

...Unz þrír kvámu
ór því liði
öflgir ok ástkir
æsir at húsi,
fundu á landi
litt megandi
Ask ok Embla
örlöglausa

Önd þau né áttu,
óð þau né höfðu,
lá né læti
né litu góða;
önd gaf Óðinn.
óð gaf Hænir,
lá gaf Lóðurr
ok litu góða

Eismall-sut og vervill
Tils eg råka deg
Maður er manns gaman

English:

...Until three of the Æsir
assembled there,
strong and benevolent,
came to the sea;
they found on the shore
two feeble trees.
Ask and Embla,
with no fixed fate

They had no breath,
they had no spirit,
neither warmth nor voice
nor fine complexion;
Odin gave them breath
Haenir gave them spirit
Lodur gave them warm life
and fine complexion

Sorrowed by solitude
and astray - until I met you
Man is man's joy