A COLLECTION OF POETRY

Mann ki Awaaz

Some voices are never spoken... Only felt.

TEJASWEENI TRIPATHY

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Mann Ki Awaaz is more than just a book to me. It holds the feelings I lived through, the lives I tried to understand, and the words I kept returning to until they became a book.

First and foremost, I am grateful to God for giving me the strength, courage, and inspiration to keep writing. There were days when the words came easily and others when they were difficult to find, but somewhere within me, a quiet voice always encouraged me to continue.

To my mom, there will never be enough words to express what you mean to me. Your love and belief in me have shaped so much of who I am. In many ways, this book is for you, Mom - a little piece of my heart, dedicated to the person who has given me so much love.

To my friends, family, and everyone who has been part of this journey, thank you for your support and encouragement. A special thank you goes to those who read my poems not once or twice, but what must have felt like a thousand times whenever I changed a word, questioned a line, rewrote a verse, or simply needed someone to read them once more. Your patience and belief in my words, especially when I doubted them myself, helped me keep writing.

I would also like to express my heartfelt gratitude to the entire team at BlueRose Publishers for helping bring *Mann Ki Awaaz* to life. What once existed only in my thoughts and notebooks has become a book that I can share with others. Seeing these words find their way into someone's hands, onto their bookshelf, and perhaps even into their heart means more to me than I can express.

To everyone who helped these words become a book, this journey would not have been the same without you.

PREFACE

A small conversation before you begin...

Hi,
If you are reading this, thank you for picking up Mann Ki Awaaz. It truly means more to me than I can put into words.

People often ask me, "How did you start writing?"

Honestly, I don't think I ever consciously started. It was never planned. I never sat down one day and thought, "I want to become a writer." It just happened.

Sometimes I would write because my heart felt too heavy. Sometimes because I couldn't find the right words to say something aloud. And sometimes I found myself thinking about people I had never met, wondering what they must have felt in moments of love, loss, hope, faith or silence.

Slowly, writing became less about expressing myself and more about understanding others.

I have always believed that every person carries a story within them. Some stories are spoken. Some are hidden behind smiles. Others remain in prayers, unfinished conversations, or tears that no one ever sees.

This book is my humble attempt to give words to a few of those silent emotions.

You may find a part of yourself in these pages.

Or perhaps you will find someone you have loved.

Maybe your mother.

A friend,

A soldier,

Someone waiting,

Someone healing,

Or maybe, just yourself.

Even if one poem makes you pause for a moment, brings back a forgotten memory, or reminds you that you are not alone in what you feel, then Mann Ki Awaaz has found its purpose.

Thank you for being here.

Now the rest of the conversation belongs to the poems.

With love,
Tejasweeni Tripathy.

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Between love, loss, and quiet prayer,
there is a little of everything within these pages.



Chapter – 1

Maa Ke Naam





1.

Maa Agli Baar Tu Meri Hi Kokh Se Janam Lena

Maa agli baar tu meri hi kokh se janam lena,
Iss duniya ne tujhe jitna sataya hai na,
Usse kayi guna zyada pyaar tujhpe lutaungi main,
Har aansu ke badle ek nayi muskaan sajaungi main.

Maa agli baar tu meri hi kokh se janam lena,
Inn nanhi ankhon se tune jo sapne dekhe hain,
Un khwaabon ko milkar sach banaungi main,
Teri har khwahish ko pura karungi main.

Maa agli baar tu meri hi kokh se janam lena,
Kitni baar tune khud ko samjhaya hoga,
Samaj ko dekh apna mann dabaya hoga,
Main iss samaj ki parvarish se tujhe bachaungi,
Tujhe bina dar ke, bina jhijhak ke jeena sikhaungi.

Maa agli baar tu meri hi kokh se janam lena,
Jin hathon se tune mujhe sambhala hai na,
Unhi hathon ko thaam ke rakhungi main,
Tune mujhe apni poori zindagi di hai,
Tujhe apni poori zindagi banaungi main.

Maa agli baar tu meri hi kokh se janam lena.

2.

LIKHUN

Agar main teri kismat likhti,
Toh parindon si udaan ka hausla likhti,
Azaad ghoomne ka ek jahaan likhti.

Agar main teri kismat likhti,
Toh sukoon se bhara dil likhti,
Khushiyon se bhari aankhein likhti.

Agar main teri kismat likhti,
Toh dher sare rang likhti,
Aur tujhe khud apni kismat ka lekhak likhti.

3.

Sukoon Ka Ek Pal

Dekhoon jo tujhe toh teri aankhon mein,
Mujhe mera sukoon mil jata hai.
Aur saath hi tujhe khone ka darr,
Mujhe bechain kar jata hai.

Teri godh mein sar rakhte hi,
Duniya jahaan ki takleefein door chali jati hain.
Aur tere bina,
Yeh sannaate bhi mujhe bahut sataate hain.

4.

Meri Pehli Duniya

Teri kokh mera pehla ghar bana,
Jahan pehli baar maine saansein li.
Tere kandhe mere sahaare bane,
Jahan har dar se mujhe Raahat mili.
Teri maujoodgi mera sukoon bani,
Jahan bekhauf hokar main jee saki.
Teri godh mera pehla khelne ka maidan bani,
Jahan maine roz ek nayi sharaarat buni.
Aur tu…
Tu meri poori duniya bani,
Jiske bina meri koi pehchaan hi nahi.

5.

Kitni Raatein

Kitni raatein maine tujhe jagaya hoga,
Kitni baar maine tujhe sataya hoga,
Mere pass toh tu hai abhi,
Par kya tera saath kisi ne nibhaya hoga?

Akeli hi kaise tune mujhe sambhala hoga,
Mere hisse phool likh,
Khud kaanton ko gale lagaya hoga.
Maa kitni dafa meri parvarish ke liye,
Tune khud ko bhulaya hoga.

Aaj sochta hoon har muskaan ke peeche,
Tune kitne dard chhupaye honge.
Maine toh sirf ek Maa ko hai dekha,
Par ek aurat ne apne kitne sapne mitaye honge.



6.

Woh Pal

Tu bas bol kiske aage haath failaun main,
Jo mujhe woh pal lauta de.

Jahan mera pata tere aanchal mein tha,
Jahan mera jahaan tere aangan mein tha.

Jab main sama jaata tha teri hatheliyon mein,
Jab kho jaata tha teri sunai kahaniyon mein.

Jahan na thi kal ki fikr aur na aaj ki parwah,
Jahan tera hath thaam main rehta tha beparwah.

Tu bas bol kiske aage haath failaun main,
Jo mujhe woh pal lauta de.

7.

Ankahi Baatein

Afsos toh bass iss baat ka hai,
Ki tu mujhe kitni pyari thi,
Yeh lafz main kabhi tujhe keh na payi.
Teri daant mein bhi pyar chhupa tha,
Yeh baat main kabhi jaan hi na payi.
Tu kitni anmol thi Maa,
Yeh ehsaas dil mein raha par jataa na paayi.

8.

TOH KYA HOGA?

Main mann ki baatein keh bhi doon, toh kya hoga?
Ab tujhsa mujhe yahan kaun samjhega.

Main ghar ab laut bhi aaon, toh kya hoga?
Ab tere bina yeh ghar-ghar kahaan hoga.

Teri maangi har mannat poori karun, toh kya hoga?
Uss upar wale se jodne wala dhaga ab kahaan hoga.

Main jeet lu har khwahish teri, toh kya hoga?
Meri jeet mein khush hone wali maa ka deedaar ab kahaan hoga.

9.

Maa Ka Hona Hi Ek Vardan Hai

Mere bin kahe har baat samajh jaati hai,
Yeh hunar bhi tu kahaan se laati hai.
Tere hathon ne jaise jaadu hai seekha,
Jo meri khoyi hansi dhoondh laati hai.

Jab toot kar khud se hi haar jaati hoon main,
Tu bina kahe mera hausla ban jaati hai.
Jab zindagi har mod par mujhe aazmaati hai,
Tu har baar jeene ki wajah ban jaati hai.

Meri har dua se pehle tera naam aata hai,
Jaise rab bhi tujhe pehle sunna chahta hai.
Shayad isiliye har mushkil mein lagta hai,
Teri duaon ka saaya hi sath nibhaata hai.

Main nikli jis roshni ki khoj mein,
Woh paayi bhi tere chehre ke noor mein.
Log kehte hain Maa hoti vardaan ki moorat hai,
Mere liye tera hona hi vardaan hai.

10.

Tujh Sa

Tujh sa dikhna,
Tujh sa banna.
Koi bas keh de ki main teri jaisi hoon,
Usse bada na koi gehna.

Tujh si soch, tujh sa mann,
Tere jaise ho mere karam.
Jab koi mujh mein tera aks paaye,
Samjhun safal hua mera janam.

11.

Maa Ki Muskaan

Maa ki muskaan kitni khoobsurat hoti hai,
Jo ek nahi, kayi kahaniyan bayaan karti hai.

Kabhi mujhse doori ka dard chhupati hai,
Kabhi apni takleef bhi muskaan mein sajaati hai.

Kabhi unmein dheere se saari duayein basti hain,
Kabhi meri salaamati ki khushiyan hoti hain.

Kabhi meri siyahi se bane iss makaan ko,
Apni muskaan se pyaara aashiyana banaati hai.

Maa ki muskaan kitni khoobsurat hoti hai,
Jo ek nahi, kai kahaniyan bayaan karti hai.

12.

Dhadkan Ki Awaaz

Tere aansu uss samandar ki lehron jaise hain,
Jo bahein toh main doob jaaunga Maa.
Teri saansein agar toot jaayen toh,
Main kaise jee paaunga, Maa.

Tera chehra hi toh mere Rab ki pehchaan tha,
Ab rab ko kahaan dhoond paaunga, Maa.
Tera saath hi toh meri taaqat tha,
Ab akele jeene ka bal kahaan se laaunga, Maa.

Jiska wajood hi tere hone se raha,
Ab main khud ki raahein dhoondhun bhi kahaan.
Bas tu ho isse zyada na chaha kuch maine,
Tere bina ab iss zindagi se chaahun bhi toh kya!



13.

Maa Tu Kehti Thi

Maa tu kehti thi,
Door ek pari rehti hai,
Jo maango vo sab deti hai,
Phir meri aawaaz vo kyon nahi sunti hai,
Woh tujhe, mere pass lautaati kyon nahi hai?

Maa tu kehti thi,
Badon ki kahi har baat maanun,
Badi hokar samajhdar banu,
Ab main sayaani ban gayi hoon,
Khud ke aansu chupana jaan gayi hoon.

Maa tu kehti thi,
Jo Maiyya ka paath padhe hai,
Usse Maa kabhi na door hoye hai,
Bhale hi main toota-foota gaati hoon,
Par dil se maanti hoon,
Phir kyon tujhse yeh doori main na khatam kar pati hoon.

Maa main teri har baat maanungi,
Hari sabzi ke sath kadwa kaadha bhi pee jaungi,
Teri sab se acchi beti ban jaungi main,
Bas tu aakar thaam le mujhe,
Iss jag mein Kahin akeli na reh jaaun main.

14.

Navdurga Roopi Meri Maa

Maa naam ek hai, par tere roop anek hain,
Tu Shailputri jaisi mamta ki moorat hai,
Mere har bhay ka vinash karne wali,
Chandraghanta si tu shakti hai.

Tu Brahmacharini si dhairya ki pehchaan hai,
Jo shoonya ko sona kar de,
Tu Kushmanda si uss shakti ka pramaan hai,
Tu Skandamata ki parchhaai hai,
Jo har pal meri raksha ko aayi hai.

Mere jeevan ki har baadha ko door karne wali,
Katyayani sa tu bal lekar aayi hai,
Apni Roshni se mera andhkaar mitaane,
Tu Kalaratri bankar chhaayi hai.

Tere aage mera sheesh hai jhuka,
Meri vinati tu sweekar kar,
Mahagauri roopi Maa,
Yeh meri dil se nikli guhaar hai.

Mere jeevan ke lakshya ko siddh karne,
Siddhidatri roop mein tu saath khadi hai,
Maa, tu hi meri shakti, tu hi meri bhakti,
Tu hi meri har jeet ki wajah bani hai.

15.

Dil Se Bandhi Dor

Kisi kaagaz par likhi syaahi se nahi,
Maine dil ki dor se tujhe baandha tha.
Toh kya hua agar tu meri Devaki nahi,
Krishna bhi toh Yashoda ka laala kehlaaya tha.

Pehli dafa jab 'Maa' kehkar tujhe pukaara,
Shayad uss din Rab bhi muskuraaya tha.
Bachpan mein ungli pakad chalna sikhaya,
Phir dheere-dheere udna tune hi toh sikhaya tha.

Duniya ne rishton ko khoon se tolna chaaha,
Tune har baar mujhe dil se apna maana tha.
Main janam se tera na sahi Maa.
Par teri mamta mein hi mera jahaan basa tha.

16.

Woh Devi Maa Kehlaaye

Jiski pooja se trilok khush ho jaaye,
Jiski hansi se swarg ke dwar khul jaayein,
Soyi hui kismat bhi jag jaaye,
Woh Devi Maa kehlaaye.

Jiske charanon ki dhool se saare paap dhul jaayein,
Jiski seva se teerth yatra ka sukh mil jaaye,
Jiski khushi sau upvaason ka phal de jaaye,
Woh Devi Maa kehlaaye.

17.

Woh Maa Thi

Kisi ke ghar ki chamak bani,
Kisi ke ghar ki izzat bani.
Woh doosron ke liye jeeti rahi,
Bas khud ke liye jeena na seekh paayi.

Dusron ke rangon mein dhalti rahi,
Har mod par khud ko badalti rahi.
Sabki pasand ka khayaal rakhti rahi,
Bas apni pasand kabhi jaan na paayi.

Har khwahish ko khamoshi se taalti rahi,
Har armaan ko dil mein sambhaalti rahi.
Sabko apna banaati rahi,
Bas khud se hi door hoti gayi.

Maa thi woh….
Sabke hisse apni khushiyan baanti rahi,
Par jab baari khud ki aayi,
Khud se hi kuch maang na paayi.

18.

Maa Ki Mamta

Purani saree mein bhi tu kitni pyaari lagti hai,
Bikhre baal, thaki aankhe bhi noor si lagti hai.
Lage jaise sajne-sawarne ki sab cheezein bekaar hain,
Tere adhron ki halki si muskaan hi kaafi lagti hai.

Har kisi ki khushi tu le aati hai,
Par aaram tu kahaan dhoondh pati hai.
Sabke liye waqt nikaal hi leti hai,
Bas khud ke liye waqt bacha nahi pati hai.

