

- ⁴⁹In practising certain positions (mudras) of his fingers he should remember lord Vishnu adorned with conch, disc, mace, lotus, meteor, etc.
- ⁵⁰In the evening when he performs Sandhya, he should remember Rama. While performing a Sraddha he should remember Acyuta, Ananta and Govinda.
- ⁵¹In the performance of five sacrifices Prana, etc., he should remember Aniruddha. When he offers oblations to the fire, he should remember Vasudeva.
- ⁵²When he goes on fast he should remember Hari pervading Vayu. When he wears dress, he should remember Upendra.
- ⁵³When he puts on new sacred thread he should remember Yamana Narayana. When he waves lights before an idol, he should remember Pardurama.
- ⁵⁴When he goes on fast or at the time of Vaisvadeva or other sacrifices or at the time of besmearing body with the holy ashes he should remember Narayana, Parasurama and Jamadagnya.
- ⁵⁵When he thrice utters the name of sacred places of pilgrimage he should remember Krishna, Rama and Vyasa respectively. When he pours water out of the conch, he should remember Mukunda.
- ⁵⁶When he offers undiluted food to Govinda, at each mouthful of food he should remember Govinda. When he partakes of food, at each core of the eatable he should remember Acyuta concentratedly.
- ⁵⁷When he partakes of Vegetables he should remember Dhanvantari. When he eats food offered by another he should remember Panduranga.
- ⁵⁸When he eats butter he should remember the dancing~- When he eats curd, he should remember the primeval lord.
- ⁵⁹When he drinks milk he should remember Gopala Krishna, lord Srinivasa, Vishnu. When he eats food (tied in the oil or ghee he should remember Vyatikatesa.
- ⁶⁰When he partakes of grapes, pomegranates, banana, mango, orange, coconut or other fruits he should remember Balakrishna. When he drinks a good drink, he should remember Nrisimha.
- ⁶¹When he drinks the ambrosial waters of the Ganges he should remember Vishnu, the source of Ganga.
- ⁶²When he is on the verge of death he should remember the attributeless and the omnipresent Narayana and his Vehicle Garuda. When he kisses his son and other boys he should remember Krishna holding Vishnu in his hands.
- ⁶³When indulging in intercourse with his consort he should remember Vishnu playing with the Gopis pair of breasts.
- ⁶⁴When he is going to sleep he should remember Hari as the incarnation of Vyasa.
- ⁶⁵When he sings devotional songs he should remember Hari playing upon Vishnu. He should always utter the name Hari.
- ⁶⁶When he plucks the leaves of Tulasi he should utter 'Rama, Rama'. When he cuts off a leaf, he should remember Kapila, an incarnation of Hari. When he circumambulates Hari pervading Garuda he should remember Hari with concentration.
- ⁶⁷When he bows to Vishnu, the lord of lords, he should remember Vishnu pervading Sesha. When he is in council with his ministers, he should remember Narasimha Narayana.
- ⁶⁸When an undertaking is accomplished he should remember lord Vasudeva Hari. When he has accomplished activities as are endearing to lord Pushkara, he secures the affection of Hari.
- ⁶⁹Therefore, O lord of birds, he who hears with faith this incomparable narrative of Pushkara, in all its details, is attracted to Dharma which creates devotion for the lord.