

CHRIS BADENHORSTme@cBadenhorst.com / Chris@ProvisionsOfGrace.org

+27 72 331 6523 (WhatsApp)



My **Mission** is to help people heal and experience the freedom that comes from our own healing.

That by questioning everything about our own self and discovering those questions, we begin to unravel all that we have been with a revealing of who we truly are under (and out from) all that this existence has encrusted us in.

No longer burdened by the effects of what has happened to us, or the internal detriments of them:

- Religion.
- Abandonment.
- Rejection.
- Missed Diagnoses.
- Abuses.
- Divorce.
- Childhood Trauma.
- Complex Trauma.
- Neglect.
- Fear.
- Anxiety.
- Depression.
- Dependency.
- Control / Manipulation.
- Narcissism.
- Addiction.
- Hurts.
- Pains.
- Anguish.
- Torment.
- Mental Illness.
- Religious Abuse.

That no matter what has come before or will come to, we have the knowledge, understanding, and capability to live free from our own self and those around us.

As we chose to unravel all that has been in our life—from our inception to our now—we hit upon a personal Truth that breaks-off those parts which had unknowingly been holding (binding) us.

Uncovering parts of us, opening up our childhood, questioning the why's of 'me' (actions / behaviours / routines / go-tos / habits / history), reaching into our shadows, nurturing what had not been, reparenting what should have been, removing the blame we weren't to have taken on, giving the shame back to those who put it there, forgiving ourselves for not yet knowing.

For all of this, I share my own history, experiences, knowledge, and insight of these into this life (my own and yours)—to bring about an experiential freedom that I long for everyone to have for themselves (individually and collectively).

To be the You that you were Created as.

The desire (**Purpose**) I have through **cBadenhorst – Missions** is to share my life-journey as I myself learn and grow and change. That in doing so, you may be helped through your own life-journey.

My belief in the Lord helps me in this journey—as I do accept His desire to want me to break free from my own strongholds.

On the pages through my [blog](#) and [Instagram](#) (linked to [Facebook](#)), I share the life and healing-journey I am on.

I still am delving into all these areas of my life; uncovering the ramifications of childhood and adulthood abuses, the detriments from my religious experiences, my survival programming, my inherited traits, my Autism, and my Combined ADHD, and all that is my healthy / unhealthy.

So not only am I becoming more knowledgeable about how I survived by building fortresses of protection, I could now begin to see how those then-built strongholds affected my own life and relationships in the now (as an adult).

But also, post diagnosis, see now why I was different growing up, never feeling I fit in, being abused for not being "normal", and re-experiencing my life in this clarity.

And as I have embraced all these areas of healing (a very painful and uncomfortable process), I reveal my true ME, un-programming that which does not belong, re-parenting my childhood self, and to be the me ("Just Be") I was created as (as myself / to myself / for myself... and for others).

And be able to embrace the pains of this world. It's ok that pain exists—we were not designed to experience it—hence why we so naturally want to avoid it!

The **Premise** of my Missions being:

**You CAN change. I CAN change. We all CAN change.
Not to become, but to uncover who we truly are.**

What I have garnered in my life—from observations of myself and from others—is that the majority of what makes us "us" is our upbringing. The "us" being our personalities, emotions, thinking, heart, and actions/reactions to things.

Each one of us has a unique upbringing and interpretations that define who you will be—whether that upbringing was experienced as more positive or more negative. You, thus, develop strengths and weaknesses in your life.

Finding uses for those strengths is key to helping you in your career, relationships, and rearing of your children. And then, also uncovering those weaknesses (iniquities) that will become a detriment to the positives.

Even those "survival" aspects of your upbringing that instinctively protected you as a child (becoming your castle), instead of continuing to protect you, becomes a prison—limiting your freedom of being, your relationships, career, and your influenceable environment.

Those iniquities and survival techniques now become a stronghold to living a freer life outside of that which was engrained into you as a child.

So, now, your responsibility is to "re-train" / "re-parent" yourself to undo what no longer belongs (is beneficial), and to build in its place that which does promote a better life (for ourselves and for everyone around us).

This is where it truly boils-down to the "breaking of strongholds" and "renewing of the mind". And the change we can make, for we are malleable human beings in body, mind, soul, heart, and spirit.

And my belief in the Lord plays a huge role in this possibility, guiding me not only Biblically and Relationally, but with the people that influence my life for the better—those that are likeminded.

This culmination of people, purpose, medication, meditation, plant-journeys, cultural exchange, safety, and your relationship with the Lord redirects your existence into a "Life more Abundant" in this life now!

Because when what makes us "us" transitions from that flesh "us" to the Spirit "us", we bring Life to ourselves, our being, and our surroundings.



We break off that which does not belong, to reveal that which we are!

Like hard eggshells of Porcelain / Plaster breaking off the body

(resembling a breaking-off of a restriction / binding-agent that is the stronghold)

My [Beliefs](#): It is only about LOVE!

For when we understand the genuine purity that is Love, we alleviate the confusions of existence, ourselves, others, religion, and "god".

Not only does this Love exist in us as Created, we get to experience Love through the life and testimony of others.

Yet, too often, we have not experienced Unconditional Love in our own lives and upbringing—thus, tainting how we view and express "love" ourselves or through other people.