Mujhe tu insaan ke roop mein Bhagwaan lagti hai,
Sabki ichhaaon ko poora karne wali Devi lagti hai.
Duniya kahe tu bas aam si hai,
Par mujhe sab se khaas lagti hai.

Teri aankhon ne mere liye jo sapne dekhe hain,
Teri duaon ne mere har raaste ko seencha hai.
Tune jo diya hai usske badle mein kya de paungi,
Teri mamata ka karz kabhi na utaar paaungi.

19.

Maa Shabd

Maa shabd mein kitni himmat hoti hai,
Yeh tere jaane ke baad hi samajh aaya hai.
Jab haari hu main iss jag se aaj,
Awaaz lagane par bhi koi na aaya pass.

Baalon ko uljha-uljha rakhti hoon,
Kapde bhi jhalli jaise pehenti hoon.
Ab toh daant lagane aaja kahin se,
Teri awaaz sunne ko main tarasti hoon.

Shikayat liye jaaun ab kis ke pass?
Tere siwa rahi na kisi se koi aas.
Tu maanti thi apni jaan mujhe,
Phir kyon chhod gayi bejaan aaj yahan mujhe?

20.

Maa, Ek Din Main Itna Kamaunga!

Maa ek din main itna kamaunga,
Teri khoyi sone ki baali le aaunga,
Ab roti banane mein tere hath na jalenge,
Ab teri aankhon mein adhoore khwaab na palenge,
Tere liye ek pakka ghar banaunga.

Maa ek din main itna kamaunga,
Tere liye sukoon le aaunga,
Na rahegi fikr tujhe zamaane ki,
Na barsenge aansu teri palkon se,
Tujhe teri har khushi se milaunga.

Maa ek din main itna kamaunga,
Tere har sapne ko sach kar jaaunga,
Poori duniya dekhegi meri kaamyabi,
Aur teri muskurahat dekhkar,
Main poori duniya jeet jaunga.



Chapter – 2

Ankaha Ishq





21.

Ankahi Baaton Ka Safar

Log toh na jaane kitni kitabein,
Likhte honge tujh pe roz.
Main toh tujhe roz,
Thoda padhna chahta hu.

Main padhna chahta hu woh baatein,
Jo tune kabhi kisi se kahi nahi.
Jaanna chahta hoon woh takleefein,
Jo tune kabhi kisi ko jataayi nahi.

Samajhna chahta hoon har wajah,
Jisse teri aankhon mein aansu aate hain.
Main dhoondna chahta hoon woh zariya,
Jisse tere chehre par khushi aati hai.

Log toh na jaane kitni kitabein,
Likhte honge tujh pe roz.
Main toh tujhe roz,
Thoda padhna chahta hu.

22.

Hum Phir Milenge

Kisi janam mein hum phir milenge,
Phir chhup ke mulaqaton ke lamhe likhenge,
Phir roothne-manaane ke silsile banenge.

Kisi janam mein hum phir milenge,
Phir mere dil ko tera shehar milega,
Phir meri zindagi ko kinaara milega.

Kisi janam mein hum phir milenge,
Phir tere naam se subah, tere khayal se shaam hogi,
Phir jo adhoori reh gayi thi vo kahani poori hogi.

Kisi janam mein hum phir milenge.

23.

Tum Mere Ho Paoge Kya?

Usne poochha ki mujhe kya pasand hai?
Mainne kaha,

Mujhe keemti tohfe pasand hain,
Tum apna zara waqt de paoge kya?

Mujhe sawarna pasand hai,
Tum meri zindagi ko apni mohabbat se sawaar paoge kya?

Mujhe sapnon ko poora hote dekhna pasand hai,
Tum mere ho paoge kya?

24.

Gehraayi

Jitni gehraayi se main tujhe jaanne lagti hoon,
Utni hi gehraayi se tujhse pyar hone lagta hai.
Utna hi gehra tujhe khone ka darr hone lagta hai,
Aur inhi gehraaiyon mein kahin,
Main khud hi kho jaati hoon.

25.

Mohabbat

Khud ka wajood tak kho diya,
Uski izzat bachaane mein.
Apne saare sapne tod diye,
Usse apna banaane mein.

Woh sirf jeeta raha,
Uski aakhiri khwahish nibhaane mein.
Khud ko har mod par bhula diya,
Bas uski duniya sajaane mein.

Kya aisa ishq asal mein kahin hota hoga,
Ya rehta hai sirf kahaniyo mein?
Kya aisi mohabbat phir dekhne ko,
Naseeb hogi iss zamaane mein?



26.

Rakh Loon

Rakh loon main tujhe kuchh aise,
Dargaah pe bichhi chaadar ke jaise,
Dil ki duaaon mein basi ek aas ke jaise,
Khamosh raaton ke adhoore khwab ke jaise,
Teri baahon mein lipte ek raaz ke jaise.

Rakh loon main tujhe kuchh aise,
Teri yaadon mein likhe adhoore khat ke jaise,
Pehle deedar ki yaad ke jaise,
Ishq mein mile pehle gulaab ke jaise,
saanson mein simti aakhri khwahish ke jaise

Rakh loon main tujhe kuchh aise.

27.

Khamosh Mohabbat

Bahut waqt laga yeh samajhne mein,
Ki khamosh mohabbat mein kitni gehraayi hoti hai,
Na mohabbat ko alfaazon ki zaroorat hoti hai,
Sirf khamoshiyan bhi wafa nibhaa jaati hain.

Roz uske apna na hone ka dard bhi hota hai,
Aur usse hamesha khush dekhne ki dua bhi rehti hai.
Apni khwahishon ko chupchaap dafna kar,
Uski muskuraahat mein hi apni duniya basaayi jaati hai.

Woh saamne ho toh lafz saath chhod dete hain,
Aur door ho toh khayal uska haath thaam lete hain.
Har mulaqaat kuch pal ki hoti hai,
Magar uski yaadein umr bhar ka safar ban jaati hain.

Roz zara-zara marte hain jiske liye,
Aur jeena bhi bass usi ke liye aata hai.
Har subah uske khayaal se roshan hoti hai,
Aur har raat uski yaadon mein dhal jaati hai.

Jisko naseeb mein paana na likha ho,
Phir bhi usse chaahna gunaah nahi hota.
Woh mera na hokar bhi khush rahe sada,
Khamosh mohabbat ka isse bada gawaah nahi hota.

Kitni taaqat lagi hogi iss dil ko samjhaane mein,
Jisme apna ghar bana gayi woh.
Kitna mushkil hua khud ko yakeen dilaane mein,
Ki ab akela hi jeena hoga iss zamaane mein.

Bahut waqt laga yeh samajhne mein,
Ki khamosh mohabbat mein kitni gehraayi hoti hai,
Jisse mohabbat ki, woh kabhi samajh hi na saka,
Na iss dil ki kahani suni iss zamane ne.

28.

Pehli Mulaqaat

Woh pehli mulaqaat hamesha yaad rahegi,
Jab na sajne sawarne ka tha koi saleeka,
Na parwah thi iss duniyadari ki,
Bas uss pal ki saadgi hi sabse pyaari thi.

Tumhare sath khud ko dekhne ka khwaab,
Dil mein chupke se palta raha,
Apni parchhai ko tumhare kareeb rakh kar,
Uss pal mein hi main woh khwaab jee raha.

Aaj bhi mujh mein kahin aks tumhara hai,
Har lamhe mein chhupa ek ehsaas tumhara hai,
Main tumhari kahani ka hissa toh nahi,
Par mere har dard mein zikr tumhara hai.

29.

Mera Janaza

Mera janaza zara der se nikaalna,
Usse waqt pe aane ki aadat nahi hai.

Usse Mera naam pukaarne na dena,
Usse ansuna kar doon itni meri haisiyat nahi hai.

Mitti mein mil jaaunga uski yaadon ke saath,
Par usse bhool jaun aisi meri mohabbat nahi hai.

30.

ADHOORA

Gaur se socha toh samajh aaya,
Ki Bhagwan ne sabko adhoora hi likha.

Warna meri baahon ko tera intezaar na hota,
Meri aankhon mein tera khwab na hota.

Mere haathon ki lakeeron ka tujhse nata na hota,
Meri zindagi ke har panne par tera naam na hota.

31.

Prem Ki Pehchaan

Agar prem ki moorat Radhe-Krishna ko maante ho,
Nirswarth prem karna kya tum jaante ho?

Agar Shiv-Parvati sa saath chahte ho,
Intezaar ki ahmiyat kya tum jaante ho?

Agar gehre samundar sa prem chahte ho,
Khamoshi ko padhna kya tum jaante ho?

Agar chaand sa khoobsoorat ishq chahte ho,
Andheron mein chamakna kya tum jaante ho?

Prem ki sheetal chhaon mein rehna chahte ho,
Tapasya ki aag mein jeena kya tum jaante ho?

Agar prem ka vachan dena jaante ho,
Uss prem ko saaton janam tak nibhana kya tum jaante ho?



32.

Gauri-Shankar

Ek anokha sa sangam hai yeh,
Jaise do dharaayein milkar ek ho jaayein,
Ek Mahadev ki anant bhakti mein doobi hui,
Aur dooja unhi ka bheja hua vardaan kehalaye.

Ek logon ki aankhon mein dar padh leti,
Bin kahe har chhupi baat samajh leti,
Aur dooja,
Doosron ke dard ko door se mehsoos kar leta,
Kisi ke bin kahe marham de jaata.

Ek masoom si lehron jaise Chanchal,
Hansi mein jaise bachpan basa ho,
Aur dooja,
Shaant sa gehra samandar,
Jisme thehraav ke sath sukoon basa ho.

Ek jisme Maa Durga ka krodh samaya,
Dooje ne Mahadev sa Dhairya paya.
Itne alag phir bhi ek rooh ke do hisse,
Jin par Gauri-Shankar ki kripa yun hai chhaayi,
Janmon janam tak ek-dooje ka saath hai payaa.

33.

Umr Bhar Ka Saath

Kaisa hota hai kisi ka umr bhar ke liye apna ho jaana?
Uss ek insaan ke saath khwaab sajaana,
Un khwaabon ko apni aankhon se haqeeqat bante dekhna,
Har muskurahat ka sabab banna,
Har dard mein usi ka haath thaame chalna,
Aur apne har kal ko uske naam kar dena

Uski har kami mein bhi ek khoobsurti nazar aana,
Uski cartoon si shakal par bhi beintehaan pyaar aana.
Uske bina har khushi ka adhoora sa lagna,
Aur har apna bhi begaana sa nazar aana.
Uski muskurahat mein apni khushi paa lena,
Aur uske saath hi apna ghar basaana.

Jaise uska ehsaas rom- rom mein utar gaya ho,
Jaise uska naam hi haathon ki lakeeron mein likh gaya ho.
Aakhri mod par bhi ek-dooje ka saath nibhana,
Bichhadte hue bhi milne ka vaada kar jaana,
Aur har janam mein usi ke pass laut aana.
Shayad aisa hi hota hoga kisi ka umr bhar keliye apna ho jana.

34.

Prem Kya Hai?

Kisi ki aankhon mein basa intezaar, woh prem hai.
Kisi ke khayalon mein khud ko bhool jana, woh prem hai.
Kisi ke gusse mein chhupi fikr, woh prem hai.
Kisi ke ek deedar se poori duniya jeet jana, woh prem hai.

Kisi ki salaamati ke liye khud ruswa hona, woh prem hai.
Koi rasmein-kasmein baandh na paaye jise, woh prem hai.
Na jaati, na soch, na manzil ka darr rok paya hai jise, woh prem hai.
Har deewar ko paar kar jo dil tak aaye, woh prem hai.

Bina kisi naap-tol ke uss ek ka ho kar reh jaye jo, woh prem hai.
Uski khushi mein apna dard bhool jana woh prem hai.
Paane ki zid mein nahi nibhane ki saadgi Jisme,
Bina kisi shart ke jo umr bhar rahe woh prem hai.

35.

Prem Ka Dhan

Khoobsoorat chehre toh laakhon log paayenge,
Par teri jaisi seerat woh kahaan se laayenge?
Daulatmand toh kai log kehlayenge,
Par tere prem sa dhan woh kahaan paayenge?

Hongi chamakati haweliyaan unki,
Par tujh sa bharose ka diya kaise jalaayenge?
Hazaaron log chalte honge har ghadi unke saath,
Par tujh sa humsafar woh kahaan paayenge?

Bhale yeh duniya gareeb kahe mujhe,
Teri wafa paakar khud ko ameer bataata hoon.
Log kahe kaisa naseeb hai mera?
Jisme tu likhi ho main roz uss naseeb ko maang lata hoon.

36.

Uss Jaisa Kahaan

Zindagi ki saari daulat,
Dusron ki khushiyon par luta di jisne.
Khud khaali haath rehkar bhi,
Har kisi ki jholi bhar di jisne.
Usse ameer bhala,
Iss jahaan mein dekha hoga kisi ne?

Kisi ajnabi ki jaan bachaane,
Apni saansein tak luta di jisne.
Khud dard sehkar bhi,
Har chehre par muskaan saja di jisne.
Usse behtar insaan bhala,
Kabhi dekha hoga kisi ne?

Ek pal ki mulaqaat ke liye,
Zindagi bhar intezaar kiya jisne.
Waqt ko guzarte dekhkar bhi,
Umeed ka daaman thaame rakha jisne
Usse zyaada mohabbat ko bhala,
Kabhi samjha hoga kisi ne?

Itni roshni baantkar bhi,
Khud ko ek diya hi samjha jisne.
Itni acchaiyon ke baad bhi,
Khud ko aam sa kaha jisne.
Uss se khaas shakhs bhala,
Iss jahaan mein dekha hoga kisi ne?

37.

Ek Gulaab

Ek gulaab hai jo mere haathon mein hai,
Lekin uski Khushboo teri baahon mein hai.

Zindagi jeena toh ek bahana hai,
Tujhe paana ab bas khwaabon mein hai.

Tujhe shayad likha nahi meri kismat mein,
Shayad tujhe likhna hi hai meri kismat mein.

Tujhe toh mila hoga jannat mein parion ka saath,
Mujhe toh pannon mein tujhe zinda rakhna hai.

38.

Kaise Usse Phir Pyar Na Ho

Usse dekha toh laga,
Pyaar bhi khoobsoorat ho sakta hai.
Jo dosti itni shiddat se nibhaata hoga,
Socho uska pyar kitna gehra ho sakta hai.

Badalte halaaton ke saath bhi,
Har haal mein saath nibhaaye woh.
Tumse mohabbat kitni hai,
Yeh kehne se bhi na ghabraye woh.

Jo pyar ko hi ibaadat maanta ho,
Jisse pyaar kare usse khuda manta ho.
Kaise kisi ki aankhon mein uska khwaab na ho.
Kaise usse phir pyar na ho.

39.

