

WHAT REALLY KILLED WHITNEY HOUSTON

HOW UNCONSCIOUS LOYALTY DESTROYED ONE OF THE
GREATEST TALENTS OF ALL TIME -
AND WHY IT COULD BE HAPPENING TO YOU



Judith Sherven, PhD
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AND WHY IT COULD BE HAPPENING TO YOU**

Los Angeles Times Best-selling Authors

Judith Sherven, PhD

Jim Sniechowski, PhD

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PhD

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What Readers Are Saying...

This is the most important book ever written about the most important subject facing every aware human being: how to fulfill your magnificence and not succumb to lethal unconscious allegiances. This is a book about the deepest personal freedom possible. Nothing matters more.

- Art Klein, Best-Selling Book of the Month Club Author and former Vice President of Marketing for The New York Times Corporation

WOW! I've already perused 'Whitney' and while doing so I felt I was skimming an unequivocal *New York Times* Best Seller. Now I really look forward to reading it.

- Kellie Frazier, Simpsonville, South Carolina

You showed a lot of compassion in explaining that as long as Whitney remained unconscious to her allegiances, she hardly had a fighting chance to rise above them. I really liked the way you showed (not blamed, which is so easy to do) how those generationally passed along unconscious forces just keep on literally limiting one's ability to truly choose. You were strong, direct, and accurate so that all the media speculation really seemed quite silly compared to your analysis. The big bravo goes to the two of you for doing it yourselves and showing the way.

- Kelly Cline, PhD, Todos Santos, Mexico

You told the story of Whitney's allegiances so well that it got right to the core of my own issues and how I play them out in my life. It has really been life changing for me. You put it so clearly that it would be impossible not to get it if we are awake enough

and desire to see the similarities in order to make life changing shifts. Maybe it is in her death that Whitney will be our teacher with the awareness you so clearly spelled out. Well done you two!

- Wendy Lucas, Virginia Beach, VA

I completely devoured Whitney Houston---it hit very close to my current personal experience and 'struggle.' Very timely insight indeed about my own unconscious allegiances. Thank you!

- Maurice Dobbs, Montreal, Canada

This is a brilliantly written psycho-history of Whitney Houston, detailing the unconscious influences that led to her inability to cope with two totally different worlds which put her in an insurmountable emotional bind. However, what she experienced is not rare. Many of us have unknowingly battled with conflicting, unconscious allegiances ("emotional vampires"). What makes this carefully-documented, empathic, very deep analysis of Whitney's allegiances even more timely is that it provides the reader with a roadmap for discovering their own unconscious loyalties so they can address them constructively and become the successful individual they really truly are and want to be.

- Dr. Signe Dayhoff, Placitas, NM

The kind of unrelenting unconscious psychological forces that caused Whitney Houston to crash and burn operated in my life as well, leaving me frustrated and baffled as to why I kept flying in circles—until I was lucky enough to meet Judith and Jim..By understanding their message about Allegiances, I was finally able to reset my course in life toward an exciting new destination and the loving partner who awaited me there.

- Tom Albertsson, Gold Coast, Australia

Wow, your message is very powerful and poignant. It resonated with me and was very helpful!

- Sarah Hopkins, Las Vegas NV

Recently, I was introduced to a book written by Judith & Jim about the life and death of an American icon, Whitney Houston. This beautifully written story details the life of a legend, with an emphasis on her humanity and some of the reasons for her tragic demise. This touching examination moved me to more deeply understand Whitney's situation because of the science and the logic that Judith & Jim reveal about what was guiding her behavior. It was "Unconscious Loyalty" to her destructive beliefs that truly made me see why the events played out as they did. With this heart felt epiphany, I examined my own beliefs and began to reevaluate their validity and my loyalties to them. The thought provoking and informative nature of this book has left me with a renewed vigor for my own personal journey of self-discovery and awareness. From the bottom of my heart, Thank you! Judith and Jim, for taking the time to create such a powerful story! I know this book will touch the hearts and souls of everyone who has the pleasure to take in its words.

- Jim Duffie, Raleigh, NC

I just started your book. It is brilliant! Can't wait to read it ALL! It's so sad. If only Whitney had found you at the beginning of her career!!!

- Baeth Davis, Los Angeles, CA

I don't follow pop culture much, but I certainly noticed the press pointing to drug addiction and Bobby Brown as the causes for Houston's death. What you're saying makes so much more

sense---and explains why so many people who achieve amazing success can't hang on to it.

- Jeremy Palmer, Maui, HI

Thanks Judith and Jim, now I have a better understanding about why Whitney could not beat her demons—her unconscious loyalty to her roots. And what I found astoundingly true was that "Whitney did not serve the God she praised."

- Pam Brown, Las Vegas, NV

Your Whitney book is a lesson for everyone who wrestles with being what's "expected" of them. It's so powerful it's turned into a book I'm "studying" – it's great. And you two are awesome writers, so it's a pleasure to read! Wow!

- Tonja Johnson, Grand Rapids, MI

I've been a fan of Whitney's since I was in junior high school, and I was always mystified by her downfall. It made no sense to me at all, and I knew nothing about her childhood beyond her connection to some of her famous relatives. You explain succinctly what drove her over the edge, and I could relate to her story personally. I've also made bad decisions while knowing they were bad decisions without being sure why I was doing it. Strong work!

- Faye Gettima, Bronx, NY

WOW! You put into words what Whitney's world was really like: her thoughts, her demons, her mind's hidden agenda! And when the lesson isn't learned, it's repeat, repeat, repeat! I'm tired of the repeats! A big thank you for your light on the subject of me through opening the truth about Whitney!

- Marie Berry, Henderson, NV

Free Bonus Gift

Dear Reader -

Throughout This Book You'll Be Learning About The Power
of "UNCONSCIOUS LOYALTIES"...

To make sure that you can apply this information to your own
life, we want you to get:

A FREE SURPRISE BONUS

"Unconscious Loyalties: An Exposé About An Untapped
Secret To Greater Success"

It's a 10-page eye-opener you'll thank us for later!

So get yours now!

<http://whatreallykilledwhitneyhouston.com/freereport/>

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Dedication

This book is dedicated to Whitney Houston and all of the many, many other stars and superstars who could not develop a new identity to match their external success, who could not grow a solid sense of internally-based self-confidence: Michael Jackson, Elvis Presley, Marilyn Monroe, Amy Winehouse, Judy Garland, Billy Holiday, Kurt Cobain, Jim Morrison, Janis Joplin, Jimi Hendrix, Frankie Lymon, Bon Scott, John Belushi, Keith Moon, Chris Farley, John Bonham, Heath Ledger, and the list goes on. Instead they succumbed to the demands of their unconscious psychological loyalties and the consequent insecurities and holdbacks that follow.

At the core, Whitney was stuck in Allegiance to her early roots. She could not break free to live her life in the present and build a future of her own making. She was loyal, deeply loyal, and most important, unconsciously loyal to where she came from, which resulted in lifelong insecurity depriving her of inner permission to build on her success. Instead, her unconscious Allegiances were the basis for her long and painful downfall.

