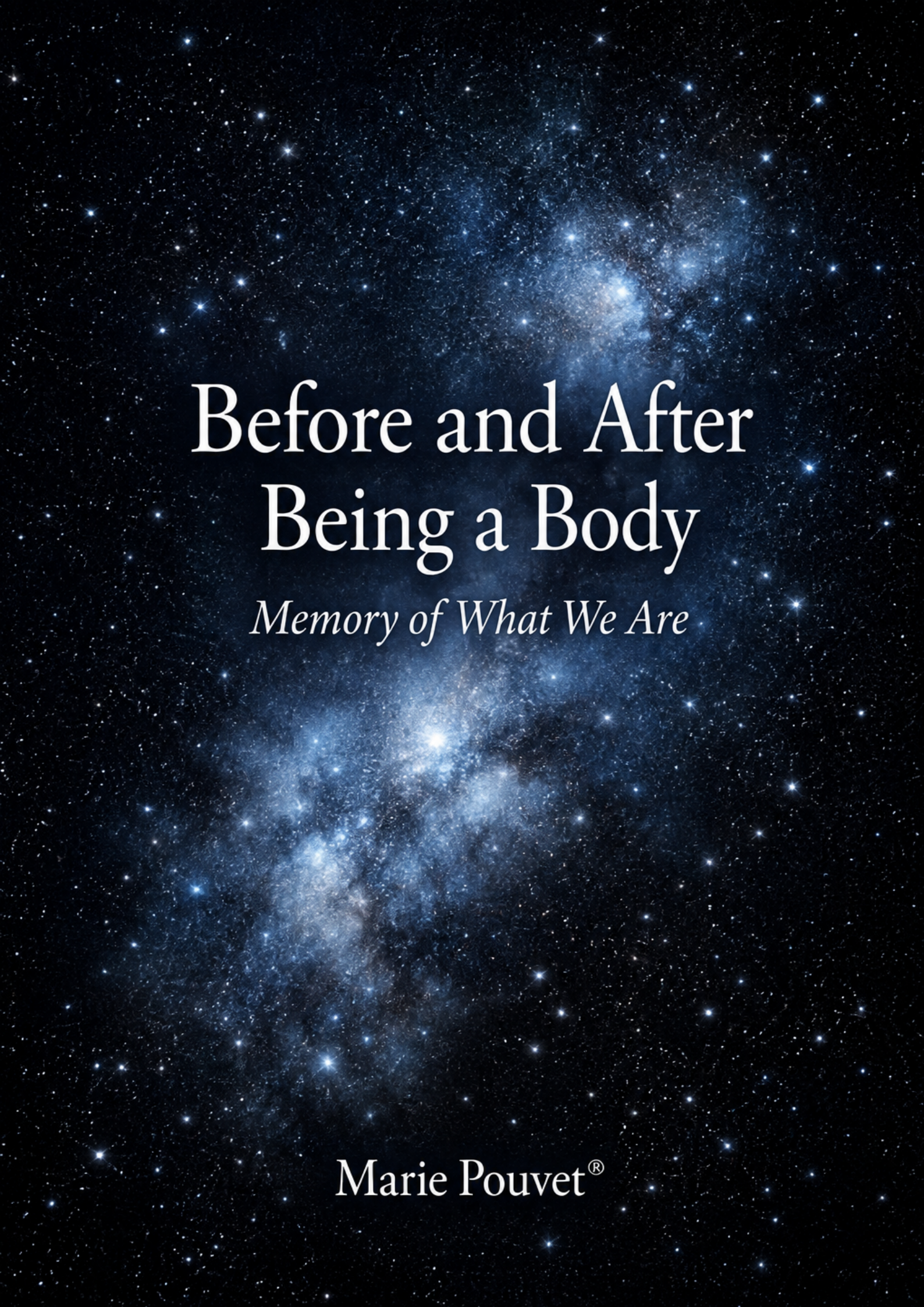




Before and After Being a Body

Memory of What We Are

Marie Pouvet[®]

BEFORE AND AFTER BEING A BODY

Memory of What We Are

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Life is often thought of as having a starting point and an ending point. Between the two, a body, a name, a story. We learn to identify with that form, to believe that it is all we are. Yet there is another way of looking at life: not as a line that begins and ends, but as a temporary experience within something greater.

Before being a body, there were no defined boundaries. There was no age, no gender, no personal memory. There was matter in its freest state, conscious energy without a story. Science speaks of stardust; spirituality speaks of origin. Both perspectives meet at one essential idea: nothing truly begins when a body begins.

To incarnate is to enter density. To enter time, separate perception, the experience of limitation. The body is neither a punishment nor a fall; it is a vehicle. Through it, we feel, love, lose and learn. Through it, error and correction, attachment and detachment become possible.

For a long time, heaven has been imagined as a place we go to. But it can also be understood as a state rather than a place. Not something we reach, but something we remember. Not ascending, not travelling, but releasing the form that made the experience possible.

To transcend does not mean to disappear. It means no longer sustaining density. The personal story comes to an end, the body grows still, identity gradually dissolves. What is essential needs neither name nor form to continue.

Throughout life, an identity is built: name, character, memories, wounds, roles. All of this is real while it lasts, but it does not define what is essential. What is essential does not age, does not accumulate history, does not fragment.

The fear of transcending is often the fear of ceasing to exist, of losing what is familiar. But if something already existed before becoming a body, what exactly is lost? Perhaps only the form we learned to identify with is lost, not the essence.

Thinking of the passage from the perspective of origin brings calm. It does not erase pain, but makes it more bearable. It does not seek to solve the mystery, only to accompany it.

Before being a body, there was no fear. After being a body, perhaps there is none either. Between the two lies the human experience: brief, intense, profoundly valuable. Remembering this does not prevent loss, but it offers companionship.

Like a silent certainty: nothing essential is ever lost.

Credits

Text and concept: Marie Pouvet®

This minibook is a symbolic and spiritual reflection. It does not replace personal, religious or medical beliefs. It invites contemplation, not certainty.

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