Pehla Pyar

Tumhari tasveer ke saamne
Lakhon baatein toh hain kiye,
Tumhare saamne aate hi,
Na jane alfaaz mere kahaan ghum huye.

Saare naamumkin khwaab dekhein ye aankhein,
Raat bhar mujhe jagaayein ye aankhein.
Janmon Janam saath ki aas liye,
Mandir-Masjid kahaan-kahaan nahi yeh dil ghoom aaye.

Subah se shaam ghoomun teri ek jhalak ke naam,
Bina jane ki iss pyar ka kya hoga anjaam.
Shayad yahi pehle pyar ka hai assar,
Khud ko tujhse door rakhne ki har koshish hai beasar.

40.

Meri Mannat

Usse mannat ka dhaaga baandhte dekha tha,
Uss din pehli baar meri mannat ko sach hote dekha tha.
Kabhi socha na tha khwaab bhi haqeeqat banenge,
Uss din pehli baar yeh raaz jaana tha.

Khuda kare main woh aaina ban jaaun,
Har roz uske aks ko seene se lagaaun.
Uski muskurahat mein apna jahaan paaun,
Har subha usse dekh zindagi ka matlab jaan paaun.

Khuda kare main banu woh raahein,
Jin par chalkar usse mile saari manzilein.
Uski taqdeer jahaan bhi le jaaye,
Har mod par usse khushiyon ka saath mile.

Bas itni si dua qubool ho meri,
Uski khushiyaan kabhi kam na hon,
Uski khoobsurat aankhen kabhi nam na hon,
Aur uski har muskaan hi meri mannat ho.



Chapter – 3

Yaadein, Balidaan Aur Watan Ke Naam





41.

Maa, Rakhi Aur Mehboob

Rakhi ka vaada tujhse karke bhi,
Main raahein ab badal na paaunga.
Desh ki raksha ka vachan lekar,
Ab main sarhad tak jaaunga.

Maa teri chita ko aag de paaun ya na de paaun,
Yeh toh ab kismat hi batayegi.
Dushmanon par aag bankar,
Meri rooh zaroor baras jayegi.

Mujhe maaf karna meri mehboob,
Yeh dard ab main chhupa na paaunga,
Teri mang mein sindoor bharne se pehle,
Desh ki maang main bhar jaaunga.

42.

Intezaar

Maa mujhe jaana hoga,
Yeh lafz keh paana bhi kitna mushkil hoga.
Unki ankhon ke aansuon ko na rok paana,
Na mudkar phir unhe ek nazar dekh pana.

Laut kar main phir jald aaunga,
Ye sapna aankhon mein basaaye.
Har pal sukoon cheen leta hai,
Yeh sawaal ki Kab laut aaoge?

Yaadon ke pitaare ko seene se lagaaye,
Ghar ki khushboo saanson mein samaaye.
Aankhon mein apnon ki tasveer sajaaye,
Chale woh naujawaan jaan hatheli par uthaaye.

Har aahat par lage jaise wahi aaya hai,
Phir khamoshi ne dil ko samjhaya hai.
Jang toh ek din khatam ho jaati hai,
Par apnon ka intezaar umr bhar reh jaata hai.

43.

Safar

Namumkin sa safar bhi
Bas tere saath hi mumkin ho paaya hai.
Jab jeevan ki har pariksha mein,
Teri duaon ka saath mil paaya hai.

Desh ko apne sar ankhon par rakh kar,
Tere kandhon ko sahaara banaaya hai.
Apne ghar parivaar ki dor tujhe saunpkar,
Maine Tirange ko sambaala hai.

Mere har mushkil waqt ko,
Tune kitna aasan banaaya hai.
Ek pal mein hazaaron lamhon ko jeena,
Yeh hunar tune hi toh sikhaya hai.

Khud aansuon ko bhi chhupa kar,
Tune mere sapnon ko apna banaaya hai.
Maine sarhad par apna farz nibhaaya,
Tune ghar ko himmat se bandha hai.

Kiya tha umr bhar saath nibhaane ka vaada,
Aaj woh vaada adhoora reh jaayega.
Par meri kahani jab bhi likhi jaayegi,
Tera naam mujhse pehle liya jaayega.

Aakhiri saans Tirange ko dekar,
Tera naam labon par sajayaa hai.
Iss baar watan par jaan lutaayi hai maine,
Agle Janam ka har pal tere naam likhaya hai.

44.

Ek Fauji Ka Beta

Sirf tasveeron mein hi dekha hai maine,
Unki veerta se bhari kahaniyaan suni hain maine.
Bas ek pal unke saath bitana chaaha hai maine.
Kaash ek baar unka haath thaama hota maine.

Mere paas aapki yaadon ka uphaar toh nahi,
Par aapke sahas se badi koi viraasat bhi nahi.
Aapki jalaayi deshbhakti ki uss mashaal ne,
Mere seene mein deshprem ka deep jalaaya hai.

Har raat sitaron se aapki baat karta hoon,
Khamoshi mein bhi aapki aawaz sunta hoon.
Garv hai mujhe ki main aapka beta kehlaata hoon,
Har Janam mein aapko hi pita paana chahta hoon.

Saugandh hai aapki jab tak saansein chalengi,
Iss mitti ke liye meri dhadkanein dhadakti rahengi.
Sarhad ki taraf jo buri nazar uthaayega,
Woh chain ki ek saans bhi na le paayega.

Jab bhi Tiranga aasmaan mein lehraata hai,
Aapka chehra meri aankhon mein nazar aata hai.
Iss mitti ki khushboo jab dil ko chhoo jaati hai,
Aapki yaad bhi saath le aati hai.

45.

Aakhiri Khat

Agar koi poochhe ki kahaan hoon main,
Toh kehna,

Maa teri aankhon ke kaajal mein basa hoon main,
Papa aapke hauslon ki pehchaan hoon main.
Bachpan ki unn tasveeron ki muskaan hoon main,
Behna teri har sharaarat ka kissa hoon main.

Agar koi pooche kya sirf yaadon mein hoon main,
Toh kehna,

Har chehre ki hansi mein dhalta hoon main,
Har utsav ke rangon mein bikhar jaata hoon main.
Waqt ke saath mit jaaun woh yaad nahi hun main.
Tum sabke dilon mein jeeta hua ehsaas hoon main.



46.

Ek Paigaam Veer Ke Naam

Yeh paigaam hai ek veer ke naam,
Bharat ki maati ka hai woh ansh mahan.
Jisne janam liya iss pavitra dharti par,
Usse mera koti-koti pranam.

Ankhon mein sachai ka dariya jisme,
Kandho par toofan sa hausla jisme.
Dil mein apno ke liye gehra pyaar jisme,
Par desh se badhkar na chaha kuch usne.

Apno ki salaamati se bhi badhkar,
Tirange ki shaan uski fikr rahi.
Sar aankhon par raha jiske desh humesha,
Yeh hi us veer ki sabse badi pehchaan rahi.

Aakhiri saans tak ladta raha woh,
Desh ko kabhi jhukne na diya jo,
Apni jaan bhi de dee mitti ke liye,
Par Tirange ko kabhi girne na diya usne.

Uss balidaan us jazbe ko mera pranam.
Yeh paigaam hai ek veer ke naam,
Jo bana iss Bharat ki maati se hai,
Usse mera koti-koti pranaam.



47.

Dost Ka Farz

Ek dost ka farz ada karne chale hum.
Kandhe se kandha milakar chale jiske saath.
Aaj usko hi kandha dene chale hum.
Saath nibhaane ka jo vaada kiya tha,
Aaj uss vaade ko nibhaane chale hum.

Tu sirf mera yaar nahi mera sher tha,
Jo sau logon par bhaari pade aisa kehar tha.
Aankhon mein fakhr aur seene mein dard liye,
Tujhe aakhiri salaam humne khamoshi se kar liya.

Meri saansein bhi ab teri udhaar ki hain Veere,
Maine zindagi poori tere naam ki hai Veere,
Bas ek aakhiri dua mere rab se hai,
Jab tak yeh duniya-jahaan rahe,
Mere veere ka naam amar rahe.

48.

Main Uss Shoorveer Ka Mitra Kehlaata Hoon

Main uss shoorveer ka mitra kehlata hoon,
Jiske naam se hi dushman bhi ghabarata hai.
Jiski dahaad se kaanp uthta hai maidaan,
Jiski himmat se roshan hai Hindustan.

Dushman ne ghera tha humein chaaron oar,
Khoon se bheeg chuki thi dharti maa ki godh.
Phir bhi kahe karde agar sau tukde bhi mere,
Tab bhi tera saath na chhodun veere.

Mere veer ki veerta ko dekh,
Suraj bhi jhuka jiske naam.
Swarg bhi khada apni baahein khole,
Swaraj ka Rakha tha jisne maan.

Mukh par mahakal ka tej saja,
Aankhon mein rudra ka roop basa.
Vajra si bhujaayein sher sa swabhav,
Uske saamne jhukta har ek prabhav.

Main uss shoorveer ka mitra kehlata hoon,
Uski veerta par garv jataata hoon.
Jisne lahu ka har katra vaar diya
Matrubhoomi ke naam jaan vaar diya.

Yugon-yugon tak naam rahega,
Har veer usse pranaam kahega.
Aur jab bhi veerta ka itihaas likha jayega,
Uska balidan swarn aksharon mein saja paya jayega.

49.

Bedhadak Veer

Ek baat toh samajh aayi hai,
Zindagi asal unhone hi jee paayi hai
Jo khud ki dhun mein jeete hain
Woh sabse kuch alag si soch rakhte hain.

Thode malang, thode befikre hain,
Har chunauti ko hanskar gale lagaate hain.
Chahe umr thodi kam rahi unki,
Par kahaniyan sab se zada rahi jinki.

Jo sab kuch khatam hone par bhi yeh kahe,
Mere iss jism mein kuch saasein ab bhi baki hain,
Mere andar ladne ka Junoon ab bhi baki hai.
Yeh akhiri manzil nahi, jang ab bhi baki hai.

Jo khud peeche hat sakta tha,
Khud ko uss din bacha sakta tha,
Per khud se zyada doosron ki zindgi jisko thi pyaari,
Usne hanste-hanste hi maut ko gale lagaaya.

Aise bedhadak sher the woh,
Apne sahas se itihaas likh gaye jo.
Aaj bhi mitti aise veeron ke hauslon ko salaam karti hai,
Unse phir se milne ka intezaar karti hai.

50.

Woh Ghar

Hasti muskuraati woh raatein,
Jang ke tanaav ko thoda door kar jaati.
Ghar ki yaad toh roz hai satati,
Par yahan jo naya ghar banaya.
Uski yaadein bhi hain bahut keemti
Apna dukh-dard bhulakar
Har gham ko hanskar chhupa kar,
Ek dooje ki khushi mein muskuraana,
Har mushkil mein saath nibhana.
Aisi yaari naseeb waalon ne hi hai paana.

Sab ke dil mein tha,
Dushman ko mitaane ka josh.
Yuddhbhoomi saji hai jaise Kurukshetra ka maidaan
Chaaron aur mere yaar the tainaat,
Dene har vaar ka jawab.
Dharti bhi goonj uthi,
Ran ke garajte swaron se,
"Jai Bhawani" ke jaikaaron se.
Har dil mein jeet ka junon tha,
Aur aankhon mein jeet ka armaan tha.

Goliyon ki bauchhaar mein,
Dushman ke aage chala seena taan woh.
Apne jeevan ko aise nyochhavar kar diya,
Jese Mahadev par pushp arpit kiya ho.
Akhri dum tak maathe par veerta ka noor tha.
Aankhon mein ajeeb sa sukoon tha,
Haonthon se nikli Har Har Mahadev ki goonj,

Jaise aasmaan tak uski shaurya gaatha pahunch gayi ho.
Uss aakhir pal mujhe phir mera farz yaad dila gaya woh,
Mere bheetar simti jwala ko hawa de gaya woh.

51.

Ek Kissa

Main sirf ek kissa nahi,
Main ek seekh banna chaahta hu
Jo logon ko kabhi naa haarna sikhaaye,
Har mushkil mein aage badhna sikhaaye.

Main sirf ek kissa nahi,
Main wo kahani banna chaahta hu,
Jo logon mein apni kahani khud likhne ka,
Jazba jagaaye.

Main sirf ek kissa nahi,
Main wo mashaal banna chahta hoon,
Jo har dil mein umeed bankar,
Har roz jalti rahe

52.

Junoon Ke Diye

Umar badi nahi hausle bade hone chahiye,
Seene mein junoon ke jalte diye hone chahiye,
Jab dhadkan tez ho aur saamne dushman ki fauj aaye,
Jab lage yeh safar hi zindagi ka aakhiri mod ban jaaye.

Tab bhi kadam na dagmagaaye, na nazar jhuk paaye,
Dil se nikla jazba hi jeet ka raasta dikhaaye.
Apnon ke liye saansein bhi qurbaan ho jaayein,
Aur watan ka naam har dhadkan mein bas jaaye.

53.

Dosti Ki Misaal

Yudhbhoomi mein jang toh sab dekhenge kahin,
Par tere jaisa yaara dekhne milega nahin.
Jiski dosti padi har mushkil par bhaari,
Aakhiri waqt mein kahe Yaara aaj meri baari!
Dosti nibhaani kya hoti hai yeh sikha gaya,
Mitrata ka doosra naam Keshav bata gaya.

Woh jeet bhi ab kya jeet hogi,
Tere bina har khushi ab adhoori hogi
Jiski talwar hamesha meri dhal bani,
Jiski nazar ko meri salaamati ki fikr rahi.
Ab iss parth ko raah kahaan milegi,
Jab usse raah dikhane wala Keshav hi na rahega.

Lahu ka har katra hanskar baha diya,
Apni poori zindagi mere naam kar diya.
Nihattha hi chal diya dushmanon ke aage,
Meri taraf aata har vaar seene par le liya.
Misaal toh log denge Kayi jang jeetne ki,
Par yeh kahani misaal rahegi dosti nibhaane ki.

54.

Shanti Ki Keemat

Aaj holi ka rang saare jahaan mein bikhar raha,
Koi toh sarhad ke baarood mein nikhar raha.

Shehar mein shanti ki shaam utar hai aayi,
Wahan kisi maa ka beta jung lad raha.

Hum mehfooz hain apne parivaar ke sang,
Koi toh kahin iss shanti ki keemat bhar raha.

55.

Maut Ka Khauf

Tum usse maut ka khauf dikhaane chale,
Jiske liye maut se ghabrana hi maut kehlaaye.
Jo maut ki aankhon mein aankhein daal muskura chala,
Jo har pal ko jee kar maut ko hi maat de chala.

Jiske poorvaj veergati ko gaurav bata chale.
Jo janma hi dushmanon ka kaal bankar tha,
Jiski har saans mein Mahakaal ka vaas raha.
Jo har ran mein nidar hokar aage badhta chala.

