

In Small Proportions We Just Beauties See and in Short Measures Life May

We live in a world that is constantly telling us to go bigger, faster, and better. We're constantly bombarded with images of people who seem to have it all—the perfect job, the perfect family, the perfect life. It's easy to start feeling like we're not good enough, that we're not ng enough.



Sejanus: His Fall: "In small proportions we just beauties see; And in short measures, life may perfect be." by Ben Jonson

★★★★☆ 4.6 out of 5

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But what if we took a step back and focused on the small things? What if we appreciated the beauty in the everyday moments? What if we realized that life is not about reaching some unattainable goal, but about enjoying the journey?

That's the message of Emily Dickinson's poem, "In Small Proportions We Just Beauties See."

In small proportions we just Beauties see, And in short measures Life may perfect be; And yet because they're small, and yet because they're short, We miss their value till they're past, and gone, and lost.

Dickinson reminds us that beauty can be found in the smallest of things, if we only take the time to look for it. It can be found in a child's laughter, a blooming flower, or a warm cup of coffee. It can be found in the simple act of spending time with loved ones, or in the quiet contemplation of nature.

And life, too, can be perfect in its own way, even if it's not always what we expected. It can be perfect in its imperfections, in its joys and sorrows, its ups and downs. It can be perfect simply because it is ours.

So let's take a moment to appreciate the small things in life. Let's savor each moment, and let's not take anything for granted. Let's remember that life is short, and that the best things in life are often the simplest.

How to Find Beauty in the Small Things

It's not always easy to find beauty in the small things. We're so used to looking for the big things, the things that will make us happy or make our lives better. But if we can learn to appreciate the small things, we'll find that our lives are much richer and more meaningful.

Here are a few tips for finding beauty in the small things:

- **Pay attention to your surroundings.** Really look at the world around you, and notice the small details that you might normally miss. The colors of a flower, the texture of a leaf, the sound of a bird singing—these are all small things that can bring us joy.

- **Slow down.** We live in a fast-paced world, and it's easy to get caught up in the hustle and bustle of everyday life. But if we can slow down and take some time to appreciate the small things, we'll find that our lives are much more enjoyable.
- **Be present.** When you're spending time with loved ones, really be present. Put away your phone, and focus on the people you're with. Pay attention to their words, their expressions, and their body language. You'll be surprised at how much you can learn about them, and how much you can enjoy their company.
- **Practice gratitude.** One of the best ways to find beauty in the small things is to practice gratitude. Take some time each day to think about the things you're grateful for, no matter how small. It could be something as simple as a warm bed to sleep in, or a good cup of coffee. When you focus on the things you're grateful for, you'll start to see the beauty in the everyday moments.

The Importance of the Small Things

The small things in life are often the most important. They're the things that make our lives worth living. They're the things that we remember long after the big events have faded away.

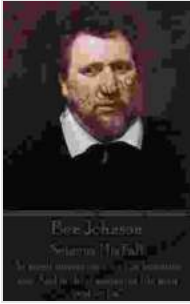
So let's not take the small things for granted. Let's appreciate them, and let's cherish them. They're the things that make life truly beautiful.

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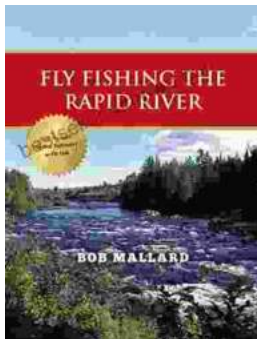
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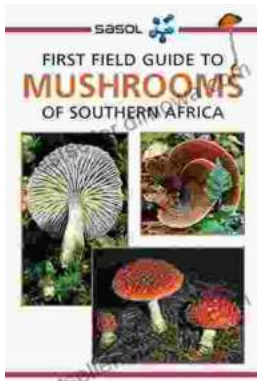


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