

10 Easy Ways to Bring Speckled Light into Your Workspace

1. Window Magic: Use Sheer or Patterned Curtains

- Hang **lace, cutwork, or sheer curtains** that allow sunlight to pass through and create gentle light patterns on your walls or floor.
- Bonus: They create *movement* when the wind blows, adding to the sensory calm.

2. DIY Light Filter Panels

- Tape or mount **decorative screens** (like IKEA trellises, laser-cut craft panels, or even peel-and-stick wall decals) in front of a light source or window.
- These act like leaves, scattering the light across the room and mimicking nature's fractal patterns.

3. Use Lamps with Cut-Out or Patterned Shades

- Swap out your boring lamp shade for a **laser-cut metal or fabric version** that casts patterned shadows when the light is on.
- Try lampshades with botanical or geometric cutouts — they look stunning and give that dappled feel.

4. Create a “Komorebi Corner”

- Set up a cozy chair by the window, hang a leafy plant (like a pothos), and let natural light filter through it.
- Even just one hanging plant between you and the window can recreate that **sunlight-through-the-leaves effect**.

5. Project It: Use a Light Projector or Gobo Lamp

- Buy a small **gobo projector** or even a lava lamp-style light that casts moving shadows on your walls or ceiling.
- Look for ones with nature patterns like trees, branches, or water ripples.

6. Add Reflective, Scattered Surfaces

- Place a small mirror mosaic, crystal, or piece of reflective decor where it catches sunlight.
- As the sun moves, the light bounces and dances gently — just like speckled light in the forest.

7. Try a Patterned Window Cling

- Stick a **translucent decal** (like stained glass or frosted leaves) onto your window. It scatters incoming light into soft shapes without blocking the view completely.

8. Fake It with Art

- Hang a photo or print that features **dappled light in nature** — forests, gardens, sun through trees.
- Even the *image* of speckled light can activate calming parts of the brain, especially when you take a mindful moment to pause and look at it.

9. Add Indoor Plants Near the Window

- Not only do they improve air quality and mood, but the **leaves naturally break up the light** as it comes through, just like in the woods.

10. Mindfulness Ritual: “Spot the Speckles”

- Once your speckled setup is in place, take 60 seconds each hour to pause, breathe, and notice how the light shifts or reflects.
- It’s a micro-mindfulness break rooted in **attention restoration theory** — and it works.

Speckled Light & Mental Health: Why It Matters

What Is Speckled Light?

Also known as **dappled light**, it’s the soft, scattered light created when sunlight filters through trees, patterned screens, or textured materials — like sunlight flickering through leaves.

Why It’s Good for Your Brain & Body

1. Calms the Mind

- Speckled light triggers “**soft fascination**” — it holds your attention gently without overwhelming your brain.
- Helps restore focus, reduce mental fatigue, and support relaxation.

2. Lowers Stress

- Fractal-like patterns in dappled light **reduce cortisol** (the stress hormone) and **lower heart rate**.
- Exposure to mid-complexity patterns (like tree shadows) can reduce physiological stress by up to **60%**.

3. Boosts Mood

- Mimics the natural environments our brains evolved in.
- Promotes **alpha brain waves**, associated with peaceful alertness (think: meditation, forest walks).

Symbolic & Therapeutic Meaning

- In art and therapy, speckled light represents:
 - **Hope in darkness**
 - **Beauty in the mess**
 - **The return of light after struggle**
- The Japanese word *komorebi* (sunlight through leaves) is often used to describe peaceful, healing moments.



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