Jisne maut ek atal sach hai yeh jag ko bataya,
Jisne maut ko bhi apni jeet banaya
Apne balidaan se amar itihaas likh rachaya.
Tum usse maut ka khauf dikhaane chale.

56.

Matrubhoomi

Jo ankhen adi hain mere desh ka khwab liye,
Main sunishchit karun aise khwab tumhe na aaye dobaara.
Jo kadam pade hain meri maa ke aanchal par,
Un kadamon ko kabhi tikne na doon iss dharti par.

Unke liye yeh bas ek sarzameen hai,
Jis par raaj karna hi unki shaan hai.
Mere liye yeh meri Maa hai,
Jiski shaan mein khud ko mitaana hi meri pehchaan hai.

Aaj jab zindagi ki dor mujhse chhoot rahi hai,
Dil mein udaasi nahi, desh ki salamaati ki umang bhar rahi hai.
Iss jeevan ka mera aakhiri pranaam sweekaar kar,
Agle janam phir teri hi godh mile yahi vardaan kar.

57.

Raasta Tu Khud Banayega

Har cheez ko apna tu shastra bana,
Saahas ko tu apna kavach bana.
Solah baras ka veer bhi toh
Ek pahiye ke saath lad chala tha,
Uss andhiyaare mein diya ban jala tha.
Yeh andhera bhi kab tak tik paayega,
Tu chal, rasta tu khud banayega.

Dushman ghaat lagaaye baitha hai,
Tujhe nihattha aur asahaay samajh baitha hai.
Inhe Bharat ke satkaar ka swaad chakha,
Mitti ki saugandh liye tu aage badhta chala ja.
Har kadam par Bharat ka parcham lehraata chala ja.
Yeh andhera bhi kab tak tik paayega,
Tu chal, rasta tu khud banayega!

Tu parinaam ka bhay mat kar,
Bhale aaj koi chhal se jeet jaaye,
Par zindagi ka yeh ran tu jeet jaayega.
Tu na ummeedi mein maangi woh dua hai,
Jo namumkin ko chunauti dene aaya hai,
Yeh andhera bhi kab tak tik paayega,
Tu chal, rasta tu khud banayega.

58.

Jab-Jab Hum Lade

Jab-jab hum lade,
Lade hum dharti ki raksha ke liye,
Lade hum apne logon ki suraksha ke liye.
Jab-jab dushmano ne apno ka khoon berahmi se bahaaya,
Tab-tab pratikaar karne humne hai shastra uthaya.

Jab-jab hum lade,
Lade hum un balidaano ke naam,
Lade hum zulm sehti awaam ke naam.
Jab-jab paap ne dharti ko andhkaar mein dubaaya,
Tab-tab uska ant karne humne hai shastra uthaya.

Jab-jab hum lade,
Lade hum doosron ka sahaara ban kar,
Lade hum dosti ka vaada nibhaane.
Jab-jab kisi maa ke maan ko kisi ne lalkaara,
Tab-tab uska jawaab ban kar humne hai shastra uthaaya.

59.

Bharat Ki Seema

Rituyein badlein, badle haalaat,
Par Bharat ki raksha karne ka vachan
Badal na paaya koi toofaan,
Na hila saka koi imtihaan.

Haan main Bharat mein kheenchi hui vo seema hoon,
Jise dushman kabhi paar na kar saka.
Meri aankhon ne kayi yuddh dekhe hain,
Maine apni godh ko lahu se rangti dekhi hai.

Na makaan, na aaraam,
Na khaane ka koi intezaam,
Phir bhi mere bete tainaat the,
Seene mein liye Bharat ka naam.

Har sangraam mein kuch rang khile,
Ve rang atal vishwaas ke the.
Ve rang unhi balidaano ke,
Jinse prajwalit jeet ke deep the.

Woh rang dekh shatru ne bhi,
Apna mastak jhukaya tha.
Bharat ke veer putron ne,
Shaurya ka arth bataya tha.

Kuch rang un veerangnaon ke bhi the,
Jinhone apna ghar balidaan ke naam kar diya tha.
Kuch balidaan un parivaaron ke bhi the,
Jinhone apna sarvasva watan ke naam kar diya tha.

Koi de kartavya ka naam isse,
Koi bole tha karam unka.
Magar jaate-jaate woh hum par ek karz chhod gaye,
Jise chuka pana kabhi na hoga aasaan.



60.

Main Ek Bharatiya Hoon

Agar koi Poochhe,
Ki kaun ho tum?
Main muskura kar kehta hoon,
Main Ek Bharatiya hoon.

Main Arunachal ki dridhata ki pehchaan hoon,
Assam mein Brahmaputra sa nirmal pravah hoon,
Bihar ke praachin gyaan ki jyoti hoon,
Jharkhand ki dharti mein chhupi shakti hoon,
Punjab ki dariyadili aur himmat ki pehchaan hoon,
Haryana ke hausle aur parishram ka udaharan hoon,
Rajasthan ke registaan sa anant saahas hoon.

Main Gujaraat ke sankalp aur udyam ki awaaz hoon,
Maharashtra ki shoorta ka pramaan hoon,
Madhya Pradesh ke hriday ki dhadkan hoon,
Chhattisgarh ke har tyaag ka gawaah hoon,
Himachal ke parvaton sa atal hoon.
Uttarakhand ki jalti akhand jwala hoon,
Uttar Pradesh ki vivid sanskritiyon ka sangam hoon.

Main Sikkim ki wadiyon se bhara hausla hoon,
Meghalaya ke meghon sa jeevant,
Nagaland ki Kohima ki amar yaad hoon,
Mizoram ki ekta ka geet hoon,
Manipur ki kala aur komalta mein basa saahas hoon,
Tripura ki Kranti ki pehchaan hoon,
Bengal ki har jang mein jalti mashaal hoon.

Main Odisha mein base Jagannaath ka anant bhakt hoon,
Andhra ki shraddha aur samarpan hoon,
Telangana ka swabhimaan hoon,
Tamil Nadu ki amar sabhyata ka maan hoon,
Karnatak ka gyaan aur navachaar hoon,
Kerala ki vidya se sanwara hoon,
Goa ki azaadi bhari muskaan hoon.

Meri ragon mein hai har nadi ka paani,
Meri saanson mein hai har mitti ki kahani,
Main Bharat ki godh mein pala ek shishu hoon,
Main sabke dilo ko jodta ek vishwas hoon.
Har rajya meri pehchaan hai,
Har nagrik mera parivaar hai.

Agar koi poochhe,
Kaun ho tum?
Main muskura kar kehta hoon,
Main Ek Bharatiya hoon.



Chapter – 4

Samaj Aur Main





61.

Kyon Poojta Hai Tu

Kyon odhe tu mujhe mehenge kapdon se,
Jab roz chheene jaate vastra mere bachchon se.

Kyon poojta hai mere iss roop ko,
Jise tu pairon tale raunde woh bhi toh mera hi Swaroop hai.

Kyon jaagta hai tu mere jagraton mein,
Jab dharm hi hai soya teri aankhon mein.

Kyon aankhein moondh manta hai mujhe apni maa,
Jiski aankhen bhar aayi woh bhi toh hai kisi aur ki maa.

62.

Kyon?

Naam toh kabhi tha mera,
Phir aaj main gumnaam kyon?

Pehchaan toh kabhi thi meri,
Phir aaj main khud se anjaan kyon?

Rang toh kabhi bikhre the meri zindagi mein,
Phir aaj sab kuchh berang kyon?

Sapne toh kabhi the mere,
Phir aaj main ek pinjre mein qaid kyon?

Har roz sochti hoon…
Jab sabko jeene ka hai haq,
Toh meri zindagi mujhse roothi kyon?

63.

Anaaj

Jeevan bhar anaaj sab tak pahunchaya jisne,
Do waqt ki bhi roti na payi ussne.
Do pal ke sukoon ki keemat kitni hai bhaari,
Maut ko gale laga ke hi jaani.

Toofan jinke liye chhuttiyon ki khushiyaan saath laaye,
Vo toofan ki chunautiyon ko bhala kya samajh paye.
Jo har dhoop barsat se lad chala apne khet bachaane,
Yeh duniya chali aaj uss khet ki keemat lagaane.

Do paison ka hisaab bhi humein jhanjhat lagta hai,
Woh do paise kamaane ko ghanton khada rehta hai.
Hum hisaab mein uljhe reh jaate hain,
Aur woh paseena bahaakar zindagi sajaata hai.

Na ummeedi ki chaadar odhe woh,
Phir bhi har subah muskuraata raha.
Jahan sukoon ki talaash mein duniya bhatakti hai,
Woh dard ko apna naseeb maan farz nibhata hai.



64.

Aashaon Ka Signal

Signal hara hote hi sab aage badh jaate hain.
Par kuch bachpan wahi thehar jaate hain.
Unhe dekh bas sochta rehta hoon main,
Na jaane kahaan se aise heere aate hain.

Dukh ki lehron se ghiri hai unki zindagi,
Phir bhi chehre par shikayat ki lakeer nahi.
Ek niwala bhi na khaya ho bhor se,
Par gale se uff ki ek awaaz tak nahi.

Aankhon mein aashaon ki chamak liye,
Chehre par masoomiyat ki muskaan liye.
Apne sapnon ko jalaakar,
Ghar ka chulha jalaate hain.


DREAMS
RULES
OF
SOCIETY

65.

Niyam

Kyun maanu main yeh samaj ke niyam?
Jahaan zulm sehna sanskaar kehlaaye,
Aur sach ke liye bolna badtameezi ban jaaye.

Jo sapnon ko umr ki taraazu mein tole,
Jo khushiyon ko reet rivaazon mein baandhe.

Jahaan apne hi naqaab odhe phirein,
Aur anjaanon ko dushman maane.
Kyun maanu main yeh samaj ke niyam?

66.

Adhoora Bachpan

Khali raahon mein sapne hain,
Par manzil ka pata nahi.
Zindagi ke iss mod par,
Apna koi saath nahi.
Sirf dena hi seekha jisne,
Pyaar bhi uski kismat mein likha nahi.
Chhote se inh haathon mein bojh bahut hai,
Khilone pakadne ka haq nahi.

Bekhauf galiyon mein bhaagta tha,
Aaj rozi-roti ki daud mein kho gaya woh.
Doosron ke ghar ki roshni banaate banaate,
Khud ujaale se rishta tod gaya woh.
Subha se shaam bas kaam mein dhal jaati hai,
Har khwahish dil mein hi reh jaati hai.
Hansi chehre par kabhi aa bhi jaaye,
Par bachpan ki masoomiyat laut kar na aa paye.

Padh likh kar kuch banne ka ek sapna,
Har roz woh khwaab thoda aur bikharta raha.
Roz pukarta raha uss Ishwaar ko,
Par uski dua ka koi jawaab na mila.
Jeeta raha woh,
Par Jeene ka haq nahi.
Adhoora hi reh gaya uska bachpan,
Aur iss adhurepan ki koi dawa bhi nahi.

67.

Kehte Toh Sab Hain

Kehte toh sab hain,
Par maanta na koi.
Dharam jaante toh sab hain,
Par nibhata na koi.

Dharmik hoon yeh dhridh vishwas rakhe jo,
Par hriday mein daya bhi na rakh paaya woh.
Mukh par meethi vaani rakhe,
Par mann se meetha na koi.

Chheenne wale toh kai dekhe,
Par dene wala na koi.
Apne toh bahut mile hain,
Par jisko apna maan sakun,
Iss jag mein aisa na koi.

68.

Ek Dhaal, Ek Dua

Kitni khoobsurat hogi woh zindagi jo teri di hogi,
Bin kahe har muraad poori hogi.
Jiske pass rehne ko kabhi tha na koi makan,
Uske daaman mein ab jahaan bhar ki khushiyan hongi.

Kitni khoobsurat hogi woh zindagi jo teri di hogi,
Jab har andhere mein saath nibhaane wala ek dhaal milega.
Jahan mere alfaaz tak ko ansuna kar diya gaya,
Wohin meri har khamoshi ka matlab samaj lega.

Kitni khoobsurat hogi woh zindagi jo teri di hogi,
Jab meri mulaakat bhagwaan ke farishto se hogi.
Jo sirf sapno mein dekha karta tha kabhi,
Vo zindagi ab sachme meri hogi.

69.

Zindagi

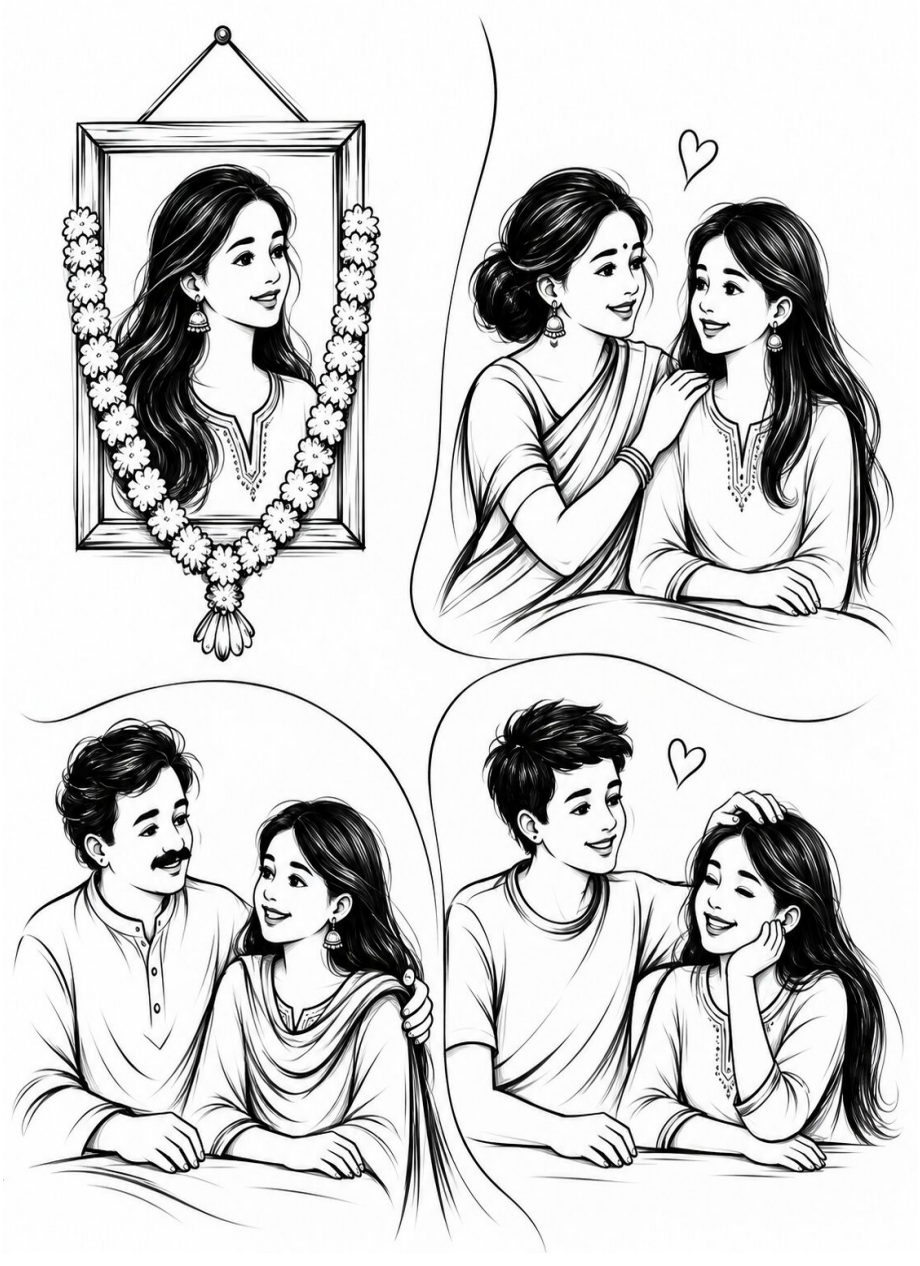
Zindagi ek kitab hai,
Har panna ek naya khwab hai.
Kabhi dhoop ki muskaan mile,
Kabhi baarish ka hisaab hai.

