



# Take Your Time: The Wisdom of Slowing Down

*Eknath Easwaran*

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## **Take Your Time: The Wisdom of Slowing Down** Eknath Easwaran

Over-scheduled, always tired, struggling with the pull of the online world – that’s how many of us feel right now. Training a frazzled mind to embrace calm isn’t easy. For over forty years, Easwaran dedicated himself to teaching meditation and the wisdom of slowing down. When the mind is unhurried, it is calm, kind, ready for anything, aware of what really matters amidst the clamor of a busy day. The secret is to learn to live in the present, to train our minds to work steadily and with one-pointed attention, however many tasks confront us. Through stories and parables, backed up by practical advice, Easwaran gives us gentle illustrations of a wiser way to live. As we read, we find ourselves in situations where we may get impatient or upset - standing in line, dealing with difficult colleagues, shopping with children with agendas of their own - but as Easwaran relates each event, we see it from the perspective of an unhurried mind. And we see small ways to change how we respond, opening the door to rich, loving relationships, creative and productive work, and a quiet sense of joy that can permeate our lives.

## **Take Your Time: The Wisdom of Slowing Down Details**

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## **From Reader Review Take Your Time: The Wisdom of Slowing Down for online ebook**

### **Sandy Clark says**

I liked the thoughts he expressed about remaining calm and centered, treating people well and cultivating meaningful relationships. However, his premise for spirituality is far different from mine. He thinks the divine spark is within us. I think there is no truth in that. Jesus, the Father, and the Holy Ghost are divinity. We can never become the divine because we are the created. But we are loved by the divine, and he brings us into his presence and changes us so that we become like him, albeit still creatures not creators.

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### **Judy Egnew Ness says**

A calming, beautiful little book, that gives simple encouragement and motivation for slowing down, quieting down, and living patiently and peacefully with a too-often frantic world. I needed it. I need it currently, and will probably keep this book and refer to it again.

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### **Nnt says**

Sheer pleasure to read and reflect.  
The present day life is like a rat race  
where we are unmindful of our own being.  
Granted that we are doing a lot more  
than what our parents and forefathers  
may have been able to do, thanks to the  
modern technology. But we have conquered  
breadth and width at the expense of the  
depth. We no longer can dwell in a moment.  
We gloss over it because we are in eternal  
hurry to get things done.

The real discovery of life starts with the  
state of being where we can stay in the  
present, however short we can. This can  
happen only when we slow down. Yes, we  
should slow our mind to be able to stay  
in here and now.

Eknath Easwaran teaches this timeless wisdom  
of staying in the present -- in a succinct  
way with full of personal stories and anecdotes  
from great personalities -- that is eminently readable  
for the modern reader.

The thoughts presented here are completely non-sectarian. People from anywhere in the world following any religion or no religion will find a deep friend in Easwaran.

I am very pleased to recommend this great work to all the friends out there!

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### **Mr. Brightside says**

I needed this book at this crucial period of my life when I am juggling too many work opportunities and reaching mental overload from weighing all the pros and cons. Easwaran distills knowledge chiefly gained from buddhism and presents an easy guide to how to tame our mind. Easwaran recommends meditation and repetition of a mantram from sages of different religions (Lao Tzu, St. Francis of Assisi, Mahatma Gandhi, etc.) I find using a mantram to be very useful in putting a leash on my hurried mind!

Whether we like it or not, we live in a society that is obsessed with productivity. Time is money. And this is a detrimental to our emotional well-being. I have been subject to this productivity mindset as I used to obsess on tracking each hour of my day to only do important work. I obviously reached burnout, and even when I wanted to slow down, I had anxiety and guilt of not being productive. I had slowly come to realize that this goal of being super productive even to the point of cutting sleep time is a mindset perpetuated by a capitalist society obsessed with greed. We are human. We are not machines. At any time or day, we will die so why not enjoy life while doing great work?

But I digress. We all need to slow down and realize that the treasure in life is through serving others and “getting out of one self” as Easwaran explains in the book. So two key ideas from this book: If you feel like your mind is speeding, take it slow and repeat your mantram. And meditate for 30 minutes as soon as you wake up.

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### **Charlie Calvert says**

A beautiful book filled with wisdom. I thought it started a bit slowly. As I continued reading however, I was completely won over by his calm and reasonable voice.

