

...Unz þrír kvámu  
ór því liði  
öflgir ok ástkir  
æsir at húsi,  
fundu á landi  
lítt megandi  
Ask ok Emblu  
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 ráka 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