

PRACTICE

The Gita in 18 Days

One chapter a day, one verse learnt by heart, one practice, one question: a reading journal with 18 verse cards to print



योग

yoga

YOGIDE

Free sample

For the personal use of the buyer; sharing or reselling is not allowed. This book informs and does not replace a qualified

Contents

Before you begin	4
What you need	4
How a day works	4
Chapter 1. Why eighteen days	5
Eighteen chapters, seven hundred verses	5
Gītā Jayantī	5
Why one chapter a day	5

teacher or medical advice. Questions; administration@lacangel.fr

Before you begin

The Bhagavad Gītā has eighteen chapters. This journal gives you one a day. In eighteen days you will have read the whole dialogue between Kṛṣṇa and Arjuna, learnt eighteen verses by heart, done eighteen small practices drawn from the text itself, and written eighteen pages of your own. At the end, you will hold in your hands a Gita that is yours: not only a book you have read, but a book you have lived for two and a half weeks.

Each day takes between twenty minutes and an hour, depending on how you read. You can follow it at any time of the year. Many readers like to begin it so that the eighteenth day falls on Gītā Jayantī, the "birthday of the Gita", celebrated in India in November or December (Chapter 1 explains how to find the date).

What you need

- **A full text of the Gita.** The Yogide book The Bhagavad Gita for Yogis gives a summary of every chapter, its key verses in devanāgarī and transliteration with our translation, and notes for practice. This journal follows its verse numbering (the critical edition, 700 verses). Any complete translation will do; the public-domain translations of Telang (1882) and Arnold (1885) are freely available online.
- **This journal**, printed or on a tablet, and a pen.
- **The eighteen verse cards** of Chapter 5, printed and cut out. You will carry one card a day.
- **Ten quiet minutes** at the same time each day for the practice.

How a day works

Every day page follows the same pattern.

1. **Read the chapter.** The page gives the chapter in brief, so that you know where you are going. Then read the whole chapter in your translation. If time is short, read only the summary and the verse of the day: it still counts.
2. **Learn the verse.** One verse a day, in Sanskrit and in translation, learnt with the method of Chapter 3. The same verse is on the card of the day.
3. **Keep one word.** A Sanskrit word from the chapter, with its meaning, to carry through the day.
4. **Do the practice.** Ten minutes, taken from the chapter itself.
5. **Write.** One question, a few lines. Tick the boxes.

About the text and this journal.

The Gita is a sacred text for hundreds of millions of people. This journal presents it with respect, in the way it is read in India: as scripture, as philosophy and as a guide for life. The translations of the verses are our own, made from the Sanskrit text of the critical edition. Where the meaning of a verse is debated by the classical commentators, we say so rather than choosing for you.

Chapter 1. Why eighteen days

Eighteen chapters, seven hundred verses

The Bhagavad Gītā, "the song of the Lord", is not a separate book. It forms eighteen chapters (23 to 40) of the Bhīṣmaparvan, the sixth book of the Mahābhārata, the great Sanskrit epic. In the critical edition prepared at the Bhandarkar Oriental Research Institute in Pune, it has seven hundred verses. Some popular editions count 701, because they add a question of Arjuna at the start of chapter 13; this journal follows the critical edition, so if your translation has 701 verses, add one to our numbers in chapter 13 only.

The number eighteen runs through the whole epic. The Mahābhārata has eighteen books (parvans); the war of Kurukṣetra lasts eighteen days; eighteen armies (akṣauhiṇīs) take part in it. Reading the Gita in eighteen days follows this rhythm of the epic itself. We present it as a reading plan, not as an ancient rule: there is no text that prescribes it.

Gītā Jayantī

Gītā Jayantī (गीता जयन्ती) celebrates the day on which, according to tradition, Kṛṣṇa taught the Gita to Arjuna on the battlefield of Kurukṣetra. It falls on the eleventh day of the bright half of the lunar month of Mārgaśīrṣa (an ekādaśī also called Mokṣadā Ekādaśī), which usually corresponds to late November or December. In 2025, All India Radio reported its celebration on 1 December. In 2026, Indian almanacs give Sunday 20 December (the ekādaśī begins in India late on the 19th). Because it follows the lunar calendar, its date changes every year and can differ by a day from one country to another: check it in a pañcāṅga (Hindu almanac) or with a temple near you.

At Kurukṣetra, in the state of Haryana, the state government organises every year the International Gita Mahotsav, a festival with recitations of verses (śloka), readings, devotional songs and drama around the sacred tanks of Brahma Sarovar and Sannihit Sarovar. Elsewhere, temples and families mark the day with recitations of the Gita, sometimes of the whole text.

To finish this journal on Gītā Jayantī, begin seventeen days before the date: for 20 December 2026, Day 1 is Thursday 3 December. **The date changes every year: check the calendar before you begin.** But any eighteen days are good days.

Why one chapter a day

The Gita is often read in fragments: a famous verse on a calendar, a quotation in a speech. Read whole, it is something else: a drama with a beginning (a man collapses), a middle (a teaching unfolds, then a vision overwhelms) and an end (the man stands up and decides). Reading one chapter a day keeps the thread of the story, while leaving each chapter a full day to work on you.

Days	Chapters	The movement
1-6	1-6	From despair to action: the self, duty, action without attachment, meditation
7-12	7-12	Who is Kṛṣṇa: knowledge, the imperishable, devotion, the vision of the cosmic form
13-18	13-18	How to see and how to live: the field and its knower, the three guṇas, faith, liberation

A common way of reading divides the Gita into three groups of six chapters (ṣaṭka), often described as stressing action, devotion and knowledge in turn. Treat this as a guide to orientation, not as a rigid division: every theme appears in every part.

End of the sample

Thank you for reading this far. We hope these first pages already help your practice, and that they show how the rest of the book is built: clear steps, texts quoted with their source, nothing invented.

The full book has 57 pages.

Get it here: <https://yogide.com/>

One-time payment, instant PDF.