



Feeling Better about your Space

Written by Stephanie Dawson for the Nelson Daily News
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M. Charlyne Chiasson can make your house a more livable home by applying the ancient wisdom of **Feng Shui**.

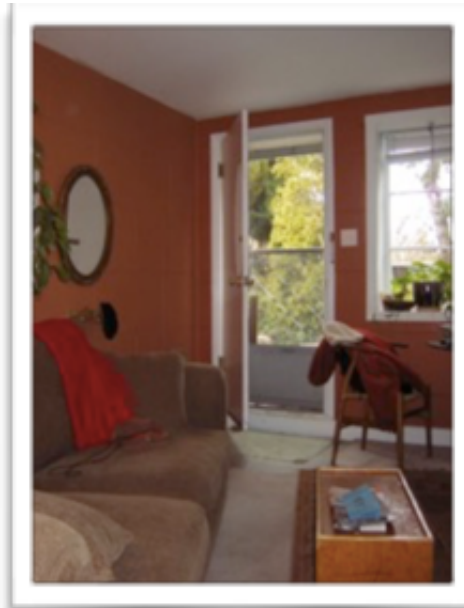
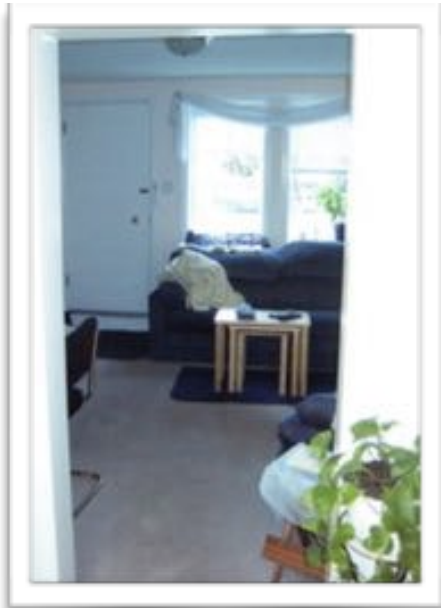
Looking to change something in your environment? Are you ready to take your home or office to a brand new level-one that both looks and feels good.

Interior Designer M.Charlyne Chiasson is up for the task at hand. Charlyne likes to describe her work using her 25 years of experience in Interior design and 14 years of experience in Feng Shui to create optimal living and working environments for people.

If you are unfamiliar with the term Feng Shui, you might start to hear it more regularly now because even the 2010 Olympics has its own Feng Shui consultant.

Feng Shui, discovered 5,000 years ago in China is the ancient art of placement and arrangement of space to achieve harmony with the environment and is as Charlyne finds it... a practical design tool.

“A Practitioner would read the visual symbolism of the landscape while using both compass readings and birth information to determine if a space is auspicious,” she further explains. Auspicious or lucky refers to the most optimal living space. It is how we place ourselves in our environment that is important. For example, where our house is literally placed would be significant.



A before and After shot of a garden level entrance from an interior perspective. As a unit in a multi use building little could be done outside. Directing flow and using warm colours on a ground floor was transformational for the occupant.

Charlyne explains that the doorway is the mouth of a home where all energy enters. A cluttered doorway would block a clear flow of Chi (life force energy) that would normally surge into the house.

We are walking talking Feng Shui in our bodies. Our deep breath is the air/oxygen that we need to survive and we are over 85% water. Feng is literally translated as wind (the air we breath) and Shui translates as water. “ In our bodies they are complimentary; wind is spirit and water is emotion.”

Charlyne’s knowledge has led her to focus on the emotional, mental, and physical well being of her clients. She has extensively studied the effects of geophysical and electromagnetic stress in spaces and how to shift and or eliminate them. She also has cards that are attached to your phone that keep the electromagnet radiation from entering the body.

Born in Cape Breton, Nova Scotia, Charlyne says she was called at an early age to work physical spaces and interiors. “I was totally into clothing and fashion and enrolled in a fashion design program. One day I was going under a power line at the age of 18 and I hear a voice; ‘clothes will always be there but spaces people live in are far more important for peoples well being.”

Charlyne changed her focus and went to Ryerson in Toronto and obtained a degree in interior design. She then took a position as a Facility Programmer/Space planner for the Government of the North West Territory Government in Yellowknife. Even then, unaware of the term Feng Shui, she began doing it intuitively.

In 1987 Charlyne left to go live in Central America for 15 months. She wanted to see the world and explore colonial design influences. Then it was off to Asia in 1989 where the Malaysian Island of Penang made a big impression.



Georgetown, Penang, is a National World Historical site which features the islands multiculturalism and diversity.

In Penang Muslims, Buddhists and Hindus live in harmony on a small island with vastly different cultures,” she remarks.

In 1990 she came to Nelson to give birth to her son. It was not until 1993 that she heard the actual term Feng Shui. “I was pregnant with my daughter and was referred a book on Feng Shui. I realized that it was a piece consciously missing from my design work”.

Her formal training started in 1994 when she did an introductory course with Mary Buckley, a student of Master Thomas Lin Yun; the Asian master who introduced Feng Shui to the West in California in the late 60’s. Since then she has studied extensively with different teachers in Seattle, California, Mexico City, Switzerland and Spain. Her current Feng Shui master is Dr. Jess Lim of QI-Mag international: A Feng Shui and Geo-biology institute founded in Sri Lanka in 1990.

In 1997, Charlyne created her business ADARSA: Feng Shui Design. Adarsa is the Sanskrit word that translates as mirror.

Mirrors are very valuable and powerful Feng Shui tool for shifting energy flow in a given space. It can enliven and awaken energy thus clearing a space so that it feels better. She also does much remedial design, changing existing designs to bring them new life. She emphasizes that she is into recycling and uses as much of what exists in a space, so as to keep budgets and check. “Infusing new life into old object is easy when understanding what elements they represent and relocating them properly.” It also keeps budgets in check.

One of her tools of the trade is a compass called the LoPan., which has been used over 4000 years. It is a tool she used to orientate people to their homes in different areas. She also uses pendulums and a dowsing rod for her geomantic energy clearing work.

Charlyne has been teaching her craft at Selkirk College; her courses encompass many topics including Feng Shui for teens, Relationship Feng Shui, Feng Shui for Business and more. Her latest venture is offering Feng Shui consultations ‘in-house’ for a small group of students who want a hands on experience. They have their own homes Feng Shuied as a part of the course.

Another project that Charlyne has worked on and is proud of is the MIR project for peace. Located at the Selkirk Campus in Castlegar BC, it involves a Dukabour Building which just

opened and is the new location and chair at Selkirk for International Peace Studies. She created the interior design incorporating all her skill in Feng Shui in the project.



Later this fall, Charlyne will be doing a presentation for a large corporate interior design company in Vancouver on how Feng Shui and Interior design works together.

Next up is travelling to Bali where the culture lives and breathes Feng Shui, says Charlyne. The Balinese live in total harmony with nature and have very low crime rates as a result of an integrated living system.

If living in harmony with nature sounds appealing and or you need some design work that incorporates these principle into your home and office spaces, look to ADARSA to fuse aesthetics with optimal health and wellness.

