



Glimmer from your soul - 'Patina'
Ernest Frost (BA-Ed, Hons, MA-Litt (Poetry))

Certified NLP Master Practitioner
Certified Practitioner of Eriksonian Hypnotherapy
Certified Practitioner of Energy Re-Sourcing™

Contact details : Glimmer from your soul - 'Patina'

Bryanston +27 (0)82 926 7970
Johannesburg info@ernestfrostonlp.co.za

Biography

My life was interrupted very suddenly when one evening, an old man looked me in the eye over a flickering candle and asked: "Who do you serve?" The answer which I wanted to give and usually do - "God and my community of course" stuck like dry old bread in my throat. My body gulped like a fish while my mind wanted to answer but there was just silence. He smiled and said: "That's fine." That four words set me on a journey to depths I did not know exist and I often thought I would never come up again. It is with the utmost humility that I want to help my fellow human beings on their journeys. In deep gratitude to NLP and my trainers, Min and Conor, the torch which you have given me I want to pass on.

Specialities

- Life Coaching

Being a specialist antique dealer for many years I have often wondered about the word:

'Patina'. It is a word which is used for that very special layer of age which is made up by all the dust, polish, scratches and marks which have built up over many years on the surface of an antique item. It is these items which are the real sort after pieces, and NOT the restored ones. Pieces with a good patina have a deep glimmer which you can look into; it is a mystery coming from within; not a surface shine. We as humans also have patina, all our marks and scratches on our surface while experiencing and living life. And so often we loose that special glimmer. But it is ultimately these same 'dust and scratches' of life which can make you glimmer from your soul. We all have it, it just needs to be remembered again.

To add yourself to the list .