

Ek Mitr mile... 'Aaram Karo'

Poet: Gopal Prasad Vyas

ek mitr mile, bole, "lala, tum kis chakkee ka khate ho?
is dedh chhatank ke rashan men bhi tond badhae jate ho.
kya rakkha mans badhane men, manahoos, akl se kam karo.
sankranti-kal kee bela hai, mar mito, jagat men nam karo.
"ham bole, "rahane do lekchar, purushon ko mat badanam karo.
is daud-dhoop men kya rakkha, aaram karo, aaram karo.

aaram zindagi kee kunji, isase n tapedik hoti hai
aaram sudha kee ek boond, tan ka dubalapan khoti hai.
aaram shabd men 'rama' chhipa jo bhav-bandhan ko khota hai.
aaram shabd ka gyata to virala hi yogi hota hai.
isalie tumhen samajhata hoon, mere anubhav se kam karo.
ye jivan, yauvan kshannabhangur, aaram karo, aaram karo.

yadi karana hi kuchh pad jae to adhik n tum utpat karo.
apane ghar men baithe-baithe bas lanbi-lanbi bat karo.

karane-dharane men kya rakkha jo rakkha bat banane men.
jo oth hilane men ras hai, vah kabhi n hath hilane men.
tum mujhase poochho batalaon, hai maza moorkh kahalane men.
jivan-jagriti men kya rakkha jo rakkha hai so jane men.

main yahi sochakar pas akl ke, kam hi jaya karata hoon.
jo buddhiman jan hote hain, unase kataraya karata hoon.
die jalane ke pahale hi ghar men aa jaya karata hoon.
jo milata hai, kha leta hoon, chupake so jaya karata hoon.

meri gita men likha huua, sachche yogi jo hote hain,
ve kam-se-kam barah ghante to befikri se sote hain.

adavayan khinchi khat men jo padte hi aanand aata hai.
vah sat svarg, apavarg, moksh se bhi ooncha uth jata hai.
jab 'sukh kee ninda' kadha takiya, is sar ke niche aata hai,
to sach kahata hoon is sar men, injan jaisa lag jata hai.

main mel tren ho jata hoon, buddhi bhi fak-fak karati hai.
bhavon ka rash ho jata hai, kavita sab umadi padti hai.

main auron kee to nahin, bat pahale apani hi leta hoon.
main pada khat par booton ko oonton kee upama deta hoon.

main khataragi hoon mujhako to khatiya men git footate hain.
chhat kee kadiyan ginate-ginate chhandon ke bandh tootate hain.
main isilie to kahata hoon mere anubhav se kam karo.
yah khat bichha lo aangan men, leto, baitho, aaram karo.