

Aage bhi jaane na tu, pichhe bhi jaane na tu
Jo bhi hai, bas yahi ek pal hai
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Jo bhi hai, bas yahi ek pal hai
Aage bhi jaane na tu

Anjaane saayo kaa raaho me deraa hai
Andekhi baaho ne ham sabako gheraa hai
Ye pal ujaalaa hai baaqi adheraa hai
Ye pal ganvaanaa na ye pal hi teraa hai
Jinevaale soch le yahi vaqt hai kar le puri aarazu
Aage bhi jaane na tu, pichhe bhi jaane na tu
Jo bhi hai, bas yahi ek pal hai

Is pal ki jalavo ne mahafil savaari hai
Is pal ki garmi ne dhadakan ubhaari hai
Is pal ke hone se duniyaa hamaari hai
Ye pal jo dekho to sadiyo pe vaari hai
Jinevaale soch le yahi vaqt hai kar le puri aarazu
Aage bhi jaane na tu, pichhe bhi jaane na tu
Jo bhi hai, bas yahi ek pal hai
Aage bhi jaane na tu

Is pal ke saae me apanaa thikaanaa hai
Is pal ki aage ki har shay fasaanaa hai
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Kal kisane dekhaa hai kal kisane jaanaa hai
Is pal se paaegaa jo tujhako paanaa hai
Jinevaale soch le yahi vaqt hai kar le puri aarazu
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