This book is also dedicated to you the reader, because Whitney was not the only person susceptible to unconscious roadblocks. Everyone is. So it is our sincere hope that what happened for Whitney will shine light on the dangers of unconscious loyalty so you can take whatever steps necessary to assure that you do not live your life imprisoned by your own unconscious holdbacks.

We urge you to pass along your recommendation of this book so that it will reach more and more people, illuminating the dark

passageways of the unconscious and freeing more and more people from their internal, unconscious, and self-destructive loyalties.

Thank you!

A handwritten signature in red ink, reading "Judith & Jim". The signature is written in a cursive, flowing style. The word "Judith" is on the left, followed by an ampersand, and then "Jim" on the right. The ink has a slight shadow effect, giving it a three-dimensional appearance.

Judith Sherven, PhD and Jim Sniechowski, PhD

Introduction

Growing up from a dependent child to an independent, mature adult is the ideal journey of life. That journey is always filled with challenges, but those who succeed enjoy physical and spiritual rewards that make living a joy.

For those who don't succeed, those who remain stuck in childlike beliefs and dependency, life is a painful path of illusion, confusion, and insecurity. And all too often their lives are laced with tragedy.

Sadly, Whitney Houston, who was blessed with talents and opportunities that very few people ever experience, that most people can't even dream of, never overcame the challenges of her extraordinarily blessed life. Instead, she remained stuck in an unconscious psychological dependency based on her past and could not free herself to fully become all that she had the promise to be.

Many people say that drugs killed Whitney Houston. Yes, drugs were a part of her downfall, but they were only symptoms, the obvious evidence of what was actually an emotional addiction to where she came from. At a very deep level, an unconscious level, she was more powerfully attached to beliefs, images, and attitudes that kept her dependently loyal to and dragged down by the insecurity of her earliest childhood. This loyalty is what ultimately killed her.

Supported by documented accounts of Whitney's life *What Really Killed Whitney Houston* is a picture of Whitney's unconscious mind and the darkness that consumed her.

Please note that most often we refer to Whitney as Whitney rather than the literary device of her last name Houston, since her mother Cissy shares the same last name.

Also, this is not a biography, with a straight time-line. Instead, we use the events of Whitney's life to illuminate and demonstrate her unconscious loyalties so you can best understand the power of the unconscious as a source of the self-destructive decisions people make.

Who Whitney Was...

Music industry leaders from Tony Bennett to Lady Gaga agree that Whitney Houston was the greatest musical star of our time. She was beautiful beyond measure. And she had heart—not just her soul-filled heart expressed through her compelling five-octave musical genius, but also the deep heart of compassion and care for those she knew and worked with—at first.

The *Guinness Book of World Records* cited Whitney Houston as music’s “most awarded female artist of all time.” She was the winner of 411 industry awards, more than any other female artist. This included six Grammys (with 26 nominations) and two Emmys, 23 American Music Awards, and 16 Billboard Music Awards.

At only 25, she was also the highest-earning African-American woman in the country and the 8th highest-earning entertainer overall. She sold more than 170 million albums, was awarded a never-before \$100 million recording contract with Arista/BMG, and earned the love and devotion of millions of fans and colleagues around the world. As described on Oprah’s website, “Houston is a singular force in music today.”

She was the daughter of Grammy award-winning soul singer Cissy Houston, cousin to Dionne Warwick, and she had a very close family relationship with Aretha Franklin. From the outside it looked like she had everything.

So, what went wrong?

Looking In the Wrong Place

Plenty of people have blamed drugs, alcohol, and Bobby Brown for Whitney Houston's death.

Bill O'Reilly claimed she wanted to die, saying on his Fox TV show, "The hard truth is that some people will always want to destroy themselves, and there's nothing society can do about it."

Longtime friend Chaka Khan suggested to CNN that, "Whoever flew her out to perform at that [Clive Davis pre-Grammy] party, should have provided someone to be there. To keep the riff-raff out. To keep the dangerous people away."

Celine Dion paid tribute but was truly mystified as she talked with Robin Roberts on *Good Morning America* just after Whitney's death: "Whitney has been an amazing inspiration for me ... It's just really unfortunate that drugs, bad people or bad influence took over. It took over her dreams. It took over her love and motherhood. When you think about Elvis Presley and Marilyn Monroe and Michael Jackson and Amy Winehouse, to get into drugs like that, for whatever reason, is it because of the stress and bad influence? What happens when you have everything?"

Bill O'Reilly's simplistic response was typical. He dismissed the problem by defining a group of people as self-destructive and that's that. He offered no explanation. He had none.

Chaka Khan implied that the problem was to be found with the riff-raff. Whitney had to be protected from them.

Celine Dion blamed it on having everything.

Whitney's A & R (Artists and Repertoire) man Gerry Griffith was quoted in *Rolling Stone* (March 15, 2012) as saying, "A lot of us talked about it: where was this rebellion coming from? No one could come up with an answer."

That's because the answer could only be found in Whitney's unconscious mind, in her unconscious loyalty to her roots. A deeply embedded psychological power that is little understood, it was Whitney's unconscious loyalty that led to her death.

The unconscious mind, present in every person, is responsible for much if not most of the unexplainable, mystifying behavior we see in the world. To more clearly understand the presence of the unconscious aspect of the human psyche, imagine an iceberg. Only 1/8 of that mountain of ice is visible above the water line. That means 87.5% is below and not visible. The unconscious is like that part of the iceberg that is not visible. It's below the water line of consciousness.

By sheer percentage, and because much of its personal content is developed very early in life, the unconscious most often overpowers the conscious mind, that part of the mind through which we know and experience ourselves—how we believe and behave every day. Another way to think about it is to imagine a large four-drawer filing cabinet, with contents going all the way back to the conception of the individual whose records are stored there. In fact, imagine that it's your life-time filing cabinet. By the time you're a teen-ager, all that you've learned, absorbed, and practiced has long been over-stuffing the cabinet. So the very earliest feelings, awareness, and information about your life have now spilled over the back of the drawers and have fallen out of sight, out of mind, out of awareness. Nevertheless, they are still a

very significant part of who you are and the way you think, feel, and live your life.

All of your earliest input is now out of your awareness. That's your unconscious psychological programming. And we'll be taking you through the power of this aspect of being human in a lot more detail so you can understand the power of Whitney's earliest environment on the rest of her life.

For now, what is important is to stress that most people know hardly anything about the unconscious, and have never even heard about "Unconscious Allegiances" and "Unconscious Loyalty." That's not surprising. But when it shows itself, as in Whitney's death, people are dumbfounded. Why would someone who had so much---talent, charisma, beauty, and incredible success---spiral down into a pathetic, ugly death? What was driving her? Why couldn't she change her behavior? Why couldn't she change her identity to actually live fully and joyously as the star she became?

Starting with the early life of Whitney Houston, we'll then take you into the very early developmental life of all humans—how we see ourselves, the world around us, and how we organize ourselves to go forward—in other words, how we develop the unconscious loyalties that drive our lives unless and until we can gain conscious control and make new decisions about who and how we can be in the world.

We'll then take you on a journey through Whitney's unconscious loyalties so you can deeply understand what really killed Whitney Houston.

