



Wingulamashahidi is a journey of discovery that leads us to the heart of our faith. It is a path that is both challenging and rewarding, one that allows us to explore the depths of our beliefs and to discover the truth that lies within us. As we journey through the pages of this book, we will find that the answers we seek are often found in the most unexpected places.

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Introduction

When we think about the heart, we often think of it as the pump that keeps us alive. But in a spiritual sense, the heart is the center of our emotions, thoughts, and will. It is the seat of our love, our joy, and our sorrow. It is the place where we meet God and where we find our true self.

“The heart is the seat of the emotions, the seat of the affections, the seat of the will, the seat of the intellect, the seat of the conscience, the seat of the soul.” — 1 Corinthians 2:5

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