Girna bhi iski reet hai,
Uthna hi asli jeet hai.
Har aansu ek seekh hota hai,
Har muskaan ek geet hoti hai.

Na daulat sada sath nibhaati hai,
Na shohrat hamesha muskuraati hai.
Dil ki sachchai aur pyaar hi,
Insaan ki pehchaan banaate hain.

Waqt ki qeemat samajh le yaara,
Yeh anmol pal na milenge doobara,
Har lamha jee le dil se yaara,
Kal ka bharosa nahi sirf aj hai humara.

Zindagi ko shikayat mein mat khona,
Har dard ko apne Naseeb se na jodna.
Phool ki tarah muskura kar jeena.
Aur khushboo bankar duniya mein bikharna.



70.

The Weight of Dowry

Apnepan ka sapna aankhon mein liye,
Na jaane kitne ghaav usne sahe.
Apna ghar pyaar se basane chali thi woh,
Par usse kya tha pata,
Dahej ki aag mein jalne wali thi woh.
Kisi se na haari kabhi jo,
Aaj zindagi se hi haar gayi hai woh.

Jisne apni beti saunp di,
Zindagi ki saari punji luta di,
Meri bitiya ki aankhon mein kabhi na aansu aaye,
Har roz Prabhu se bas maangta raha .
Aaj wahi beti kasam de chali apne Baba ko,
Aansu na bahaane ki,
Baba khada ro bhi na saka usske jaane par.

Laado-laado kehte na thakti thi jo Maa,
Apne sukh- dukh ki saathi kho baithi woh Maa.
Ek pukaar par pass aa jaati thi jo laado,
Aaj sau pukaar bhi ansuni kar gayi woh laado.
Aakhiri baar uski manpasand lori gaati rahi Maa.
Meri lado ko lauta de bas kehti uski Maa.
Yahi kehkar raat bhar bilakhti rahi Maa.

Doli mein vidaa hui thi woh behna,
Jo thi ghar ka sabse anmol gehna.
Ek aansu bhi dekhna gawaara na tha jiske,
Aaj wahi phir vida le rahi thi apne Bhai se.
Na lautegi ab woh iss aangan mein kabhi,
Na phir uski aahat sunaayi degi kabhi.
Yaadon mein basi rahegi woh behna har ghadi.

Sabke mann mein bas ek hi sawaal raha,
Yeh zamaana aakhir itna kaise badal gaya?
Jahan insaan ki keemat rishton se hua karti thi,
Aaj logon ka mol vastuon se tola jata hai.
Bhala achchaiyon ko koi kaise tol sakta hai?
Phir apnepan, pyar aur sindoor ki kya hi aukaat reh jati hai,
Jab yahan insaan hi neelam hote hain?



Unspoken Pain

On Life - II



71.

Waqt Aur Main

Maine poocha waqt se:
Tum kabhi kisi ke liye theharte kyun nahi?
Kya tumhare liye yeh mumkin nahi,
Ki bas kuch pal ruk jao?

Waqt muskuraya, aur kaha:

Main thakta hoon, par rukta nahi,
Main kisi ke liye thahar jaaun agar,
Toh kahin khushi apni keemat kho degi,
Aur kahin dukh insaan ko jeena bhula dega.

Jo sirf achha paata rahe,
Woh khud ko bhagwaan samajhne ki bhool kar baithega.
Aur jo sirf mushkilon mein hi jeeta rahe,
Woh umeed ka diya bhi bujha dega.

Haan,
Main bhaagte bhaagte thak jaata hoon,
Par rukna mere dharm ke khilaaf hai.
Chalna hi meri pooja,
Aur insaaf meri zimmedari hai.

72.

Talaash

Duniya ki sabse lambi talaash,
Shayad khud ko dhoondne ki hi hoti hai.
Kaun ho tum? Aur Kya ban sakte ho tum?
Yeh sawaal roz dastak de jaata hai.

Kisi ki umeed ban sakte ho tum,
Kisi ka adhoora khwaab ban sakte ho tum.
Kisi ki aakhiri aas ban sakte ho tum,
Kisi ka poora jahaan ban sakte ho tum.

Phir bhi agar poucho ki kya ban sakte ho tum?
Toh suno,

Jis aks ko roz aaine mein dekhte ho,
Usse haqeeqat ki zameen par utaar sakte ho tum.
Apni har asambhav soch ko,
Apne hauslon se seech kar sach bana sakte ho tum.
Jise dekh Uparwale par phir dil kare yakeen,
Waisa insaan ban sakte ho tum.
Jiski raah mein Ishwar bhi nigaahen bichhaaye,
Us aas ka vishwas ban sakte ho tum.

73.

Kisi Ka Jawab Ban Paaun

Ticket book karke main duniya ghoomu,
Har dargah har mandir jaaun,
Shayad inhi raahon mein Kahin,
Khud ko dhoondh paaun.

Har nazm padhun har shayar se milun,
Shayad un alfaazon mein Kahin,
Zindagi ka matlab samajh paaun.

Har kisi ki kahani sunu,
Shayad unki khamoshiyon ke beech,
Takleef ka sach jaan paaun.

Yun toh laakhon log bhaagte hain,
Apne sawaalon ke peeche,
Shayad main kabhi,
Kisi ke sawaalon ka jawaab ban paaun.

74.

Ek Suitcase

Ek suitcase mein ghar ki khushboo sametkar,
Hum chale kuch sapne lekar.
Apno se door apno ki khushiyan kamane,
Kuch baat hum mein bhi hai yeh duniya ko batane.

Safar yeh aasaan nahi,
Par mushkilon se haar maan lena meri pehchaan nahi.
Kal jab yeh safar ek kahani banega,
Yahi suitcase meri jeet ki daastaan kahega.

75.

Thak Gaya Hoon.

Thak gaya hoon par rukna nahi chahta,
Khud se haar kar bikharna nahi chahta.
Muskaan ab bhi chehre par saja leta hoon,
Bas har dard ab kisi se kaha nahi jaata.

Roz ek nayi jung ladta hoon,
Khamoshi mein hi sab seh leta hoon.
Log kehte hain sab theek ho jaayega,
Main bas uss din ka intezaar karta hoon.

Kabhi lagta hai bas so jaaun,
Har fikr se door kahin kho jaun.
Par dil ke kisi kone se awaaz aati hai.
Zindagi itni buri bhi nahi yeh samjhati hai.

Agar aaj safar ne thaka diya hai,
Toh kal phir ek naya subha bhi aayega.
Jo dil aaj chup chaap ro raha hai,
Wahi ek din khulkar muskuraayega.

76.

Kaun hoon main?

Physics ke pendulum ki tarah jhoolti rahi,
Kabhi idhar kabhi udhar yunhi bikharti rahi.
Na body ke bones yaad rakh paayi,
Na chemical equations ko samajh paayi.

Maths ke har sawaal ne mujhe aur uljha diya,
Har jawaab ne mujhe khud se hi door kar diya.
Kuch banne ke chakkar mein bhatak gayi main,
Kaun hoon main bas yahi sochti reh gayi main.

Shayad main woh hoon jo khamoshi padh sake,
Kainaat ki ankahi baaton ko bhi sun sake.
Jo lafzon se pare bhi ehsaas samajh paaye,
Aur bheed mein bhi apni awaaz pehchaan paaye.

Aaj bhi har mod par khud ko khoj rahi hoon main,
Roz khud ko thoda aur aazma rahi hoon main.
Har safar mein khud ko thoda aur jaan rahi hoon main,
Shayad manzil se zada safar hi meri pehchaan hai.

77.

Duaon ki Takat

Badalte mausamon ne kuch paighaam diya hai,
Har mod par umeed ne phir haath tham lia hai.

Jo bojh saalon se seene mein chup kar rehta tha
Aaj us dard ne bhi sukoon ka libas pehen liya hai.

Band darwazon se bhi roshni guzarne lagi hai,
Adhoori si kahani ko nayi subha mil gayi hai.

Na jaane kis rehmat ka saya saath chal pada hai,
Har khauf se aage ek naya hausla khada hai.

Dil ko phir upar wale par yakeen ho raha hai,
Lagta hai zindagi ek baar phir jeene ka bahana dhoond rahi hai.

78.

Duniya

Yeh duniya badi zalim hai,
Mujhe apne khwabon mein rehne do.

Phir se jud jaaun itni himmat nahi,
Mujhe toota hi rehne do.

Iss duniya mein mera koi pata nahi,
Khwabon mein hi apnapan ka ghar basane do.

Kiraye par hi sahi sukoon mila hai mujhe,
Kuch pal aur sahi mujhe yahin rehne do.

79.

Sapno Ka Haal

Degree par degree karte-karte,
Aadhi umr guzar gayi sapno ko maarte-maarte.
Ab log poochhte hain mujhse har kahin,
Kya tumne sapne kabhi dekhe hi nahi?

Jiska raasta janam se hi tai kar diya gaya ho,
Jise doctor, engineer ki upadhi se baandh lia ho.
Uske sapne saans bhi lein toh kaise,
Jab unhe faislon ke bojh tale daba diya ho.

Aaj mere pass degrees toh kayi hain,
Kaash kisi ne mere sapnon ka haal bhi poucha hota.
Kaash sapnon ka bhi koi course banaya hota,
Toh shayad aaj koi naujawan,
Apne adhoore khwaabon ke sath na roya hota.

80.

Apmaan ka vish piya hai maine

Apmaan ka vish piya hai maine,
Taano ke teeron ko sehkar bhi,
Armaanon ka ghar basaaya hai maine.
Apna naam sangharsh ki siyahi se likha hai main ne.

Khud ko apni hi soch ke pinjare se azaad kar aayi hoon,
Samaj ki zanjeeron ko apne hauslon se tod aai hoon,
Pehli baar apne sapnon ki pukaar suni hai maine.

Jise duniya ne nahi apnon ne hi thukraya hai
Akeli bhatakti hoon iss jag mein na mera koi sahara hai
Phir bhi Hauslon ko seene se bandh rakha hai maine,

Zindagi ki har thokar sar ankhon par rakh,
Roz khud ko phir se sametkar,
Apni raahein banayi hain maine,
Apna naam sangharsh ki siyahi se likha hai maine.



Chapter – 5

Dil se Jude Rishte



81.

Woh waqt kis kaam ka

Woh waqt kis kaam ka,
Jisme apno keliye hi waqt na ho.

Woh tarbiyat kis kaam ki,
Jisme apno keliye adab na ho.

Woh Khushi kis kaam ki,
Jisme apne hi shaamil na hon.

Woh sapne kis kaam ke,
Jisme kisi ki dua shamil na ho.

Woh zindagi kis kaam ki,
Jisme koi sathi na ho.



82.

Woh Saheli.

Jo khud girti padti hai,
Par woh mujhe sambhaal leti hai.

Jo hal bhale na nikal paaye,
Par vo mere mann se dar nikal leti hai.

Jo kitni bhi door ho jaaye,
Par hamesha mere dil ke paas rehti hai.

Jo khud ko meri pakki saheli kehti hai,
Per yeh duniya usse meri parchhaai kehti hai.

83.

Woh College ke Din

Phansta koi ek saza milti sabko,
Udaas raha jab ek dukh ghere sabko.
Har woh kaam jo kabhi karna nahi tha,
Uska bhi udaharan hum hi bane the.
Lecture se zyada canteen yaad aati thi,
Attendance se zyada dosti nibhayi jaati thi.
Agar koi poochhe ki college ki life jeete kese hain?
Hum keh dein ki thoda pagal hokar hi jeete hain.
Har din ek nayi shararat ka bahaana tha,
Woh college nahi apna chhota sa aashiyaana tha.

Kabhi toote haath se toote dil ki dastan likhte the,
Bas ek-dooje ka sahaara liye hi aage badhte the.
Tab life kitni sorted hua karti thi,
Jab naukri ke peeche hum na bhaagte the.
Hum ek-doosre se hi daud lagaya karte the,
Kal ki fikr chhod bas aaj mein jeete the.
Chhoti si baat par ghanton hans lete the,
Bina kisi wajah ke bhi khush reh lete the.
Aaj bhi jab un yaadon ko chhoo leta hoon,
Palkon se moti khud ba khud Chhalak padte hain.

Mere bade-bade sapne usse samajh na aaye,
Phir bhi yakeen ki dor kabhi tootne na paaye.
Jab-Jab duniya ne mere pankh kaatne chahe,
Usne apne hisse ke pankh mujhe de diye.
Bhai tu aisi kahani likhega,
Jise duniya hamesha yaad rakhegi.
Uski yeh baat aaj bhi dil mein basi hai.
Mere har sapne mein uske yakeen ki roshni hai.

Jab kabhi main khud par se yakeen kho deta tha,
Woh mujhse zyada mujh par bharosa karta tha.

Graduation ka din sabke chehron par muskaan thi,
Par bichhadne ka dard chhupa na saka koi.
Sab ek-dooje ko hans kar gale laga rahe the,
Aur aankhon se chupke alvida keh rahe the.
Socha tha duniya ki bheed humein bhi bhula degi,
Par kuch yaadein dil se kabhi juda nahi hoti.
Classroom ki woh bench aaj bhi shayad,
Humaari kahani sambhaale baithi hogi.
Yeh alvida nahi hai yaaron hum phir milenge,
Agle Janam phir nayi khurafatiyon se kahani likhenge.