Whitney's Early Roots

Whitney was born into the projects of Newark, New Jersey August 9, 1963. Of African-American, Native-American, and Dutch descent, she was the only daughter of Cissy and John Houston. Raised in one of the oldest Black Baptist churches in the country, also located in one of the roughest parts of Newark, she was also exposed to the teachings and practices of the Pentecostal church.

The New Hope Baptist Church where her mother was choir director was a big part of Whitney's upbringing. *Us Weekly's* Ian Drew pointed out that "[Whitney's] church was in Newark, in a rough neighborhood. It's not like Whitney grew up in a golden palace. There was a grittiness to her upbringing even though she was in a show business family."

As described in *Rolling Stone* (March 15, 2012), Whitney "idolized" her mother—gospel singer Cissy Houston. While mother Cissy had created a career primarily as a back-up singer for many notable stars including Aretha Franklin, Elvis Presley, and Mahalia Jackson, she was never a star in her own right. Nor did her mother have the exceptional physical beauty or the emotionally rich voice that made Whitney a world-class super star.

In watching YouTube video of Whitney and Cissy singing together, Cissy could certainly hit the high notes and sing with strength, but only Whitney sang with beauty and full-hearted emotional clarity. Yet, she idolized her mother.

While Whitney knew from a very early age that she could sing she didn't tell anyone. We have to wonder at this fact, since she

was raised in a musically-gifted and professionally recognized family. Why, why, why didn't Whitney tell people in her family that she could sing? Why didn't she show them what she could do? We'll never know. But as you read on, perhaps you'll come to your own conclusions about the forces surrounding little Whitney that contributed to her decision to keep her gift a secret.

It wasn't until she was 11 that she made her solo singing debut in her mother's church performing "Guide Me, O Thou Great Jehovah." The congregation was moved and impressed. She told *TIME* magazine in 1987, "I was scared to death... I was aware of people staring at me. No one moved. They seemed almost in a trance. I just stared at the clock in the center of the church. When I finished, everyone clapped and started crying. From then on, I knew God had blessed me."

By the age of 12, Whitney was singing backup on recordings for such major stars as Chaka Khan and Lou Rawls. Yet her ongoing insecurity was evident in her self-deflating statement, made to Anthony DeCurtis of *Rolling Stone* magazine in 1993 when she was 30 years old and a huge mega-star, "I sound like my mother when my mother was my age, though I truly think my mother has a greater voice than me, because she's the master, I'm the student [laughs]. She has greater range, greater power than I ever did."

Whitney's words reveal her inability to own her own genius, and when placed in the context of her overall relationship with her mother a deeper picture emerges.

A photo in *Rolling Stone* (March 15, 2012) shows Whitney's teen-age bedroom. Whitney is sprawled out on her bed with a very large framed poster-sized photo of her mother on the wall above her. The photo portrays Cissy as a tough, dark-eyed, emotionally

bleak and forbidding, cigarette smoking woman. Most teen-age girls don't have their mother's photo in their bedroom, let alone poster-sized. Also it's not the kind of warm and smiling photo of a mother that we might expect, especially since Whitney often referred to her mother as "the most important person in my life...." And that photo of her mother loomed, day and night, as an ever-present powerful psychological presence in young Whitney's life.

So what did Whitney "idolize" in her mother? We'll never know for sure, but this forbidding and dominant image of her mother is what greeted her every time Whitney went into her bedroom, and it's what looked down upon her even while Whitney was sleeping.

Adding to and reinforcing her attachment to her mother, we learn from *Wikipedia.com* that Cissy's parents had "owned a substantial amount of farmland in Blakely, Georgia during a time when it was unusual for blacks to own large portions of land. The asset was gradually depleted as small portions of the land were sold, over time, to resolve the continued legal troubles of a close relative."

In an interview with Steve North, who now writes for *DailyBeast.com*, Cissy quoted Whitney when she was much younger that speaks to whatever financial pressure Whitney felt coming from her mother—"Mommy, I'm going to be a star. I'm going to take care of you, and you're never going to have to work again!"

So taking just these two issues, her mother's photo and the financial loss of her mother's family, we can already begin to see that as Whitney spiraled downward, she wasn't failing. She was succeeding at playing out the dark images and loyalties of her unconscious attachment to her past:

1 – In the poster of her mother that hung above Whitney’s bed, Cissy appeared emotionally bleak, a cigarette in plain sight---even though Cissy was herself a Grammy winner.

As Whitney succumbed to her insecurities and her attempts to quiet her raging internal conflict with her mega-star status by using drugs and alcohol, she appeared to mimic her mother’s persona—more and more defeated, lost, tough, angry, emotionally bleak, and often seen smoking cigarettes.

2 - The family Whitney’s mother was born into lost its wealth through its loyalty to bailing out a close relative who was enmeshed in legal troubles. Mirroring the process, Whitney lost her wealth—often quoted as 240 million at the top and only 20 million at her death—due to her inability to focus on what she needed in order to thrive. Instead she constantly gave away her money to others while surrendering to her own self-destructive addictions—drugs, alcohol, and Bobby Brown. Whitney called Brown "her drug," and said that she "didn't do anything without him." In 2004, in an attempt to help Brown succeed by being in his short-lived reality show *Being Bobby Brown*, she even exposed her increasingly emotionally disturbed world to the television audience.

The expression “The apple does not fall far from the tree” is a psychological truth, but not because of conscious choices to remain close. The apple doesn’t fall far from the tree because of what we call “The Love Grip,” the power of unconscious loyalty—a psychologically primitive and emotionally driving Allegiance that demands we stay loyal to the values, beliefs, and emotional atmosphere of our early beginnings.

Now, no one is at fault. But the fact is that as babies and very young children we form emotional bonds automatically and they

remain strong unless we take conscious steps to undo them. If we don't, we remain fixed in the world of our origins with powerful prohibitions against becoming different from how we were raised to be.

Remaining unaware of the power of unconscious loyalties makes it very difficult for anyone to separate from their origins and create a life of their own on their own terms.

Whitney's A & R man Gerry Griffith wondered where the rebellion "was coming from." The over-riding evidence is that she was rebelling against the super stardom she was experiencing driven by unconscious loyalty to her deep roots.

Development of Unconscious Loyalty

To understand the invisible power of the unconscious, and especially the invisible power of unconscious loyalty:

*** It's necessary to understand the primitive developmental world of a baby's brain;

*** It's necessary to understand what's going on from the time a baby is conceived, through its development for nine months in the womb, and then what happens in the developing brain of that child during the first three years of life.

*** And it's necessary to understand the impact of that early input, that now is unconscious—out of awareness—and the power it has in programming how we live in later life.

In the life of any human being, the process of development refers to the process of growing into a more mature or advanced state. It refers to discovering and expressing new skills, new understandings, new ways of behaving, and new relationships. The more we are aware of and understand the life changes necessary to live life more fully, the better we can embrace them rather than be governed by and sometimes become overwhelmed by them.

For example, as we become a teenager our body changes and we need to learn what is happening and adapt accordingly. By consciously accepting the process of development we can, with awareness, change how we understand ourselves, releasing what was part of our earlier life that doesn't work anymore, in order to

best experience and express our changing identity and new, larger life situation.

