

# Lighten heavy heart thy spright

Thomas Campion

Cantus

Light- en hea- vy heart, thy sprite, The  
From her cave rise all dis- tastes, Which

Altus

Bassus

Lute

joys re- call that thence are fled: Yield thy breast some  
un- solv'd des- pair pur- sues; Whom soon af- ter

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liv- - ing light, The man that no- thing doth is dead.  
vi- o- lence hastes Her- self un- grate- ful to a- buse.

[10]

Tune thy tem- per to these sounds, And quick-en so thy  
Skies are clear'd with stir- ring winds, Th'un- mov- ed wa- ter

joy- less mind; Sloth the worst and best con- founds,  
moor- ish grows; Ev- 'ry eye much plea- sure finds

It is the ru- in that of man- kind.  
To view a stream in bright- ly flows.