

Ask and Embla

Three gods create Ask and Embla

The sculpture Ask and Embla in [Solvesborg, Sweden](#)

Ask and Embla ([Old Norse](#): *Askr ok Embla*) were the first humans, according to [Norse mythology](#). They are mentioned in the [Poetic Edda](#). It is said that three gods find Ask and Embla and gave them various corporeal and spiritual gifts. [Odin](#) gave soul, [Lodur](#) gave feelings and [Henir](#) gave mind.

Askr means [ash tree](#). The meaning of Embla is uncertain.

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<div>Norse mythology</div> <div> <ul style="list-style-type: none"> v t e </div>		
<div>Deities</div> <div>Heroes</div> <div>Figures</div>	<div>Æsir</div> <ul style="list-style-type: none"> Baldur Bragi Dellingr Forseti Heimdall Hermóðr Höðr Hœnir Kvasir Loki Meili Móði and Magni Odin Thor Týr Ull Váli Víðarr Vili and Vé 	
	<div>Ásynjur</div>	

		<ul style="list-style-type: none">• Bil• Eir• Frigg• Fulla• Gerðr• Gefion• Hlín• Iðunn• Jörð• Lofn• Nanna• Rán• Rindr• Sif• Sigyn• Sjöfn• Skadi• Snotra• Sól• Syn• Thrud• Vár• Vör
	Vanir	<ul style="list-style-type: none">• Freyja• Freyr• Njord• Nerthus• Óðr
	Others	<ul style="list-style-type: none">• Ask and Embla• Borr• Búri• Dwarfs• Einherjar• Elves• Fenrir• Hel• Jörmungandr• Jötnar• Mímir• Norns• Valkyrie

Locations	<ul style="list-style-type: none"> • Álfheimr • Asgard • Bifröst • Hel (realm) • Jotunheim • Midgard • Múspellsheimr • Niðavellir • Niflheim • Valhalla • Vanaheimr • Wells <ul style="list-style-type: none"> ◦ Urðarbrunnr • Yggdrasil
Events	<ul style="list-style-type: none"> • Æsir-Vanir War • Ragnarök
Sources	<ul style="list-style-type: none"> • Gesta Danorum • Poetic Edda • Prose Edda • Runestones • Sagas • Old Norse language
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