In an ideal world, the journey of life demands that we mature into adulthood, forging our ability to think on our own so we can have a life that is chosen and developed by us and therefore rightfully belongs to us as individuals, a life that is identifiable as uniquely ours. Yet, due to the power of unidentified unconscious programming, too often that is not the case for most humans.

Early Brain Development

Conclusive evidence indicates that a baby's brain starts developing at the moment of conception. But by the time that baby is born only 25 percent of the brain has been actually developed. The rest of the development occurs within that baby's home environment—for good or not—and primarily in the first three years of life.

And during those first nine months in the womb and three years of life we humans are like sponges—unquestioning sponges—unable to discriminate or choose what to take in or not.

Beginning as a fetus in the womb we are constantly in the process of experiencing and absorbing our environment. What we absorb makes up the early and, as a result, the deep content of our unconscious mind. This occurs automatically, without any ability to evaluate or question. We can't discriminate because we don't yet have that capacity. We are wide open vessels and all we can do is absorb.

Then once we are born, we take in whatever we experience in the larger family environment. And we do so without choice—including our immediate family members' moods, behaviors, and attitudes about us. We also take in the quality of our extended family, the neighborhood, and even to some degree what's happening in the culture at large. During this early developmental period primitive aspects of what will become our sense of Self develop. And this all takes place before we even have words, before we can speak, before we can think through what is going on.

For example, as we were writing this, we saw in *HuffingtonPost.com* (June 14, 2012), a report about an experiment conducted at Brigham Young University in which they found that “...at just 6 months old, babies can match the sound of a snarl to a photo of a dog with a threatening stance, or a happy bark with a contented pooch. As Professor Ross Flom, the lead author of the study explains, ‘Emotion is one of the first things babies pick up on in their social world.’”

Babies can also shift their own emotions to match what others around them are feeling. Citing another study, *HuffingtonPost.com* went on to say that it’s been determined that “... babies are great emotional eavesdroppers. They can quickly pick up the mood of those around them....” That’s according to a study done by the University of Washington which reported that “by the time infants are 12 months old they can even use emotional cues from others to regulate their own behavior. They also pick up on even the slightest changes in mood....”

In the same post, they featured another report about all that babies hear. “Imagine a world where you hear every possible sound, and aren’t able to block any of them out. That’s what babies deal with every day! According to professor Lynne Werner as reported in *ScienceDaily.com*, babies hear all sound frequencies simultaneously, unlike adults who selectively hear what they need to. While the adult brain can separate sounds and figure out which ones are important, a baby’s brain forces them to hear everything....”

So in this pre-verbal experience of what life is like we take in the emotional atmosphere, whether we want to or not: whether we are safe, whether we are loved, and what these people are like that take care of us. This primitive and deeply unconscious sense of

Self and experience of life is based on the totality of the very early impressions we experience and it remains in the unconscious even as we grow older.

In other words, the environment we grow up in goes in as “reality” and we go into the world and reiterate it. We incorporate a model of marriage from the marriage of our parents, our relationship with money from how money came and went in our growing-up household, our expectations for the future from how our parents and others around us related to what was possible for them and for us.

When we are exposed to possibilities of success that far exceed our original programming, if we are not aware of having been thrust into a serious conflict with our unconscious roots, all too often our unconscious allegiances will undermine our efforts and bring us down, as they did for Whitney Houston.

Even In the Womb

Extensive research has determined that the unborn child is continually responding to the life that’s happening inside and outside the mother’s womb. For example, the fetus can recognize specific music that is played repeatedly during the pregnancy. When abdominal ultra-sound imaging is used, the unborn child can be seen physically contracting in self-defense when there is loud noise in the environment.

Dr. Barbara Kisilevsky, a Queen's University professor of nursing along with a team of psychologists at Queen's University and obstetricians in Hangzhou, China found that babies are learning in the womb and can remember and recognize their mother's voice long before they are born. Kisilevsky states conclusively that, "Our findings provide evidence that the in-utero

[in the womb] experience has an impact on newborn/infant behavior and development.”

The important point here is that the fetus in the womb can focus and sustain attention, learn and remember. It has no choice as to what it’s experiencing and absorbing and therefore learning. Nevertheless, it begins piecing together the initial framework of its sense of Self as well as the world it finds itself in.

Imagine the difference between a fetus in the womb who is wanted, loved, and treasured and hears loving words of welcome and support from its parents along with soothing music throughout the day compared with a fetus who hears its parents screaming and perhaps hitting each other.

When a baby develops in the womb of a depressed, stressed, and/or angry mother, it shares the mother’s blood supply and is floating in and absorbing the resulting bio-chemistry of its mother’s feelings which affect that baby’s developing brain and its emerging identity---not to mention any nicotine, alcohol, or street and/or pharmaceutical drugs ingested by the mother before and during pregnancy.

Identity Formation

The development of a person’s identity continues throughout life, but the foundational and deepest aspects are created in the womb and their very early years of life. Then, much like the way the mother-board of a computer is programmed, primitive unconscious content is established and forms the base of a person’s identity. When that person is older, and unaware of the power of the unconscious, their pre-verbal programming will always have primary control—no matter that person’s age, education, success in the world, or even what their conscious mind

believes or desires. *This fact is essential in understanding what happened for Whitney.*

FACT: Our identity, our sense of Self, which is heavily shaped by unconscious content, is the source of who we believe we are, how we are supposed to behave, and what we are loyal to. Unless we take conscious action to the contrary, we are controlled by that unconscious content whether we like it or not.

FACT: This doesn't apply to just some people. This is a fact of life for everyone. It's a universal, psychological process, though not often recognized or understood by non-professionals. Yet it comes into major public notice whenever sports, entertainment, and political stars are driven to self-destructive behaviors that in their conscious self-awareness they would never choose to do.

FACT: No matter what anyone may say as they pooh-pooh "psycho-babble" or claim to believe when they say they place "their full trust in the hands of God," their early unconscious content and their unconscious loyalties will still direct how they think, how they behave, and the unfolding of their lives—unless they gain conscious awareness and control, changing their lives for the better.

As we move further into examining the troubled life of Whitney Houston, we will focus on what we call "The Fear Of Being Fabulous™"—the type of unconscious loyalty that all too often prohibits magnifying one's excellence and enjoying the most expansive and successful life possible.

Identifying Unconscious Loyalty

While this may sound completely obvious, it's important to stress that when a person is loyal to something they can't be loyal to its opposite at the same time. That would mean holding contradictory positions and that's impossible for most people.

For example, if you deeply believe in God you can't in your own mind be an atheist at the same time. Believing in God forbids being an atheist. And vice versa. One forbids the other. We call this a "Forbiddance."

What you believe in, what you give your loyalty to, we call that an "Allegiance." The combination of your Allegiance and whatever that Allegiance forbids ("Forbiddance") creates a very powerful, very demanding mindset, a mindset that puts you in an EITHER/OR stance. Your life will be directed and limited by whatever beliefs you give your Allegiance to. And whatever beliefs contradict it will be forbidden.

