

Ek sehame huye khayaal ko  
Vishwaas ka chola pehnaakar  
Aankhon ki putaliyon mein basa rakha hai  
Darr lagata hai rone se  
Kahin aansu bankar yeh  
Inn nainan se chhalak na pade  
Hum sirf vishwaas

Sehama sehama sehama sehama....  
Sehama sehama sa hai nadiya ka paani  
Sehama sehama sehama sehama....  
Sehama sehama sa hai nadiya ka paani  
Siskiyan mein dhak gayi isaki rawaani  
Sehama sehama sa hai nadiya ka paani

Parbaton ko chhedkar pighalati thi kabhi  
Kinaaron ko jitkar uchhalati thi kabhi  
Parbaton ko chhedkar pighalati thi kabhi  
Kinaaron ko jitkar uchhalati thi kabhi  
Suraj ko nehalaakar chaand ko behalaakar  
Saagar se milane nikalati thi nadi  
Phir aaya sailaab ram gayi usame deewaani  
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Lutkar le gaya maasum usaki jawaani  
Sehama sehama sa hai nadiya ka paani

Mere jajbaat ka aaina hai paani  
Ranj mein khushi mein  
Har dum chhalakata hai paani  
Mere jajbaat ka aaina hai paani  
Ranj mein khushi mein  
Har dum chhalakata hai paani  
Khushi ko bhigokar ghum ko dubokar  
Apani hi dhun mein behata jaaye paani  
Tham jaaye yeh lahun bhi kahin  
Saans na le paayein jivan ki dhaara  
Behata yeh paani.

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More Lyrics from [Humm Towards Nirvana \(2009\)](https://bharatlyrics.com/sahma-sahma-lyrics/)