My Religious Deconstruction is shared within this blog and that of Provisions of Grace. And in having started that journey, I have seen the failings of religion in "missing" love and the Heart (Character and Nature) of the Lord as Love.

For me, any confusions as to Who the Lord is, is eliminated in the embodiment of Jesus Christ—Jesus expressed ALL of Who They Are (not what others in the Bible thought, interpreted, or believed God to be).

This is what I believe and hold true in my heart: Love. For beyond the [Biblical beliefs I share on Provisions of Grace](#), the Lord is not limited to the Bible (*nor the perceptions or interpretations of the writers and translators of the Bible*). For it is that I (we) are:

to Seek the Lord in All Things, and to then Find the Lord in All Things

The Lord is imbued in ALL of Creation and Existence—the All of the infinite and infinitesimal. Their makeup of Love are in each and every person, resonating out from each inanimate object, with a Life felt by all living beings.

When we un-limit ourselves to one "book", one "person", or one "religion", we get to un-limit Love.

It is only about LOVE!

[For Bible Studies, please visit my Provisions of Grace blog.](#)



Missions

Learning to let go of my
past imperfections.
While also learning not
to hold others to the
same unattainable
perfections
I place on myself.



**SOMETIMES, WE
JUST WANT TO FEEL
CARED FOR IN
OUR TIME OF LACK**

(2024-02-06)

Emotions don't *lie*,
we sometimes just
mis-interpret them

(2025-07-19)

The **mental, emotional, and
physical drain after** one has
stood up for yourself...

- against the *abuser*
- against the *programming*
- against the *fawning*

...it's **debilitating and real**.



Chris Badenhorst

10 Aug 2018 · 🧑

Embrace the hurts you face when doing
things out of love. The pain demonstrates
that you are doing things from a heart of
God; for the emotions you feel is the same
that the Lord feels.



Discover
Your
Freedom

(2023-06-29)

Sometimes
the only way
to see **inside**,
is to *break*
the **vessel**.

*That vessel
is often ourselves.*



Suicide Awareness & Prevention
(my struggle too)



Chris Badenhorst

2 Jan 2020 · 🧑



No matter where you are, you can always
be a motivation for someone else. Too
often we seek out motivation from others
without realizing we can be a motivation
for someone else. Don't disregard your life
and situation because it may not be where
you want it yet; but it does mean you have
succeeded in being where you are (up or
down), and that testimony may pull
someone else up. Don't disqualify yourself,
but value yourself as a means and need for
another. And share life together with that
friend, spouse, family member, or stranger.

(2025-01-01)

Self-Awareness includes:
seeing the things we believed
wrongly about ourselves, others,
or our life as a whole... and then
**no longer letting them define
how you live life.**



(2024-01-20)

The **fawning** that helped keep
me *safe* from abuse as a *child*,
became the **fawning** that helped
get me abused as an *adult*.

(2024-01-04)

Communication is also asking:
"What do you mean by that?"

**We Live in a World of
Landmines**

The Lord wants to
guide us around them;
but that doesn't mean
we won't get hit by
the shrapnel from
someone else's mine
that got stepped on



(2024-06-06)

The **Persecution** is
our Programming's
resistance to
our **Healing**.

Missions

(2025-01-25)

Self-Worth is one of the greatest **accomplishments** in **healing**. For, *from it*, you receive (and hold true) the love, care, gratitudes, and complements **from others**.



Your joy in life
isn't determined
by your wins,
but how you deal
with defeat



(2023-11-20)

We are all
vessels of healing
for one-another



(2023-10-04)

Don't abandon your the healing journey because the anxiety is too much, or the progress seems to not be manifesting.

To cut and run may give some resolve to the pain of transformation, but the journey to where you are will only have to repeat.

The immense pressure to quit means the breakthrough is at the door. In just a bit, you will get to open it and welcome the change you deserve.



(2023-11-30)

Being strong doesn't mean I don't feel anything; it means I keep going with what I am *feeling*.



(2024-12-26)

You don't realise you're not self-aware, until you become self-aware.

(2024-02-21)

For *some*, discipline is:
- going to the gym every day.
- saving money.
- attending university.

For *others*, discipline is:
- actually getting out of bed today.
- deciding to brush my teeth.
- eating something.
- learning to cry.

What may be **hard** to *others*, is not **hard** to *some*. But still hard.



(2025-01-24)

I used to do things by *myself* out of **loneliness**; now I do can do things by *myself* out of self-love.

(2023-10-21)

Let the emotions settle before trying to determine them.

You can't properly clean a room if the dust hasn't settled.

We just have to wait before we can fully explore and interpret what the emotions are. Even though, waiting can be the hardest thing we have to do.



(2023-07-10)

Part of having the ability to unconditionally love someone is not letting your value be tied up in their thoughts, beliefs, and feelings of you (whether true or not).

There lies a boundary where it's purposeful to care if what someone feels about you is true or not, without it changing how much you love them.



LET THE ANXIETY
REVEAL IN YOU
THE CHANGE
NEEDED TO MAKE
IT GO AWAY



(2024-04-21)

Doing it to be *Healthy*.

vs.

Doing it from a space of being *Healthy*.