This Allegiance/Forbiddance psychological structure is critical to understand because it is the source of the mental and emotional tension and frustration that most people experience. For example, you try to move ahead toward something you want but you can't get there. You try and try but what you want—what you say and believe you want—always remains out of reach. You become confused, frustrated, and finally give up, comforting yourself with explanations like, "I guess it wasn't meant to be." Or you can attribute the impossibility of your situation to some force outside yourself—society, God, fate—without realizing that you are

caught in the conflict between your conscious desire and your unconscious prohibitions that keep you stuck.

Whitney was a glaring example of being stuck in this kind of unconscious bind. Something in her unconscious, something she was loyal to, deprived her of the freedom to absorb into her identity, into how she experienced herself and how she lived day-to-day, the fact that she was a super star, a Princess, the mega-millionaire she became, available to be loved by all audiences. She got to the top, the very top, but did not have internal permission to stay there. This is what we mean by what we call The Fear Of Being Fabulous. Because the success and stature she experienced posed a serious threat to the fabric of her unconscious identity.

Whitney's Deepest Allegiance

As her close friend BeBe Winans told ABC Network's *20/20*, "Whitney was hurt that some argued her music wasn't 'black enough.'" Winans remembered a tearful Whitney grieving, "They're saying I'm not black enough. I'm selling out."

In *People* magazine's Tribute Edition "Remembering Whitney" (February 27, 2012), an unnamed family member talked about how Whitney "...complained that she had to talk differently in public. She would put on this accent for a laugh where she sounded white. Everyone would laugh and be like 'Oh that's public Whitney.' And we would all laugh. And we'd be like 'You don't have to talk that way. There aren't any cameras here.' She loved us saying she was ghetto."

Because Whitney so desperately wanted to be accepted in the community she came from, she was unable to live in the full embrace of her success, in the world of international pop super stardom, and then take that identity back to her roots, back to her family, church, and community in Newark, New Jersey and still be accepted. In other words, she suffered from an intense case of The Fear of Being Fabulous.

According to a close friend of the Houston family, as reported in *People* magazine (February 27, 2012) "She was into coke at an early age...her escape from that cookie-cutter lifestyle that she lived on the outside." It was a lifestyle that was required in order to fulfill the role of the pop diva she had become, a lifestyle that conflicted with her deeply held loyalty to her roots.

In 2009 she told Oprah during a television interview that in 1996 when she starred in *The Preacher's Wife* with Denzel Washington her drug use was escalating. “I would do my work, but after I did my work [I used] every day. I wasn’t happy. I was losing myself.”

The truth is she didn’t have a Self she could call her own. She had never developed a personal identity. All she had was an unconscious loyalty to her roots. The mega-stardom that caused her to be celebrated and enriched by millions of fans around the world was in direct opposition to her loyalty to her desire to be ghetto. And her burning desire to fit into that ghetto culture imposed a serious disloyalty onto her stardom. So it’s no wonder she was unhappy.

Sadly there was no one there to help her understand the psychological dilemma she had moved into and to help her grow a solid sense of Self so that she could consciously integrate the totality of who she was and create a new way to live happily within herself.

Even as far back as her early stardom in 1985 she suffered from the heavy burden of being psychologically conflicted. She couldn’t comfortably live in both worlds—pop star and ghetto girl. That was forbidden. It had to be one or the other. Yet the black community, by her own admission, didn’t trust her or her super stardom. She was “too white.” And she could not give her heart to the world of super stardom because she had no psychological platform, no internal permission to ground her identity there.

So—she cracked. That is what took her down. The drugs and Bobby Brown were just the “tools” she used to get there.

Unconscious loyalty, what we call “The Love Grip,” holds people in Allegiance to their earliest beginnings. It imprisons them,

turning them into psychological hostages, their lives or aspects of their lives run by the content of their own unconscious mind. And they don't know it.

The true cause of Whitney's death can only be understood when we realize that her decades long, wildly self-destructive lifestyle—what she was unwittingly although successfully loyal to—was the expression of her dark and emotionally entrenched psychological roots, the deepest expression of her unconscious world.

For the public-at-large Whitney Houston symbolized all that is beautiful, gifted, and extraordinary. But, in her day-to-day life she was unable to hold on to it and continue to grow and build that extraordinary almost magical life—for herself AND for everyone who admired and loved her and her music.

But Houston is not alone. To some degree, every person struggles with the unconscious. Every person is susceptible to out-of-awareness prohibitions, or “holdbacks,” that block the ability to integrate and enjoy success. Unconscious Allegiances and Forbiddances are incredibly powerful—because they will always triumph over what we in our conscious mind may claim we want—keeping an individual loyal to and yet blocked by the conditions and demands of their earliest formative beginnings.

Tamara Conniff, executive editor of *Billboard* magazine, the premiere music industry magazine, tried to understand and came close when she said in an article published by *Salon.com* (April 12, 2006), “I think that she was a really well-manicured diva star and she just turned ghetto.”

Trouble Almost From the Start

Clive Davis, President of Arista records, responsible for shaping the careers of many music stars including Barry Manilow, Alicia Keys, Jennifer Hudson, Sean “Diddy” Combs, and more, discovered Whitney when she was just 19 and unknown, singing in her mother's gospel cabaret act. He recognized her universal appeal and signed her to his label, introducing her unique sound to the world. He told Diane Sawyer on *Good Morning America* in 2009, "The time [in 1983] that I first saw her singing in her mother's act in a club called Sweet Waters right here in Manhattan ... it was such a stunning impact...it really sent the proverbial tingles up my spine."

Yet right from the beginning there was evidence of what would take a young, innocent, church-going girl into the darkness of a personal hell that could never be reversed.

According to Dr. Maria Pane, now a Baltimore neonatologist, who knew Whitney when they attended high school together at Mount Saint Dominic Academy in Caldwell, New Jersey, "She was very beautiful, but very quiet. She was so unpretentious yet she had that aura that she would be great."

That's what is evident in Whitney's first television appearance when she was 20. It was 1983 when she first appeared on the *Merv Griffin Show*. Singing “Home From the Wiz,” as she began her voice was soft and uncertain, but then she gradually surrendered into allowing the genius of her voice to take over. As yet undiscovered by the larger world, she was beautiful in the simplicity of her wardrobe and jewelry, beautiful with very little

make-up and a natural soft afro, beautiful physically and in her essence. Yet, while the crowd goes crazy for her, she cannot receive their wild applause. She cannot take it in, allowing it to touch her soul and impregnate her self-image with the mastery that is hers. Instead, with some embarrassment, she applauds the audience.

Even when she returned to the Griffin show two years later to promote her debut album entitled *Whitney Houston*, she still couldn't receive the audience's applause, again applauding them instead. And when Tony Danza, who sat next to her on a couch on Griffin's set, complimented her beauty and voice, she laughed and hid her face, unable to take in what he was giving her, unable to know and claim what was rightfully hers.

Later, in videos of Whitney as she accepted various awards, she demonstrated the same difficulty with receiving the world's celebration and love.

At the 1993 Billboard Music Awards, where she was awarded more awards than anyone else in history—11 awards that year—when she came to the microphone, the very first thing she did was belt out the song lyric, “Yes, Jesus loves me.” Then after commenting that she had so many people to thank and wants to make it quick, she said, “First, my Heavenly Father which my blessings come from.” Then she thanked “my fans,” then—sounding more like a small child than a record-breaking international sensation—she said, “Thank you Mommy and Daddy, I love you.”