84.

Ladkon ki Dosti

Ladkon ki dosti mein kuch khaas baat toh hoti hai.
Jo bina kahani jaane hi saath khade ho jaate hain,
Na wajah poochte hain, na hisaab maangte hain.
Bas jab bhi ho zarurat toh sabse pehle nazar aate hain.

Na raah ka pata hota hai, na manzil ki khabar,
Phir bhi har mod par saath nazar aate hain.
Mushkilon mein chattaan ban kar khade rehte hain,
Toot jao toh sambhalne ka hunar jaante hain.

Jhagda kis baat par hua tha bhool jaate hain,
Par tumhari har breakup story unhe yaad rehti hai,
Baatein chahe gaaliyon se shuru hoti hon,
Par fikr unki har baat ke peeche rehti hai.

Na khoon ka Rishta na koi majboori hoti hai,
Phir bhi har mushkil mein pehli haazri unhi ki hoti hai,
Shayad isliye dil baar-baar yahi kehta hai,
Ladkon ki dosti mein kuch khaas baat toh hoti hai.

85.

Tera Pita Tere Saath Hai

Jis din teri kilkaari ka goonj suna tha,
Us din suraj bhi thoda aur chamka tha.
Barson jiske intezaar mein bechain raha tha,
Aaj woh meri godh mein chain se so raha tha.

Ek pal mein khud se zyada,
Teri zarurat zaruri lagne lagi mujhe.
Tu kal kya Banega,
Uski fikr satane lagi mujhe.

Main ghar ki zimmedariyon mein bandha raha,
Samaj ki zanjeeron mein bhi jakda raha.
Tujhe kisi ke sapnon ka bojh na dunga main,
Tujhe apni zindagi jeena sikhaunga main.

Tu likhega apni taqdeer,
Tera Pita tere saath hai.
Tu daud apne sapnon ke peeche,
Mera aashirvaad hamesha tere saath hai.

Tu bana itihas ya ek nayi misaal,
Bas khud ko kabhi kisi se kam na maanna.
Duniya jo bhi kahe tere khwaabon par,
Apne hauslon ka diya bujhne na dena.

Bas kabhi ladkhadaun main Kahin,
Tu aakar thaam lena mujhe.
Aur jab maut aaye ek din chupke se,
Apne kandhon ka sahara de dena mujhe.

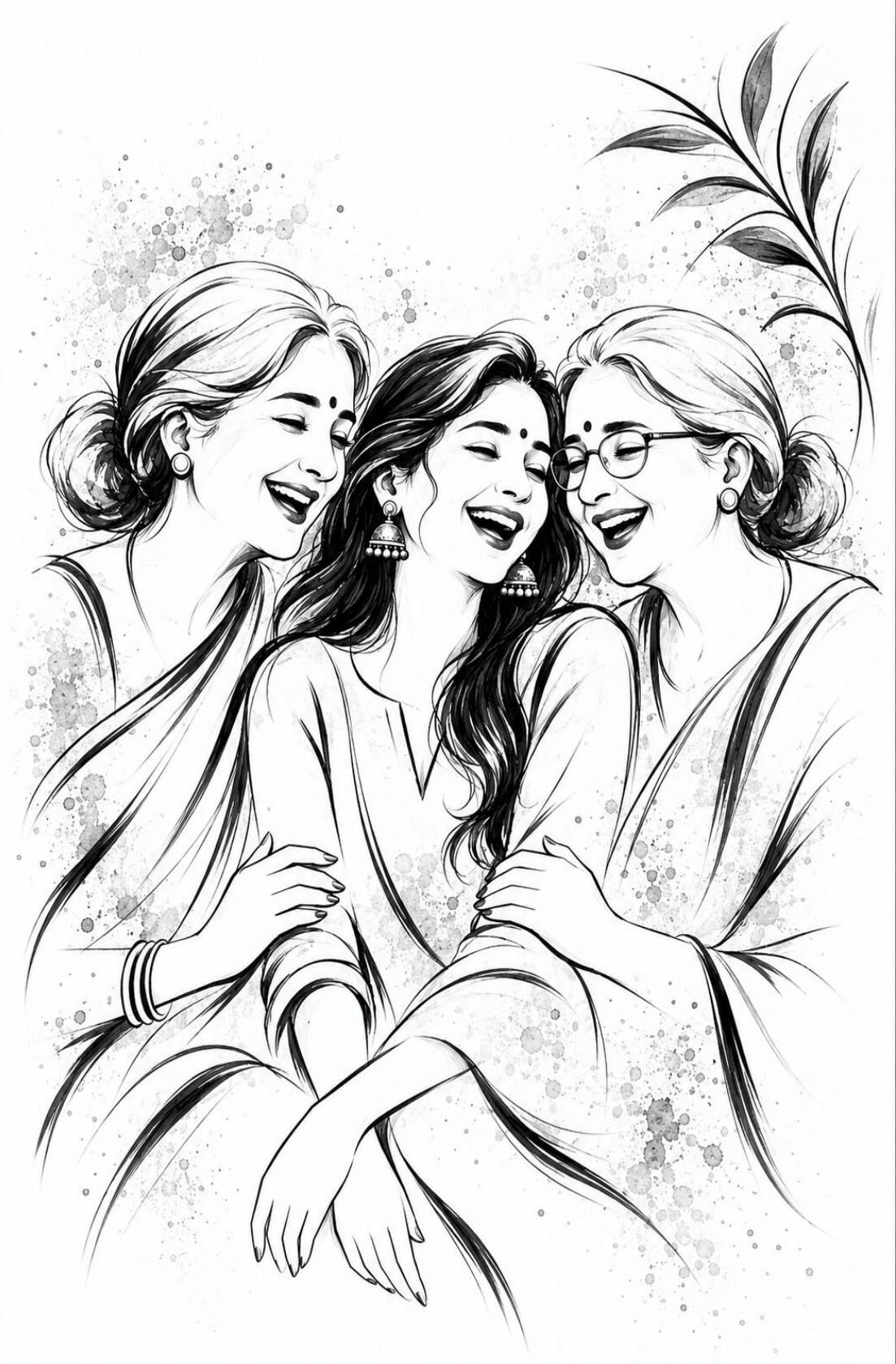


86.

Bas Ek Aur Din

Agar kismat phir ek mauka de,
Main un kandhon par baithkar duniya ghoomu.
Unhe thoda aur jaanu,
Unse apni saari shikayatein kahun,
Aur unhi se dher saari kahaniyaan sunu.

Jo khwahish kisi kaagaz mein thi qaid,
Usse ek pal bhi na ganwaaye sach banau.
Aur jab aakhiri pal dastak de,
Har akhir pal mein,
Bas ek aur din maangu main.



87.

Kaise chun loon kisi ek ko main.

Kaise chun loon kisi ek ko main,
Jab ek ne mujhe zindagi di hai,
Toh dooji ne apni zindagi mujhe saunp di hai.

Ek ne mere aansu ponche,
Toh dooji ne mujhe hasne ke sau bahaane diye hain.

Ek ki godh mein main pali-badhi,
Toh dooji ne bhi apne dil mein mujhe jagah di hai.

Ek ne duniya ke har dukh se mujhe bachaya,
Toh dooji ne mujhe apni duniya ka hissa banaya hai.

Kaise chun loon kisi ek ko main,
Jab dono hi mere hisse hain.

88.

Meri saas mein mujhe meri maa nazar aati hai.

Meri saas mein mujhe meri maa nazar aati hai.
Har shararat mein saazish mein saajhedaari,
Har sukh-dukh mein humaari hissedaari hai.
Alag-alag gharon ki mitti mein pali hum,
Par aaj milkar ek apna ghar sajaane chali hum.

Woh hamesha mujhe hansti-muskurati dekhna chahti hai,
Shayad kuch pyaar unhe bhi kahin adhura mila tha,
Woh saara pyar ab mujh par lutaana chahti hai.
Jinhe dekhte hi meri har thakaan mit jaati hai,
Jinse ghanto baatein bhi kam pad jaati hain.

Har dua mein mera naam shaamil karti hain,
Har choti Khushi ko meri muskaan se jodti hain.
Rishte sirf khoon se hi nahi apnepan ki dor se badhte hain.
Kuch log kismat se hi nahi duaon se milte hain.
Meri zindagi ki sabse khoobsurat sachchai yeh hi hai,
Meri saas mein mujhe meri maa nazar aati hai.

89.

Kyon rahe dil mein tu nafrat ko basaaye

Kyon rahe dil mein tu nafrat ko basaaye,
Jo waqt guzar gaya woh phir laut na paaye.

Ek din tujhe us blue tick ka keemat samajh aayega,
Jab har intezaar bekaar nazar aayega.
Tu waqt ko peeche le jaana chahega,
Par woh blue tick phir kabhi dobaara nazar na aayega.

Dusre kyon nahi badalte?
Iss sawaal se bhi zyada,
Khud ko main kyon na badal paya?
Yeh khayal tujhe bahut satayega.

Ginti ke un palon ko yaad karke,
Tu phir Muskurana chahega.
Waqt ke us mod par,
Bas yaadon mein hi rehna chahega.

Jise aaj nazarandaaz kar raha hai tu,
Kal usi ki ek aahat ko dil taras jayega.
Kyon dil mein tu nafrat ko basaaye,
Jo waqt guzar gaya woh phir laut na paaye.



90.

Bejubaan Dost

Yeh duniya tujhe bejubaan maanti hai,
Par humari boli inhe kahaan aati hai.
Bina kahe bhi tu sab keh jaata hai,
Mere dil ka har haal samajh jaata hai.
Par jo insaan doosron ki takleef na samajh paaye,
Woh humaari dosti bhala kaise samajh paaye.

Iss duniya ki sabse anmol cheez maine paayi,
Jab Rab ne tujhse meri mulaaqaat karaayi.
Rishte nibhaana koi tujhse seekhe,
Wafa kya hoti hai koi tujhse seekhe
Wese toh kayi rishte hain mere,
Par iss dosti ke aage sab rishte lagte hain feeke.

91.

A LETTER TO MY YOUNGER SELF

Tu hamesha se hi sahi thi
Main hi tujhe kabhi samajh na paayi.
Bahut chaha par tujh sa phir ban na paayi.
Khud ko maaf karne ka hunar main seekh na paayi.

Itni chhoti umar mein bhi tune,
Kitne pyaare sapne the bune.
Ab poori zindagi jaise khaali si padi hai,
Na jaane yeh jeevan ki kaunsi ghadi hai.

Tu toh mujh mein hi kahin dhal gayi,
Main kahaan se woh jaadu laaun.
Jo mujhe phir teri duniya mein le jaaye.
Jahaan insaan ko insaan samjha jaaye.

Tujhse jalan toh bahut hai mujhe,
Yoon bekhauf hokar jeena.
Bachpan ke kuch pal aur na chura paane ka,
Afsos aaj bhi hai mujhe.

Vaada toh nahi par koshish poori karungi,
Ek din dono ke khwaabon ko sach karungi.
Maaf karna bahut sakhti ki hai maine khud par,
Bahut dafa apne hi dil ko rulaya hai maine.

Doosra khat ab tab likhungi,
Jab khoyi tujhe ko phir se pa jaungi.
Tu hi meri sabse khoobsurat pehchaan hai.
Tere sapnon ko jeena hi meri asli udaan hai.

92.

Ghar ke Bachche

Har ghar mein kuch aise bachche hote hain
Jo shayad alag hi saanche mein dhal jaate hain.
Khud raaste dhoondhte-dhoondhte,
Sabke liye raah banaate hain.

Khud jeena bhool kar,
Sabko jeena sikhate hain.
Toofaan chahe jitne bhi aayein,
Chehre par muskaan sajaaye rakhte hain.

Khabar rakhte hain sabhi ki,
Par unka haal koi poochta nahi.
Andar se chahe kitna bhi bikhar jaayein,
Phir bhi kisi apne ko tootne dete nahi.

Apne aansuon ko chhupaakar,
Doosron ki aankhen padh lete hain.
Umr se pehle hi bade hokar,
Zimmedariyon ke saath jeena seekh lete hain.

Unke hisse aksar bachpan thoda kam aata hai,
Par hausla sabse zyada wahi laate hain.
Jo bachche zimmedariyon ka bojh uthaate hain,
Wahi waqt se pehle bade ho jaate hain.



93.

Bhai Jaan hai tu meri

Kuch Saal jaldi aake iss duniyan mein,
Zindagi bhar keliye mujhe sataaya jisne.
Bada hoon yeh jataakar,
Apne peeche khoob daudaaya jisne.
Nok-jhok toh rehti hai hamesha,
Par har takleef se bhi mujhe bachaya ussne.

Tujh se ladti rehti hoon,
Kabhi tujhe bhi sataati hoon,
Per tere liye poore jag se lad jaaungi main.
Bhai jaan hai tu meri,
Tera saath rahe bas zindagi bhar,
Teri khushi ke liye har dard seh jaaungi main.

94.

AANGAN

Ek Chhota sa ghar ek pyaara sa aangan,
Do nanhe dilon ka tha apna ek jahaan.
Kabhi mitti ke ghar kabhi kaagaz ki naav,
Saath tha toh har din lagta tha ek khwaab.

Kabhi har chhoti si baat pae rooth jaana
Phir ek muskaan mein sab bhool jaana.
Maa ki daant se ek dooje ko bachaana,
Roothna, manaana aur phir saath muskuraana.

Waqt ne dheere-dheere kitaabein badha di,
Aur kandhon par zimedaariyaan saja di.
Tu apne sapnon ki ore chal padi,
Main apne iraadon ki raah par badh chala.

Kam hui mulaaqaatein kam hui baatein,
Phir bhi dilo mein zinda rahi woh yaadein.
Har shararat mein tera saath mila,
Tere sang hi bachpan ko apna rang mila.

Kal tu kisi aur aangan ki raunak ban jaayegi,
Par iss aangan mein teri mehek reh jaayegi.
Chahe waqt humein kitna bhi door le jaaye,
Bachpan ki yeh dor humein phir pass le aayegi.

95.

Mama ke Ghar ki Yaadein.

Bachpan ke woh pal kitne khoobsurat hua karte the,
Jab har chhuti ka raasta Mama ke ghar ki or jaata tha.
Na kisi baat ki fikr, na waqt ka hisaab,
Har din khusiyon ka ek naya panna likha karta tha.

Mama ki sharaaratein Mami ka pyaar,
Aangan ki masti aur bachpan ka sansaar.
Na mobile na kisi screen ka jaadu,
Phir bhi har lamha yaadon ka Khazana ban jaata tha.

