



Ask and Embla – the first humans

Once upon a time, long ago, when the world was still untouched and raw, the gods walked across the newly created sky and looked down on the empty land below them. But Odin the All-Father, the wisest of them all, recognized something in the wood of two fallen trees washed onto the shore by the waves. He saw creation in the driftwood of an ash and an elm. His brothers Vili and Ve could see nothing but dead wood.

But Odin knew exactly what to do: from the driftwood he created the first humans Ask and Embla. With his divine breath he breathed life into their bodies. The two progenitors of the entire human race had now been born and with their existence Odin initially also brought hope for the survival of the young world - for they were soon blessed with children.

To this day, the Ansuz rune bears witness to Odin's creative power, his divine invigorating breath. For a long time Odin has been passing on his wisdom, whispered into the ears of the descendants of Ask and Embla who want to listen - every word from his lips carries a message full of power.

ANSUZ



This archaic symbol, the Ansuz rune, represents the spiritual aspect of our existence; it shows us a direct path to oneness with the higher self and the cosmos itself.

For many people, this spiritual healing is still very present in their lives - although we are not directly descended from Ask Optical Embla, we should become aware that Odin symbolizes a power that lies hidden within ourselves: we can connect with the world and explore our inner potential.