

***Io sper' e tem' e ard' e mi disfaccio*** [\[1\]](#)

*Io sper' e tem' e ard' e mi disfaccio  
E quest'ardore  
C'ho dentr' al core  
Non mi vuol viuo e non mi trahe d'impaccio*

*Io volo sopra il cielo, e in terra giaccio  
E in tal pensiero  
Io mi disperso  
Che nulla stringo, e tutto il mondo abbraccio.*

*Ho in odio, e amo, e seguo chi m'ancide  
E pur non veggio  
Com'io vaneggio  
Ch'Amore al fin di me si burla e ride.*

*Io piango, e rido de grauosi homei  
E in tale stato  
Son condannato  
Per Donna che par bella à gl'occhi miei.*

I hope; I burn for you; I melt,  
And this conflagration  
In my heart  
Does not want me to survive  
And does nothing to rescue me from torment.

I fly higher than the heavens and I lie on the ground  
And am lost in such thoughts  
That I press the empty air to me and embrace the whole world.

I hate, and I love, and I follow a lady who will be the death of me  
And yet I do not see  
How I am raving,  
And that in the end Love makes a mockery of me.

I weep and laugh at deep sighs  
and to this state I am condemned  
by a lady who to my eyes seems beautiful.

English translation by Mick Swithinbank and Luigi Cataldi.

<sup>1</sup> The text is an imitation of a famous poem by Petrarch, 'Pace non trovo, et non ò a far guerra', no. 134 from 'Canzoniere'