Then, after she'd already started to go off stage, she remembered there were more people she should thank, calling out, “Wait, wait, wait....” Looking more and more out of control, she came back to the microphone to thank her husband, “the love of

my life” Bobby Brown, and her daughter Bobbi Kristina. She seemed emotionally frazzled, physically disoriented with her hair continually falling in her face. And, despite winning 11 awards that year, more than anyone ever before, she seemed eager to get it over with.

Receiving her MTV Award also in 1993, her response was: “This is nice. Thank you. And thank you to Dolly Parton for writing ‘I Will Always Love You’—who made a lot more money than I did.” A bit of a jab at Parton it seems, for being able to run her career as a business which Whitney never could.

Remember, all of these awards came to her in 1993, the very same year she told the *Rolling Stone* writer, “I sound like my mother when my mother was my age, though I truly think my mother has a greater voice than me, because she's the master, I'm the student [laughs]. She has greater range, greater power than I ever did.”

In 1994 she was awarded a Grammy for “I Will Always Love You.” This time she nearly raced off stage after thanking Dolly Parton and reading a long list of thank yous to her business team members. Then she quickly thanked “my Mommy and Daddy” and God and Jesus Christ, “without them, I am nothing.”

Rather than fully take in the singular honors that were hers to receive and enjoy, she could not do it. She could not BE the person they were awarding. Instead she raised her mother up as the “master” while describing herself as “the student.” When receiving awards, she could only dance around her status, handing her excellence off to a God that she paid lip-service to, a God that she could speak of but not worship with her daily life. Instead, on a daily basis she devoted her life to the drugs and the ghetto-oriented lifestyle that kept taking her down.

Repeatedly at the many awards shows Whitney always thanked “Mommy and Daddy” as if she were a young child. And she repeatedly gave all her gratitude to God and/or Jesus Christ, saying in some manner that she was nothing without God’s grace.

With all responsibility for her stardom handed off to God, there was no way for her to develop a solid sense of her own magnificence. That would have been sinful.

Yet, if she had been able to truly love and honor her God in a manner that allowed her to take in, to truly digest the deep meaning of the many hundreds of awards she was given along with her audience’s wild responses to her, that would have inevitably changed the essence of her personal identity. Her very being-in-the-world would have been changed. Her understanding of who she was as an expression of God would have been at the core of her mature identity. But she could not do it because the God she praised was not the god she worshiped. That god was her Unconscious Allegiance to her roots.

Tortured By Not Belonging

Because of her photogenic beauty, the range of her talent, and her conscious cooperation, Clive Davis groomed Whitney with the intent of making her an international super-star acceptable to all audiences rather than limited to just the blues or gospel niches.

Under his guidance she rose to world-wide acclaim, breaking onto the music scene in 1985 when she was 22 with her very first album *Whitney Houston* topping the *Billboard* 200 chart for 14 weeks in 1986. That album produced three number-one hit singles—"Saving All My Love for You," "Greatest Love of All," and "How Will I Know"—on the *Billboard* Hot 100 chart. It was the first debut album and the first album by a female artist to achieve that level of success. And she would go on to have seven number-one hits—breaking a record set by the Beatles and the Bee Gees who each had only six.

However, amidst the acclaim and adoration, she most wanted to be accepted by the Black community, to be viewed as raunchy, and to fit into the culture of her youth.

But a glaring reminder of the fact that she was not accepted by the Black community came when she was booed at the 1989 Soul Train Awards. Those who booed saw her as an "Oreo," black on the outside and white on the inside. They accused her of having sold out to the white audience. They called her a "race-traitor," meaning someone who chose to sing pop music instead of soul. And that accusation followed her throughout her career and hurt her deeply.

In 1990 Whitney was interviewed for *Essence* (a major African-American magazine for women). And the journalist Joy Duckett Cain wrote, “It must be tough being Whitney. Perhaps more than any other contemporary superstar, she is in the strange position of having great mass popularity without eliciting great passion, of being liked but not particularly loved, especially in the Black community. Yeah, we buy her records, but do we buy her act? Last year's audience at the Soul Train Music Awards booed at the mere mention of her name. If that's any indication, some of us don't buy it. She just doesn't move us the way Aretha did, the way Anita does.”

Whitney was split, not quite black and not quite white, not wholly soul and not wholly pop. She could find no way to reconcile the conflict she felt, except to fall back into her Allegiance to the culture of her early roots—the Black community who didn't want her.

Had she been internally supported to define her life on her own terms, she would have been able to assign to the role of “irrelevant” those who booed her, those who didn't love her, those who couldn't accept her light skin and “white” glamour-queen career path—in favor of all those of any culture who DID love her, who DID support her, who DID accept her just as she was, superstar and all!

But that was not the case.

So when journalist Duckett Cain arrived at Whitney's home to interview her, she made the mistake of misinterpreting the “giant photo of Marilyn Monroe” hanging in the entry. Reading into it shallow values, she wrote in *Essence*, “I felt as though my innermost suspicions of Houston were about to be validated: She would be plastic and phony, a sister in serious need of a

personality transplant. She probably possessed the emotional depth of a teaspoon and the IQ to match. I mean, Marilyn Monroe? Oh my god. This was going to be worse than I thought.”

However, had Duckett Cain been able to see beyond the obvious and beyond her racially-biased perspective, she would have seen that a prognosis for Whitney’s future was hanging there right in full sight. Because, like Whitney, Marilyn wasn’t able to build a new identity based on her stardom and talent. Like Whitney, Marilyn was jostled about by deep insecurity coming from her early childhood. Like Whitney, Marilyn began acting out her “rebellion” against the psychologically torturous demands of her stardom—showing up late on the set, to interviews, and using drugs—eventually killing herself just as Whitney would later do.

In theory Whitney could have chosen to build her stardom. But, in fact, just like with Marilyn, her “choice” didn’t leave her much choice when inner conflict about betraying her roots thrust her into “rebellion” against the demands of stardom. And, like Marilyn, she acted it out through the erratic behavior she exhibited throughout her professional life.

When Whitney spiraled downward she was accused of having wasted her voice which was a national treasure. When Oprah asked her about this Whitney said, “I knew in the days when I was a teenager singing for God, I was so sure. When I became ‘Whitney Houston’ and all this other stuff happened, my life became the world’s.” Whitney was never able to live in that world and make it her own, honoring, enjoyng, and expressing her extraordinary gifts from God as her soul’s guidance.

Something much stronger—the power of her unconscious mind—had control of her and it won out, over and over again.

Tortured By Unconscious Loyalties

Overriding evidence indicates that at her core, Whitney never grew out of being an insecure child.

At her funeral Kevin Costner described the depth of her insecurity with a story about Whitney's screen test for his 1992 film *The Bodyguard*. Despite making it patently clear that he wanted her and only her for the role, Costner revealed that, "The greatest pop star in the world didn't think she was good enough. There were a thousand things that seemed to her to be wrong."

How could this be?

