

1	Qui sofrir s'en pogues, bon fora c'om s'estes que ja puous non blasmes	If one could refrain, it would be good to hold off from later reproving
4	so que lauzat agues. Pero ses tot pro dan e ses sojorn affan e ses ajuda fais	what one had [earlier] praised. That's why I'd prefer to bear harm with no benefit, misery with no relief,
8	volria eu portar mais que desonor sofrir, don no.m pogues cobrir ni m'en auses vengar.	or a burden without any assistance, than endure a dishonor from which I could not hide or which I would not dare avenge:
12	Non o poiria far: et si a pro venganssa qui.s part de falsa amanssa	that I could not do. And yet leaving a false love is a good revenge!
2	Sui m'en partitz? Non ges! Anz m'en soven ades, de lieis, tant m'estai pres del cor so qu'a mespres.	Did I leave one? Not at all. On the contrary my thoughts keep returning to her whose wrongdoing is so close to my heart.
16	Si sui partitz d'aitan c'a tot lo meins penssan mespretz sos faitz savais; car una on creis e nais bes plus c'om non pot dir	Yet I have left at least insofar as in my thoughts I feel contempt for her base behavior; for another lady, in whom more good qualities than I can describe are born and grow, makes me dislike her
20	la.m fai desabellir et de mon cor loignar, et si.m fai tant amar c'anc en plus greu balanssa	and drive her from my heart —and yet she [still] causes me to love so much that Andrew of France was never so painfully torn by hesitation.
24	non fo Andrieus de Franssa.	
28	C'aissi cum sers o pres sui sieus liges confes. Et anc nuills hom c'ames tant leu non fo conques;	For like her serf or her prisoner I have declared myself her liegeman, and no one who ever loved was so easily made a conquest of.
32	c'al traire de son gan, sa bella man baisan, m'intret tant aquel bais qe.l cor del cors mi trais	For when she drew off her glove, and kissed her lovely hand, that kiss so penetrated me that it drew the heart from my body
36	al retorn d'un sospir, per qe.l viure e.l morir mi fai ensems mesclar.	with the breathing out of a sigh, so that it makes me unable to tell the difference between living and dying.
40	Et hom no.is pot gardar ni cobrir de sa lanssa d'Amor, pois dreich la lanssa.	A man cannot protect himself nor hide from Love's lance once she takes straight aim at him.

4	<p>Et non er ni non es, 44 ni cuich c'om anc trobes en dompna c'anc nasques ses totz mals tantz de bes. Per qu'ades, on qu'ieu m'an, 48 humils e mercejan li sui, fis e verais, si q'en ren non biais; e s'ieu ab gen servir 52 ni sofren, ab blandir, no.i puosc merce trobar, ja no.is deu hom fiar mais en bella semblansa 56 ses peing o ses fianssa.</p>	<p>There will never be, nor are there now, and I don't believe anyone ever found, so many good qualities without any faults in any lady that was ever born. And so wherever I go I am always submissive and beseeching, true and sincere to her, and absolutely unswerving. And if, by dint of noble service, Patience and wooing words I am unable to obtain mercy, no one should ever again have faith in a fair appearance without pledge or assurance.</p>
5	<p>Dompna, s'aisi.us preses cum mi pres, ni.us forsses Amors, ni mercejes, 60 si cum sol far merces, vos m'agratz fin talan. No.m tengatz en soan, si tot m'au lo pel sais, 64 qe.l cors es fres e gais; et sai bos faitz grazir et honramens chausir et so qe.is taing celar. 68 E sol d'aqest pensar mi fessetz perdonanssa; anc d'als no.us fi pesanssa.</p>	<p>Lady, if Love were to seize and compel you as she has seized me, and if she were to show favor to you as she is wont to do, you would have true affection for me. Do not disdain me even though my hair is gray for my heart [body?] is fresh and gay; and I know how to praise good deeds and discern honorable acts and be discreet about what should be kept secret. I wish you would pardon me for just this one thought; I never acted amiss toward you in any other way.</p>
6	<p>La reina ses par 70 de Tolosa sap far e dir so don s'enanssa totz jorns e creis s'onranssa.</p>	<p>The incomparable queen of Toulouse is well able to act and speak so that her honor is exalted and increased daily.</p>
7	<p>L'enfan pot hom lauzar 74 Castellan, cui Dieus gar, c'om el mon de s'enfanssa tant dreich vas Pretz no.is lanssa.</p>	<p>One can indeed praise the Infante of Castile—whom God protect —for there is no one in the world of such youth so directly bent on Merit.</p>