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### **Vaj says**

This is one of the best books I have ever read and I continue to read it very often. This is a book packed with a myriad of Knowledge. The facts discussed in this book relate more to our day today activities but we fail to identify the reasons that cause the delay and create stress in our life. The concepts/information provided are very simple, but when you truly apply these gems of wisdom in your personal life, the results are

enormous. Eknath Eswaran a profound thinker and philosopher provides simple yet more detailed analysis on how the human mind works, the causes for stress and he provides us with simple techniques to control the mind and to overcome stress there by handling the day to day activities with an effortless ease. Reading this book and following the information specified in this book will change your life in a profound way. This is a must read book for any one interested in enhancing their life.

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### **Sandhya says**

While reading: This book is an easy, quick read and extremely practical. I find it tough when people say "slow down" or "relax" without giving you any sort of idea of how to do it. But this book is all about practical steps you can take in your every day life to slow down your mind and feel more peaceful.

After finishing reading: This book is the kind of book I'd like to read again and again. I actually felt a bit of a void when I finished it because it is so practical and meaningful. Every night I would read a few pages and they would make me feel as though I had the tools to slow down my life and my mind. I actually don't read \*any\* "self-help" type books - and I wouldn't really consider this a "self-help" book - but I am glad I took the step (took the time - haha) to read it. I'm actually reading another one of Easwaran's books right now on meditation. It's actually hard for me to go back to reading fiction after reading this book; fiction doesn't seem as meaningful or practical at this moment in my life, if that makes sense. Hopefully the fiction bug will come back though!

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### **Diwas Mamgain says**

One of the best books on setting your priorities straight. Slowing down can help to reconnect with yourself. Eknath Easwaran is one of the best teachers guiding people the simple philosophy of true living. This is the one book which I like to read again and again. Excellent book for students, business executives, homemakers, parents and teachers.

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### **Jennifer says**

I wish I had read this book 10 years ago. I came upon this author's name when looking at a list of suggested reading in Laurel's Kitchen, and I am so glad! Since I started reading this book I have been implementing the processes and learning how to slow down my thoughts, focus on one thing at a time, and (surprise!) reduce my stress level! Using these techniques has been more helpful than I could have imagined at reducing my stress at work/home & keeping me focused.

I have also been able to re-prioritize some things, watch even less tv than I was before, and use the internet less often (and more pointedly) so that I can do things that will serve me in a more positive way.

In order for this book to have a positive impact on you (as it did for me) you must be willing to have an open mind and give the techniques a chance. That is, you must implement the techniques for the book to make an impact on your life. For example, one of my favorite new habits is getting up a little earlier every day so that I have time to sit down & eat breakfast with Bob, and still have time to NOT feel rushed in getting to work in the morning. I would not have started doing that if it weren't for reading this book.

On a more editorial note, Eknath is a captivating story-teller, and the book was a joy to read. I felt I wanted to read it slowly as every word seems to be carefully chosen, and I didn't want to miss anything good.

Anyway, if you are open to finding ways to slow down your mind & become more comfortable within yourself, please read this book!

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### **Kiruthiga says**

This remarkably simply written book changed my life for ever and for the better.

This is one of the first books [10 years ago] which I read when I started to read books and also in a time when my soul was pulled on it's extremities and I had no direction.

I had everything but had no work life balance. This book helped me live a balanced life and I felt like I had a new set of eyes and through which I saw the world in a different perspective.

Meditation was recommended as part of this balance, but I started it very recently. But reading the book alone was very helpful. This is the only book I carry where ever we move to.

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### **Anabel says**

It was okay. Good ideas and advice, but a bit slow and boring at times. No wow factor

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### **Benjamin Barnes says**

exceptionally good book

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### **Bryan says**

Very practical spiritual advice, regardless of one's religion. In the christian life the skill of slowing down and living in the present are just as important as knowing what the Bible has to say. Practical spirituality is important.

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### **Pradnya says**

Wise thoughts and suggestions. First person references should have been fewer.

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## **Nancy says**

Ekhnath Easwaran is one of my favorite authors, and I have learned a lot from some of his previous works. This one, published long after his death and taken mostly from lectures, has merit, but lacks the tight, clear focus that I have come to expect from Easwaran's work. I found some of his metaphors useful, and I liked the trick of bolding a phrase or two on each page. I will keep and reread this book, but if you are new to Easwaran, I strongly suggest starting with one of his earlier books, and saving this for a chaser.

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