In our culture there's a very strong belief that material success cures all. Her mega-watt success therefore should have overpowered any insecurity, any confusion or distress. But without understanding the power of the unconscious to control and dictate someone's life people can only ask--how could she be so insecure, so self-doubting, so scared that she wasn't good enough?

To answer this question, we want to introduce our point of view that "there is no such thing as failure." In whatever we do, we are always succeeding. The question is—at what?

No one is ever intentionally hurting themselves. Instead, each of us is, in fact, always succeeding at doing what best fits our deepest understanding—which is usually out of awareness—of who we are and what we most believe about ourselves, what we most need to feel at-one with ourselves, and what best supports our most primitive identity.

No matter how much Whitney Houston was destroying her health and her career, no matter how much she appeared to be failing in the external world—in her unconscious world, far out of her awareness, she was succeeding at staying loyal to her roots and to the insecurity that made up a deep part of who she was.

The Power of The Love Grip

Understanding the power of what we call The Love Grip is essential to understanding the tortured life of Whitney Houston.

We've included some of the evidence that indicates how Whitney struggled against the psychological demands of her fame, success, and wealth—and lost her life to the demands of her own unconscious pull back to her roots—her Love Grip.

Remember, family members said she loved it when they said she was ghetto, and seeing that she was putting on an act and “talking white” for the white world. As a music executive told *DailyBeast.com* (February 14, 2012), *Being Bobby Brown* “was the most compelling reality show in the history of television, a train wreck of epic proportions, and he was what she most wanted. She wasn't like Diana Ross or Beyoncé. She was ghetto-y and street-trashy. It was always amazing how she pulled herself together. You'd see her at a party and she looked amazing. And then this other side came out of her that was crack-cheap.”

In the book *Bobby Brown: The Truth, The Whole Truth And Nothing But...* Bobby Brown's friend and co-author Derrick Handspike quotes Bobby as saying, “...I knew she was more ‘Negro’ than I am. Not African-American, but more ‘Negro’ than I'll ever be. That is one of the reasons why I always loved her so much, because she was so real.”

Mark Seal, in his June 2012 *Vanity Fair* article, “The Devils in the Diva,” reported that after the 1993 birth of daughter Bobbi Kristina, Whitney increased her drug use, spending her days and nights getting high with Bobby as she “began the degrading

process of what Oprah would call ‘making herself smaller ... so the man could be bigger.’ The pop diva was reverting to the New Jersey street kid. ‘People think I’m Miss Prissy Pooh-Pooh,’ she told *TIME* magazine. ‘But I’m not. I can get down, really freakin’ dirty, with you.’ She told *Rolling Stone*, ‘I can get raunchy. I’ve learned to be freer from Bobby.’ She said in a later interview, ‘I started in the hood.’”

***** The Love Grip** – We coined the term “The Love Grip” to refer to the unconscious attachment every one of us makes to the environment we are born into, and in which we develop our very early identity-roots during our first years of life.

The Love Grip isn’t a freely chosen attachment nor is the “love” that follows. It’s an attachment—an Allegiance—that develops from having no other options. It therefore lacks the wisdom of discrimination.

It’s the “love” that we as babies, infants, and small children feel for our parents and the world we grow up in. Because we know no other world and because we are totally dependent on that world for our very life, we give our heart to it.

***** Attachment** -- It’s important that we make the word “attachment” clear and specific. It’s not that we are stuck to something as though glued to it so that we can’t move away. Attachment is much deeper.

As we grow into a tiny budding person who is trying to become an identity (a personality, a Self), our innate potential becomes attached to and fused with the already existing condition of the environment we are born into. So in this regard, to attach means more like becoming part of.

Without conscious commitment and the help of a counselor, therapist, coach, teacher, or business guide it's very difficult to become un-attached because we have *become* the thing we want to separate from. In some ways, our identity becomes an unconscious mirror of that early environment. It is part of us and we are part of it.

That attachment is, as we said, what we call The Love Grip. And that Love Grip is the context from which we make many of our choices, often feeling spurred on by unquestioned impulses that are not in our best interests. Because hidden within The Love Grip resides a variety of personal Allegiances and Forbiddances that govern our feelings, choices, and behavior.

Allegiances

One of the underlying and unconscious determinants that guides each person's life are their psychological loyalties, what we call "Allegiances." An Allegiance is a deep-seated, unconscious loyalty or devotion to some person, belief, value, behavior, practice, group, cause, or the like. Because the loyalty resides deep in the unconscious it is primitive. It has been part of a person since their very early life and can reach as far back as the womb. Its source is so deep and out of conscious awareness that it never rises to mind to question it. It feels normal—the way things are, permanent and fixed—the nature of reality.

Within this psychological loyalty, an Allegiance dictates what is right and wrong, good or bad, what you prefer and what you must reject. It comes with underlying impulses, and automatic reactions. Because we don't question it, following the dictates of an Allegiance sets off no alarms nor raises any concerns. As we said, it all seems normal, like it's always been.

As an unnamed music industry source told *DailyBeast.com* (February 14, 2012), "I think she was constantly trying to be more ghetto than she was. In some way, it was a compensatory response to having been this black girl—perhaps the first black girl—who from the get-go was designed for the consumption of white people. She was made and sold to be this pop thing, and I think it ate away at her. It was true in her choice of Bobby Brown....and to have this street cred [credibility]." The *DailyBeast.com* added, "In the end, she seemed to have finally gotten her street cred, at the worst possible cost."

*** Can't Keep the Weight Off

Another example of unconscious Allegiance comes from the world of weight loss in which it's all too common, especially after extreme weight loss, to have that weight come right back on. In fact, you may have followed the story of David Smith who made the news in 2009 after he'd triumphed with a dramatic 400-pound weight loss.

But over the following three years, Smith regained over 300 of those pounds.

In an exclusive interview on the *Today Show*, reported on by *HuffingtonPost.com* June 19, 2012, David revealed the problem, the Allegiance that sent him back to binge eating.

"All my life I was this monster in my head and all of a sudden to be this good looking guy, it blew my mind away, I didn't know how to deal with it.... I just felt so bad, I didn't know how to cope. If your foundation isn't built up, you're just going to crumble down," he said. And, of course, he's not alone. *Women's Health* magazine reported that after four or five years by some estimates about two-thirds of dieters regain more weight than they lost.

Why? Because, for whatever reason, their Allegiance is to who they are when overweight. They have not yet developed an identity, an inner Self, which matches the new person on the scale and in the mirror—so they return to the persona they are in Allegiance to. In David's case, he could not help but continue to see himself as a "monster" and so the "monster" needed to be reflected back to him in the mirror. Since we know very little about his past, except that he was molested as a child, we can only guess that the unconscious source of "The Monster" has

something to do with that issue, but we would need to know lots more before we could be sure what the true source is.

***** Hiking the Appalachian Trail**

Not only did South Carolina Governor Mark Sanford indulge in a career and marriage busting sexual affair, for six days in June 2009 his whereabouts were unknown. So there was widespread media coverage about his disappearance. After media speculation grew, Sanford's office put forward the message on June 22nd that Sanford had told them where he was going before he left and that he would be "difficult to reach." Later that day, Sanford's spokesman, Joel Sawyer, told the press that Sanford was hiking the Appalachian Trail.

