses to. A new reality is formed. Close your eyes and feel your vibrational self.

You are feeling - Your feelings are the interpretations of energy and vibration. The way you feel about anything will alert you to where you are in relation to the eternal you and anything you would like to create. Your larger self is the Universe and knows exactly the least path of resistance to what you desire or are focussed upon. Take notice of how you feel in each moment.

You are intuitive - Your vibrational feeling and your intellectual mind come together in each moment to reveal the next step - also called inspired action - This is intuition. By being present in each moment you are connecting to the vibrational, resonance of anything. As all happens vibrationally before it happens physically, you can now connect to the vibration, through your feeling and intuitively know what that means to you. This is available to everyone in every moment it is a part of the larger you and is your natural state of being. Wisdom flows to you in every moment - be a deliberate creator by lining up with the eternal you and listening to your inspired action. Be present in each moment and let the moment decide your response.

You choose everything - This makes you a creator. You chose to be here in this body, you are unique and there has never been another you that is perceiving the earth in this way. Wherever you choose to place your focus will determine the way you feel and the way you feel will cause you to choose. Direct your energy to what you want instead of what you don't want and hold this feeling in each moment.

You are a mirror - The outside world exists as a reflection to your mirror, everything you observe is a reflection of you. The Universe exists to show you through the way you feel about anything you find yourself focused upon where you are in relation to you. This is The Secret Language of your Life. Detach from taking anything personally, the freak outs, the knee jerk reactions and you will find a source of infinite teaching, wisdom and healing.

You are Love

Love is a state of being, not an emotion to make you feel good when you think something is missing, for when you become love you will see and feel that nothing is missing. Look beyond your perceived assumptions about everything, to see into the heart of all. At the heart of all experience is unconditional love, when you are completely present you will feel the gift, your present. The gift may show itself as a good or bad situation, however it is time to unwrap your present experience - tear off the wrapping and find your gift, the gift of Love. As you awaken to love, you are making an important contribution to humanity. You are adding to the vibration of love that will assist others in awakening their heart, their authentic self. Your journey begins and ends with love, for love is the most powerful energy in the Universe.

Breathe into your heart and ask your higher self for inspiration. While you are awaiting for your inner instructions, breathe love into your heart and allow it to emanate from you. Whoever is in the vibrational vicinity to feel this, will be inspired to become more of who they are. Whatever they choose to do is none of your business. Just open your heart further and allow love in.. You are love and you are loved, Astar♥