Kabhi galiyon mein apno ke sang beparwah daudna,
Kabhi shaam tak mitti mein khelte hue ghar lautna.
Kapdo par lagi woh dhool bhi kisi inaam se kam na thi,
Kyonki un palon mein zindagi kisi khwaab se kam na thi.

Aaj woh bachpan sirf yaadon mein basa hai,
Par dil ka ek hissa aaj bhi wahin thehra hai.
Kyuki zindagi ke sabse khoobsurat lamhe,
Mama ke ghar mein hi toh jiye jaate hain.

96.

Usmein mujhe Maa nazar aati thi.

Uski pehli aulaad toh main hi thi,
Uska hi haath thaame bachpan mein chali thi.
Uski har cheez par hamesha mera haq raha,
Meri har takleef par woh apna haq jataati thi.

Apni jaan se zada mujh ko chahti thi,
Mere aansu se pehle uski aankhein bhar jaati thi.
Maa ko dekha nahi kabhi meine,
Par usmein mujhe Maa nazar aati thi.

Meri har shaitaani ki raazdaar thi,
Meri har kahani ki hissedaar thi,
Mere har dukh ki saathi,
Meri har khushi ki pehredaar thi.

Kehne ko meri behen thi,
Par Maa sa har farz nibhaati thi.
Maa ko dekha nahi kabhi maine,
Par usmein mujhe Maa nazar aati thi.

97.

Rab ki Nemat

Shayad meri halat dekh,
Rab ki aankhe bhar aayi hongi,
Usse mere hisse mein likh,
Ishwar phir muskaya hoga.

Khayaal mera mujhse bhi zyada rakhta hai,
Poori duniya mein Maa ke baad bas ek wahi hai,
Jo bina kisi swarth ke,
Mujh jaise ko pyar kar sakta hai.

Khud ko toh bahut sakht bataata hai,
Par aankhon mein fikr saaf jhalakti hai,
Jab pyaar se haath mere sar par pherta hai,
Bapu ki kami bhi kahin kho jaati hai.

Kehne ko toh bas ek mamuli sa insaan hai,
Par mere liye Taranhaar ka hi doosra naam hai,
Koi kahe hum sanyog se mile,
Koi kahe kismat ka likha afsaana hai.

Mere liye janmo-janam ke punya ka phal ho tum,
Meri har khamosh dua ka jawaab ho tum,
Jise dekh phir zindagi se mohabbat ho jaaye,
Woh Rab ki di hui nemat ho tum.

98.

Woh Kehta hai

Woh kehta hai ki usmein kuch khaas nahi,
Jo meri har kami mein bhi khoobi dhoond leta hai.
Jo mujh jaisi jhalli ko bhi hanskar jhel leta hai.
Woh kehta hai ki ussme kuch khaas nahi.

Jo sab ko ek sa dekhta hai,
Jo paraayon ko bhi apna sa maanta hai.
Jo bina kisi shart ke har rishta nibhaata hai,
Woh kehta hai ki usmein kuch khaas nahi.

Main kahun itni khaasiyat hone ke baad bhi,
Jo tujhe khud mein kuch khaas nazar na aaye,
Wahi saadgi toh sabse khaas hai teri,
Jo tujhe meri nazron mein sabse khaas banaaye.

99.

Bhabhi

Bhabhi ke roop mein mili ek seheli,
Ya pichhle Janam ki khoyi bhen ho tum.
Jeevan mein khushiyon ke phool khil uthte hain,
Jab bhi yun muskrayi ho tum.

Ghar ki har zimedaari ko kandhon par uthaya hai,
Phir bhi roz muskarana mujhe sikhaya hai tumne.
Tere aanchal mein bhi mamta ki chhaya milti hai,
Iss ghar ko apanapan se sajaya hai tumne.

Mithaiyon aur pakwaanon mein swaad bahut hai,
Par tere pyar ki mithaas kahaan paa paayenge.
Bhabhi sachmuch Maa ka hi ek roop hoti hain,
Yeh baat hum saari duniya ko bataayenge.

100.

Ghar ki Betiyan

Ek ghar hai jise woh apna kehti hai,
Ek ghar jahaan woh mehmaan ban jaati hai.
Sabki khwahishon ka bojh utha leti hai,
Apne sapne kehne se ghabraati hai.

Maa ki sooni kalai ka raaz woh jaanti hai,
Pita ki chupi ki kahani samajh jaati hai.
Ghar ko mandir sa pawan banati hai,
Beti ka har farz nibhaati hai.

Ek bachpan hai jo aangan mein reh jaata hai,
Ek beti hai jo waqt se pehle badi ho jaati hai.
Sabke makaan ko ghar bana jaati hai,
Bas apne liye ek kona na maang pati hai.

Na mahalon ki usse koi chaah hai,
Bas apnon ke saath ki ek aas hai.
Nirswarth bhaav se jo har rishta nibhaati hai,
Aisi betiyaan kismat waalon ko hi milti hain.



Chapter – 6

Krishna





101.

Madhav

Madhav, duniya ne paraya kar diya hai mujhe,
Tum apna maanoge kya?

Mere jeevan ki dor saunp doon tumhe,
Krishna ban raah dikhaoge kya?

Main kho jaaun kahin andheron mein,
Apni bansuri se bulaoge kya?

Umar bhar pariksha di hai maine,
Tum apna haath sir par sehlaaoge kya?

102.

Sakhi

Sakhi: Madhav….
Jo keval dukh hi paata hai,
Jeevan ke har kadam par,
Chunautiyon se takraata hai,
Kya woh kabhi khushiyon ka haqdaar hoga?
Kya uski kismat mein bhi kabhi ujala hoga?

Madhav: Sakhi,
Har kahani jo aage chalkar,
Keval kahani nahi reh jaati.
Doosron ke liye ek raah ban jaati hai,
Woh hamesha sangharsh ki siyahi se hi likhi jaati hai.

Jo aaj tumhe dukh prateet ho raha hai,
Wahi kal uske charitra ka nirmaan karega.
Har sangharsh uski jeet ka misaal banega,
Har ghaav uske saamarthya ka pramaan banega.

Woh din avashya aayega sakhi,
Jab har andhera peeche reh jaayega.
Duniya ka har sukh raah poochhta hua,
Uski dehleez ka pata paayega.

103.

Main Kya Jaanu Kanha

Main sochun meri zindagi kitni mushkil hai,
Aage kya likha hai uski koi khabar hi nahi,
Kal jo guzar gaya us par koi zor nahi hai,
Aur aaj ka bhi jaise kuch hosh nahi.

Main kya jaanu kanha woh peeda kya hoti hai,
Sab kuch pata hote hue bhi aage badhne ki takleef kya hoti hai,
Apno se bichhadna jab swayam bhaagya mein likha ho,
Usse na badal paane ki tadap kya hoti hai.
Jisne iss duniya ko poora rachaaya ho,
Apni hi prem kahani ko adhoori likhne ka dard kya hota hai.

Main sochu kitni zimmedariyaan hain meri,
Apne sapno ke peeche bhaagna hi pareshaani hai meri.
Tujhse har kisi ki shikayat karti hoon main,
Iss duniya mein sukoon kahaan dhoondh paati hoon main.

Main kya jaanu Kanha,
Dusron ka jeevan safal banaane ki zimmedari kya hoti hai.
Khud ke har sapne todkar,
Dusron ke khwaab sach karne ki keemat kya hoti hai.

Saari duniya apna dard tujhe suna jaaye,
Par apna dard tum Kanha, aakhir kis se keh paaye?
Ishwar hokar bhi har dard ko gale lagaye,
Hum insaan bhala zindagi ko kahaan samajh paaye?

104.

Dharam-Adharam ki Paribhasha

Dharam-Adharam ki paribhasha,
Yeh prachar toh Kurukshetra ke samay se chal raha.
Karmon ki vyakhya hi toh sab se zaroori hai,
Yeh baat kyon koi na samajh raha.

Adhikar ke naam par adharm aaj bhi kiye jaate hain,
Apne drishtikon se hi doosron ko doshi thehraate hain.
Apne antarman ko sambhaal kyon nahi paate hain,
Sach ke saamne aakar bhi nazrein kyon churate hain?

Dharam ke chaar stambh jo likhe the kabhi,
Aaj woh stambh dhundhle se dikhte hain sabhi.
Chaaron aur traahi-traahi ki pukaar hai,
Manav ko chhodo, yahaan pashuon ka haal bhi bekaar hai.

Phir bansuri ki dhun sunne ki aas hai,
Kanha ki dikhayi raahon par chalna hi ek marg hai.
Jab ulajh jaaye jeevan ki dor majhdhaar mein,
Kanha ke charanon mein hi naiyya paar hai.

105.

Narayan Aayenge

Jab shakti odhegi abhimaan ki chaadar,
Jab atyachaar chhaayega bankar baadal.
Jab moh kare nasht buddhi,
Jab hogi mahatvakaanksha nyaay par bhari.

Tab nyaay ki mashaal ko phir jalaane,
Sangharsh ki mahatta ko phir dohraane.
Nimitt banengi woh punya aatmayein,
Bhatakte maanav ko raah phir dikhane.

Jab lage ki maanavta ka hone aaya hai ant,
Jab lage chaal lene wala hai shaurya ka pal.
Jab ho kisi naari ke samman par prahaar,
Jab uthe kisi bhakt ke hriday se pukaar.

Tab manav ka uddhaar karaane,
Adharm ka samool naash karaane,
Dharm ki jyoti phir se jalaane,
Swayam Narayan aayenge.

106.

Mere Vishnu ke Dashavtar

Jab anyaay ka baadal hai Chhaya,
Mere Vishnu karuna ka sagar ban aaye.
Apne hi satya ka deep jalaaya.
Har yug mein apne roop badal kar aaye,
Maanavta ko dharam ka marg dikhaye.

Matsya roop mein mere Prabhu dharti par aaye,
Apne pug se sampoorn jagat ko paavan banaye.
Vedon ka amrit jagat tak pahunchaya,
Manavta ko satya ka marg bataya.
Aaj bhi jab sachchaai kho jaati hai,
Shiksha aur gyaan hi raah dikhaate hain.
Jo gyaan ko apna sabse bada dhan mane,
Wahi jeevan ke har tufaan ko pehchaane.

Kurma bane, aapne sabko hai sahaara diya,
Mandaraachal ka bhaar swayam par liya.
Samudra Manthan ko safal banaya,
Tyag aur seva ka marg sikhaya.
Apni peeda ka kabhi na liya vichaar,
Par jag hit se bada na kuch apaar.
Kurma avataar ka yeh hi amrit gyaan hai,
Seva aur tyag hi maanavta ki pechaan hai.

Varaah roop ko bhi aapne sweekara hai,
Sahasron baras ka yudh karke bhi.
Dharti Maa ko asuron ke aatank se bachaya,
Yugon-yugon tak udaharan banaya.
Swarg ho ya Paataal, Dharti ho ya Aasman,
Santaan ke kasht se Prabhu nahi hain anjaan.
Jo Bhakt mere Prabhu ko hriday se pukaare,
Prabhu uski pukaar kabhi na taale.

Narasimha ka virat swaroop dharan kiya,
Jiski ek garajna se shatru hai kaamp utha.
Sawaal tha ki Kahaan hai tumhara Bhagwaan?
Jag ko bataaya app kan-kan mein hain viraajmaan.
Bhakti hi param shakti hai,
Har ahankaari ki haar nishchit hai.
Jo baandhe tujhmein vishwaas,
Uska kar na sake koi naash.

Jag ke palanhaar punah lok kalyan ko aaye,
Vaaman Avatar ka divya tej sabko vismit kar jaaye.
Jab Bali ko apani shakti par hua garv apaar,
Tab bole Prabhu mujhse bada nahin sansar!
Teen pug mein naap liye bhuvanon ka vistar,
Mithya ahankaar ka toot gaya aadhaar.
Aaj bhi jo sukh-dukh ko prabhu ka prasad kahe,
Jeevan ke har sangharsh mein vo nishchint rahe.

Phir aisa prachand roop dhaaran kiya,
Parasu dhare Parashuram kehlaya.
Jab koi kare apne diye vardan ka durupyog,
Jab kshatriya apne kartavya se munh mod lein.
Jab nirbal aur asahaay ko sataaya gaya,
Bal ke abhimaan mein dharm bhulaya gaya.
Tab Parashuram ne jag ko samjhaaya,
Dharm ki raksha hai har veer ka gehna.

Jab dharam ka santulan dagmagaya,
Paap ne satya ko tha lalkaara.
Tab Narayan ne Ram roop ko dhara,
Maanav ban jeevan ka marg sanwaara.
Na keval shakti se, na keval shastra se,
Apne aacharan se jag ko jeeta.
Sikhaya Dharam granthon mein hi nahin,
Dharmik Jeevan jeene ka naam hi hai Geeta.

Phir mere prabhu Kanha ban Gokul padhaare,
Apni Madhur murli se sabko lubhaya.
Kurukshetra mein Geeta ka Amrit barsaaya,
Karam ko hi jeevan ka satya bataaya.
Bhale hi Yuddh apno se karna pade.

Dharm ke path se kabhi na hatna pade.
Har shraap ko bhi hanskar gale lagaya,
Pandavon ko dharmyuddh mein vijay dilaaya.
Nyaay ka parcham lekar chale Mahaan,
Isliye kehlaaye jagat ke Nyayaadhish Bhagwan!

Jab hinsa ne dharti ko rulaya,
Karuna ka deep tab Buddha ne jalaya.
Prem daya aur shanti ka saar,
Maanavta ko diya amar uphaar.
Jeet wahi jo man ko jeete,
Krodh ki agni swayam ko jalaaye,
Kshama har ghaav ko bhar jaati hai,
Buddh ka marg har mann ujiyara kar jaaye.

Jab paap ka bojh badh jaayega,
Adharm hi dharm kahlaayega.
Tab shwet Ashwa par Kalki aayenge,
Satya ka surya punah ugaayenge.
Mithya ka har bandhan tootega,
Paapi ka har abhimaan chhootega.
Yug badlega unke prahaar se,
Dharm phir chamkega poore sansaar mein.

107.

Sahasra Naam Hain Tere.

Sahasra naam hain tere,
Par Vishnu naam lage sab se pyaara.
Dashavataaron mein divyata ke rang anek samaye,
Par Mohan ka madhur roop mere hriday ko bhaaye.

Tujhse main kya kahun,
Tujhse koi raaz chhupa toh nahi.
Sandeh bhari nazron se jag sawaal kare mujhse,
Par tera hi sahara paane ki aas liye khada hoon main yahin.

Log kahein ki mere bhagya mein kuch nahi,
Main kahun mere Vishnu se badhkar kuch chaaha hi nahi.
Aur jab bhaagya vidhata mere saath hain,
Toh mere liye kuch bhi namumkin nahi.

108.

