

When he partakes of grapes, pomegranates, banana, mango, orange, cocoanut or other fruits he should remember Bālakṛṣṇa. When he drinks a good drink he should remember Nṛsimha.

सुपानकस्यैव च पानकाले
सम्यक् स्मरेन्नारसिंहाख्यविष्णुम्॥
गंगामृतस्यैव च पानकाले
गंगातातं संस्मरेद्विष्णुमेव॥६१॥

When he drinks the ambrosial waters of the Ganges he should remember Viṣṇu, the source of Gaṅgā.

प्रयाणकाले संस्मरेत्तार्क्ष्यवाहं
नारायणं निगुणं विश्वमूर्तिम्॥
पुत्रादीनां चुम्बने चैव काले
सुवेणहस्तु संस्मरेत्कृष्णमेव ॥६२॥

When he is on he verge of death he should remember the attributeless and the omnipresent Nārāyaṇa and his Vehicle Garuḍa. When he kisses his son and other boys he should remember Kṛṣṇa holding Veṇu in his hands.

सुसंगकाले स्वत्रियश्चैव नित्यं
गोपी कुचद्वन्द्वविलासिनं हरिम्॥
तांबूलकाले संस्मरेच्चैव नित्यं
प्रद्युम्नाख्यं वासुदेवं हरिं च॥६३॥

When indulging in intercourse with his consort he should remember Viṣṇu playing with the Gopīs' pair of breasts.

शय्याकाले संस्मरेच्चैव नित्यं
संकर्षणाख्यं विष्णुरूपं हरिं च॥
निद्राकाले संस्मरेत्पद्मनाभं
कथाकाले व्यासरूपं हरिं च॥६४॥

When he is going to sleep he should remember Hari as the incarnation of Vyāsa.

सुगानकाले संस्मरेद्वेणुगीतं
हरिं हरिं त्रवदेत्सर्वदैव॥

॥ इति श्रीगारुडे महापुराणे उत्तरखण्डे तृतीयांशे ब्रह्मकाण्डे कृष्णगरुडसंवादे तत्त्वरहस्यं नामैकोनत्रिंशोऽध्यायः॥ २९॥

॥ समाप्तमिदं गरुडमहापुराणम्॥

॥ इति श्रीगरुडमहापुराणं समाप्तम्॥

श्रीमत्तुलयाश्रच्छेदने चैव काले
श्रीरामरोति च संस्मरेत्तु॥६५॥

When he sings devotional songs he should remember Hari playing upon Veṇu. He should always utter the name Hari.

पुष्पादीनां छेदने चैव काले
सम्यक् स्मरेदेत्कपिलाख्यं हरिं च॥
प्रदक्षिणे गारुडांतर्गतं च
हरिं स्मरेत्सदा वै खर्गेन्द्रा॥६६॥

When he plucks the leaves of Tulasī he should utter 'Rāma, Rāma'. When he cuts off a leaf he should remember Kapila, an incarnation of Hari. When he circumambulates Hari pervading Garuḍa he should remember Hari with concentration.

प्रणामकाले देवदेवस्य विष्णोः
शेषांतस्थं संस्मरेच्चैव विष्णुम्॥
सुनीतिकाले संस्मरेन्नारसिंहं
नारायणं संस्मरेत्सर्वदापि॥६७॥

When he bows to Viṣṇu, the lord of lords, he should remember Viṣṇu pervading Śeṣa. When he is in council with his ministers he should remember Narasimha Nārāyaṇa.

पूर्तिर्यदा क्रियते कर्मणां च
सम्यक् स्मरेद्वासुदेवं हरिं च॥
एवं कृतानि कर्माणि हरिप्रीतिकराणि च॥६८॥
सम्यक् प्रकुर्वन्नेतानि पुष्करो हरिबल्लभः॥६९॥

When an undertaking is accomplished he should remember lord Vāsudeva Hari. When he has accomplished activities as are endearing to lord Puṣkara, he secures the affection of Hari.

एतस्मादेव पक्षीश कर्म यत्समुदाहृतम्॥
पुष्कराख्यानमतुलं शृणोति श्रद्धयान्वितः॥
हरिप्रीतिकरे धर्मे प्रीतियुक्तो भवेत्सदा॥७०॥

Therefore, O lord of birds, he who hears with faith this incomparable narrative of Puṣkara, in all its details, is attracted m Dharma which creates devotion for the lord.