Charitra ki Jyoti

Shanti ka deep jalaaye rakhne ke liye,
Kranti ki Jwala bhi zaroori hai.
Satya ke path par chalne ke liye,
Mann mein saahas bhi zaroori hai.

Pragati ki seedhi wahi chadh paata hai,
Jo aandhi mein bhi sambhalna jaanta hai.
Parivartan ke rang mein wahi dhal paata hai,
Jo samay ke sath badalna jaanta hai.

Safalta usi ke charan choomti hai,
Jo shram ko pooja maanta hai.
Nyaay ki jyoti usi mein jalti hai,
Jiska vivek kabhi na sota hai.

Charitra usi ka mahaan kehlaata hai,
Jo kathin samay mein sthir reh paata hai.
Jab lobh aur bhay mann ko bharmaate hain,
Woh phir bhi dharm ki raah par dridh hokar chalta hai.

109.

Kesa jeevan chahiye?

Jeevan toh tera diya sabse bada uphaar hai,
Ismein khud ke liye aur kya maangu main.
Phir bhi dena ho toh aisa jeevan dena prabhu,
Karm mere hon, par yash tera gaa paun main.

Amar hone ki chaah toh nahi,
Par teri bhakti ka amrit paa jaun main.
Gopiyon sa bhaagya na maangu,
Bas tere charanon ki dhool ban jaau main.

Meera si mahaan toh nahin,
Par tujhme hi sama jaaun main.
Raag dwesh sab tyaag kar,
Teri hi chhavi hriday mein basa paaun main.

Tere rachit iss jagat ki seva karun,
Tere hi kuch kaam aa pauun main.
Aur jab mrityu ghere mujhe kabhi,
Tera hi chehra aankhon mein paun main.

Mera rom rom tere naam mein doob jaaye,
Meri saansein tera hi geet sunaayein.
Aisa jeevan dena Prabhu,
Jo sansaar ko jeevan ka arth samjhaaye.

110.

Aisi Duniya Banaao Na

Madhav! phir aisi duniya banao na,
Jahan kisi stree ka anchal koi jalaaye na.
Na ho paaye kabhi paap ki jeet,
Nyaay aur shaanti ka parcham phir lehrao na.

Rote rote aankhein banjar si ho gayi hain,
Ab toh tum aa jao na.
Apne hi phir shatru ban khade hain yahan,
Yeh jang ab tum hi jitaao na.

Sab ke dukh harne Taaranhaar phir aao,
Iss yug ko andheron se bachaao na.
Tumhe hi pukaar raha har bechain hriday,
Madhav ek baar phir Geeta sunao na.

111.

Krishna Kya Hai?

Jeevan ka arth hain Krishna,
Jeevan ka saar hain Krishna.
Srishti ka sanchaalak hai Krishna,
Har yug ka aadhar hain Krishna.

Praan Krishna, moksha Krishna,
Jo har kan mein base, woh Krishna.
Satya wahi dharm wahi,
Jo sabke antarman mein rahe Krishna wahi.

Prem Krishna tyaag Krishna,
Ankhon se jhalakti karuna hain krishna.
Har veer ka atal sahas krishna,
Har utsav ka rang hain krishna.

Jise Duryodhan zanjeeron mein,
Na baandh saka, woh Krishna.
Jo bhakti ke bandhan mein,
Khud ko baandh le woh Krishna.

Krishna ki mahima anant hai,
Tum krishna ko samajh na paaoge.
Par Krishna Krishna japte-japte,
Ek din Krishna ko hi paa jaaoge.

112.

ShankarNarayan

Shiv mein Narayan baste hain,
Narayan mein Shiv samaaye hain.
Hari aur har mein bhed jo maane,
Woh unki divyata se anjaan hain.

Jab Ram ban Shankar ki aaradhana ki,
Toh Hanuman ban Ram bhakt kehlaaye.
Jab utha yeh prashn ki sarvashreshth hai kaun?
Dono ne apne ekatva ka rahasya bataaya.

Jagat ko Harihar ek tattva ka gyaan karvaya,
ShankarNarayan woh kehlaaye.
Hari-har ki mahima yugon-yug tak gun gaayi jaaye,
Jahan Hari hon wahi Har nazar aaye.

113.

Kanha Kab Hanse The?

Jab Radha ke hriday par chhaya tha dukh,
Vedna ne mere Krishna ko bhi ghera tha.
Yashoda si Mata ko aansuon ke samundar mein chhod
Uss din ke baad mere Kanha kab phir hanse the?

Baal Avastha mein hi kartavya ne aisa prahaar kiya,
Kans ke sanhaar ke saath bachpan bhi kho diya.
Ranchhod, Chhaliya kehkar pukarata raha sansaar,
Maakhanchor sunne ko taras gaye the unke kaan.

Putna ke vish bhare doodh ko bhi som sa sweekaar kiya,
Uss rakshasi ko bhi maatritva ka sthaan diya.
Gopiyon ke sang raas rachaaya,
Bhakti aur samarpan ka anmol paath padhaaya.

Sau sau aparadhon ko bhi Kshama daan diya,
Shatru ko bhi daya ka sammaan diya.
Jab adharm ke viruddh Sudarshan uthaaya,
Sansaar ne unhi ko pakshapati bataya.

Jise sukoon ka pal bas Maiyya ki godh mein hi mila,
Jiska mukh Gokul ke aangan mein hi khila.
Gokul ki seema ke paar hansi bhi peeche chut gayi,
Jag ne Narayan paaya par Kanha kahin kho gaya.

Kurukshetra mein shastron ke ghaav bhale veeron ko mile,
Par har prahaar Madhav ke hriday par hi toh laga tha.
Kehta yeh jag sara Krishna ne hai Pandavon ko vijay dilaaya,
Main kahu uss vijay ke liye mere Prabhu har pal jhale the.

114.

Krishna: Har Rishte ka Sarvottam Roop.

Chanchal nayan, sukomal adhar,
Divya haas ujiyara chhaaye.
Baal swaroop ki madhur chhavi,
Prem sudha sabke man barasaaye.
Har Maa ke antar se nikle,
Mohe bhi aise sut mil jaaye.
Nand ke laala Krishan Kanhaiya,
Sab ke nayanon ke ho tum taare.

Bansuri ki har madhur taan,
Radha ke hriday ki bani pehchaan.
Prem jahan swaarth se pare samaaye,
Wahin krishna muskaate nazar aaye.
Pooche koi prem ka kya hai naam,
Jag kahe Radhe aur Shyaam.
Prem agar apni seema paaye,
Toh Radhe Krishna hi kehlaaye.

Trilokpati sansaar adheen jinke,
Morpankh maathe virajit jinke.
Nange pag daud chale mitra ke peeche,
Na smaran mukut ka na jag ka abhimaan.
Apne hi aansuon se mitra ke charan pakhaare,
Prem ke aage sab vaibhav hain haare.
Dekh yeh adbhut milan sansaar ne jaana,
Mitrata se badhkar na koi khazaana.

Jab Arjun ka mann tha dola,
Kartavya ka maarg tha bhoola.
Tab saarathi bankar Geeta sunaayi,
Moh ko tod vivek ki jyoti jagayi.
Na keval rath ki dor sambhaali,
Bhatakte mann ki dor bhi thaami.
Agar koi puchhe ki Margdarshak kaisa ho
Toh main kahu Shree Krishna ke jaisa ho.

Jeevan ka har rang tumne sajaaya,
Har kartavya ka arth samjhaaya.
Har rishta tumse paaye maan,
Tum bin lagta jese adhoora hai gyaan.
Putra ho ya mitra ki pehchaan,
Premi ho ya guru Mahaan.
Har roop mein tumhara hai sarvottam naam,
Hey Krishna, tumhe koti-koti pranaam.

115.

Hari-Hari Japta Jaaun Main

Yeh sharir hi paap se bana,
Ab iss bhav sagar se kaise paar paaun main?
Aur kitnon ke taanon ke ghaav sahun,
Jee chahe bas Hari-Hari japta jaaun main.

Yadi tu hi hai aadi aur tu hi anant,
Toh kar mere dukhon ka ant.
Ya samaapt kar de yeh nirarthak jeevan,
Jahan har bheed mein akela khud ko paaun main.

Mrityu se jeevan lauta dene ki shakti hai tujhmein,
Poori srishti samaayi hai tujhmein.
Tere liye kuch bhi asambhav toh nahi,
Phir jo maangu woh mujhe deta kyon nahi?

Ab main thak gaya hoon Govind,
Sabse ladte-ladte khud se hi haar gaya hoon main.
Tere bina meri pehchaan hi kya,
Bas tere charanon ki aas liye jee raha hoon main.

Jeevan bhar agni pariksha ke naam par,
Khud ko hi jalaaya hai maine.
Jag chaahe hanse chahe jo naam de mujhe,
Jee chahe bas Hari-Hari japta jaun main.

116.

Leela Ka Aarambh

Jahan manzil kho deti hai apni raahein,
Jahan khushi mod leti hai apni baahein,
Jahan saari umeedein tootkar bikhar jaati hain,
Wahi se Murlidhar ki leela likhi jaati hai.

Hota jahan har shraap ka ant,
Hota har janam ke paap ka ant,
Hota Nashwar har bhram jahan,
Krishna ko tum paaoge wahan.

Karmbhoomi bhi wahi,
Dharmbhoomi bhi wahi,
Har jeev ka antim satya wahi,
Jise Narayan kehte hain sabhi.

117.

Narayan Darshan

Narayan darshan abhilasha liye,
Bholenath padhaare Nand ke dwaare.
Dekh murlidhar ka mohak roop,
Vairaagi Shankar bhi prem mein haare.

Dekhe Murlidhar ki baal leela,
Shiv mand mand muskuraye.
Kanha ki madhur bansuri sun,
Shiv bhi anand taandav rachaye.

Jab Krishna ko teer laga tha,
Shankar ka hriday bhi tadpa tha.
Jab-jab Krishna ke hriday ko hua dukh,
Mahadev ki aankhon se bhi aansu bahe the.

Hain anant bhakt jinke,
Woh Mahadev Narayan ke bhakt kehlate hain.
Hain aalag do shareer magar
Ektatva ka rahasya bataate hain.

118.

Prabhu ke Charan

Charan kamal ki chhaon mein,
Har dukh apna tu bhool jaayega.
Dhool jo lagi un paavan Charanon ki,
Jeevan tera safal ban jayega.

Charanon mein Prabhu Shankh dhaare,
Sabko sachet kar bhakti ki ore laaye.
Chakra se sab avagun kate Govind,
Apni chhatarachhaya mein laaye.
Hoga sakaar jeevan uska,
Jo Prabhu ke charanon mein sthaan paayega.
Jo Prabhu ke charanon mein sthaan paayega.

Charanon mein vajra dhare Girdhari,
Hriday ke dosh mitaaye.
Sabke bhatke mann ko raah dikhaye,
Dharam ka beej Ugaaye.

Bina Krishna ka jap kiye tu jee na paaye,
Sansarik moh ki tapti dhoop chhod,
Tu Nath ke charanon mein thandi chaya payega,
Harihar naam hi tujhe har sangharsh se bachaayega.
Hoga saakar jeevan usska,
Jo Prabhu ke charanon mein sthaan paayega.
Jo Prabhu ke charanon mein sthaan paayega.

Tu jod krishna se jude har prani se nata,
Tu Krishna se hi jud jayega.
Tere jeevan ki har baadha,
Krishna apne sath le jayega.

Maya ke bandhan se tujhe chhudaayega,
Har andhkaar mein raah dikhaayega.
Tu hriday se pukaar Narayan ko,
Har pal apne pass unko tu paayega.
Hoga sakar jeevan usska,
Jo Prabhu ke charanon mein sthaan paayega.
Jo Prabhu ke charanon mein sthaan paayega.

119.

Hey Madhav! Ab Tum Laut Aao

Teri Rachi yeh duniya Madhav,
Mujhe samajh na aayi.
Jinhe maata ka swaroop maana,
Unhe khoon ke aansu rulayi.

Har avatar mein jin asuron ka,
Tumne tha sanghaar kiya.
Aaj wahi sahasra roop dhare,
Nirdoshon ko laachaar kiya.

Har mann mein bas gaya ek Ravan,
Har naari ka ho raha cheerharan.
Har or goonj rahi hai nyaay ki pukaar,
Phir kyun nahi aate mere Shyam iss baar?

Mann mein ek prashn hai aaya,
Uss Mahabharat ke yuddh mein.
Kaun se Bharat ko tha bachaya,
Jab dharam hi aaj hai kho gaya.

Dharm ki neev manav ke liye,
Tumne kabhi jo thi rakhi.
Phir har manav ke mann mein,
Rakshas ki chhavi kyun jaagi.

Yeh duniya ab Ram Rajya si
Bilkul bhi na rahi.
Tum apna ugra roop dikhaana,
Har Prahlad ko ab tumhi bachana.

Sansaar mein ab koi Shravan Kumar,
Dikhayi kahin deta nahi.
Har bachcha kans ki raahon par,
Chalta hai, rukta nahi.

Mata Pita ki vyatha sunne wala,
Ab koi apna raha nahi.
Unke aansuon ko samajhne wala,
Jaise koi bachaa hi nahi.

Ab andhakaar se roshni ki raah dikhao,
Har bhatke hue mann ko prem sikhao.
Iss dharti ko phir dharam ka ghar banao,
Hey Madhav, ab tum laut aao.

120.

Jahaan Bhar Mein Asara Khojun

Jahaan bhar mein asara khojun,
Har dwaar se lauta hun main.
Krishna ki murti jahan dikhe,
Wahi sharan paayi hai maine.

Jeevan ke sare rishte,
Ek tujh mein hi paau main.
Bina tere iss sansaar mein,
Tu bata ki kahaan jaau main.

Main shukraguzaar hoon sabhi kashton ka,
Jo mujhe tere charnon ke aur kareeb laaye.
Hanskar sabhi ke vish bhi pi jaun main,
Agar teri bhakti ka amrit mil jaye.

Tujhe pa loon jo,
Har vaibhav nirarthak ho jaye.
Mujhe sweekaar hai har ek dutkaar,
Jab mujhe tera sahaara mil jaye.



A Note from The Author

I kept writing...
Even when it hurt,
even when it felt heavy,
even when I didn't know,
if anyone would ever understand.

Because sometimes,
the only way to hold the pain
is to put it into words.

This book is a piece of me,
the part that felt too much,
thought too much,
and still chose to write.

For all the unspoken feelings,
This is my way of saying,
I saw you. I felt you. I wrote you.

With love,
Tejasweeni Tripathy.



Now, a Few Words from You...

Was there a poem you returned to, or a line that stayed with you? I'd be glad to know.

Scan the QR code below to share your favourite poem and your thoughts on ***Mann Ki Awaaz.***