On June 23, spokesman Sawyer reported that Sanford had contacted his staff that morning—after apparently being out of touch with them for five days—and expressed surprise at all of the attention to his absence. Subsequently the Governor returned, reporting that he had been in Argentina with a woman with whom he was having an extramarital affair.

Though Sanford had described his childhood as happy, when he was a junior in high school his penny-pinching heart-surgeon father was diagnosed with Lou Gehrig's disease. Five years later his father died. Mark built the casket himself and, according to the wishes of his father, the family buried him under a pair of oak trees overlooking a river.

In an article about Sanford, published April 9, 2009 in *The American Conservative*, Sanford is quoted as saying, "You hammer the nails closed, you carry it out there in the back of the pickup to a certain part of the farm. You lower the thing down there. You and your brothers do it on your own, and then grab shovels. We

say a little prayer, fill the grave, walk back up to the house. It was an intensely personal experience that really hit home for me: you ain't taking any of this stuff with you."

Michael Brendan Dougherty, writing the article about Sanford, went on to say, "Those oak trees have cast a long shadow over Sanford. When he's asked about his ambitions, he refers to this time of his life, as if the driving force in his career is an awareness of his own mortality."

Those "oak trees," a metaphor for his father, have been the driving force—the unconscious Allegiance—for at least two major elements of Sanford's life:

His care-less sexual and professional acting out, which we can guess arose from Sanford's longstanding concern with his own mortality, that "...you ain't taking any of this stuff with you."

And, as journalist Dougherty reveals, "even while Sanford became suspicious about his father's nearly terrorizing control over the family finances....he imposed pathologically tight control on [his] campaign's finances." According to Will Folks, former spokesperson for Sanford, 'He'd pick up change from the street during an event. If he found an index card in the garbage and saw that only one side of it had been used, he would explain to the staffer, "This is how campaigns are lost."'

As a boy, when the family returned from the farm to Florida's scorching Septembers, Sanford told Dougherty, "Everybody slept in Mom and Dad's room so we'd only run one air-conditioning unit. My brothers on the floor, my sister on the window seat. In retrospect, how totally weird. The guy's a heart surgeon. He could certainly afford to spring for another air-conditioning unit."

But again Sanford's Love Grip, his unconsciously-driven Allegiances to his father's ways were locked in. Sanford would

later refuse to allow the air conditioning to be used in the governor's mansion.

***** Graduating At the Bottom of His Class –**

Jim's Personal Example

When I was a child my father would say, “There is only one genius in this house and it is me” meaning my father. I was very close to and identified with my father and wanted to both please him and receive his recognition. When he insisted there would be only one genius I unconsciously accepted his command—forming a strong Allegiance. I didn't know in any formal way that's what I had done. I never said to myself, “Well if that's what he wants I will do my best to not challenge him or surpass him.” But that's exactly the commitment I made.

Now remember, my Allegiance was unconscious. If anyone had asked me then if that's what I was doing I wouldn't have even known to say yes or no. My commitment was demonstrated by my behavior.

Academically I spent my elementary school years in pretty much of a daze. I passed from one grade to the next but had little interest in schoolwork. As I look back I can see that the nuns who taught our elementary school classes were preparing us, in other words disciplining us with corporal punishment, to do little more than work in the Detroit factories that surrounded our neighborhood. Nevertheless, while in the eighth grade my father told me I was to take an exam to see if I would be accepted into the University of Detroit High School, a college prep Jesuit-run high school. I'd never heard of it and never even heard of an entrance exam so I was completely unprepared, academically and

emotionally, for the test. But my father told me to go and sit for the exam and I did.

I passed—in the top third of my freshman class—and was accepted. That proved I had the stuff to be there. However after four years of high school, in my senior class I finished second from last. From the outside it sure looked like I failed—dropping from the top third to the bottom. But the truth is my “failure” wasn’t a failure at all. It was evidence of my deep allegiance and a real success. I then attended the University of Detroit and graduated with a 2.1 grade point average in a 4 point system---again just barely getting by. Why? Because my deeper unconscious loyalty was to make sure my father would be the only genius in the house, an unconscious contract which I completely fulfilled.

I later graduated Summa cum Laude and now have a PhD. Earning those degrees was both easy and fun, but not until I was able to identify and eliminate my unconscious allegiance to my father and give myself internal permission to fully express and truly enjoy the intelligence and talent that I possess.

***** Needing To Get Married - Judith’s Personal Example**

When I was 12 I’d already reached my full height and adult figure and looked 18. And I won a beauty contest that catapulted me into modeling and acting. Growing up in Los Angeles gave me plenty of opportunities and they paid off. I landed roles in everything from *Ozzie and Harriet* (playing David’s girlfriend) to *Star Trek* (“Wolf in the Fold,” second season), and was cast in *My Three Sons*, *I Dream Of Jeannie*, and *Wild, Wild West* multiple times. There were plenty of other shows and nearly 100 television commercials, all of which kept me working and later paying for my

degree in English at UCLA. I'd gone to college to meet a husband, as getting married is what I'd been raised to expect.

However, in my senior year at UCLA I was flown to New York to do a Dove Soap commercial and I fell madly in love with Manhattan. Returning to Los Angeles, I persuaded two friends to move there with me once we'd graduated.

For over a year I was very successful in New York, grossing over \$50,000 in 1966 (which was a lot of money back then and I had no overhead.) However, looking back, there were two elements that were very suspicious.

Every so often one of my agents would set me up with an audition for a part on a soap opera or a Broadway show. BUT I would never show up. Since I'd heard that soap operas and Broadway shows came with multiple year contracts, and I was dedicated to getting married—and that meant moving back to Los Angeles because (for some inexplicable reason) I didn't care for New York men—I would call the casting agents and say that my aunt had died so that my agents never found out that I was a “no show.”

When I moved back to LA with my roommate, little did I know that I would be virtually unemployed by comparison with all the work I was doing in NY. And I wouldn't get married for another 22 years—when I married Jim.

My unconscious allegiances?

I'd been raised with the presumption that as a female my first priority was to get married. BUT, it turned out that when I finally announced to my parents that I was engaged to Jim, both of them behaved in ways that made it clear that unconsciously they had never wanted me to marry because that would mean they would lose their attentive daughter.

And the unconscious power of my Love Grip also made sure that I never saw myself as having a career. I was working because I'd fallen into it in my early teens. And I expected to continue doing the occasional acting job once I was a wife. That would be great, because then I wouldn't just be stuck at home. But a full-scale career? No way. Why? Because unconsciously the brakes were on. I'd already far exceeded the money my father made selling used cars, and my mother didn't work, so The Love Grip demanded that I fall into line with the "good girl" role I'd been taught.

After some serious therapy to help dislodge the barriers to greater success, I later went back to school to earn my PhD in psychology and created a thriving private practice in Santa Monica, CA. Twelve years later I met Jim on a blind date—more than 20 years after I'd left New York to get married.

Can You Change It?

The good news is, just like with your name, Allegiances need not be fixed or permanent. Neither Allegiances nor your name are who you are—but they become so much a part of you that they are experienced as essential parts of your personality. The similarity between an Allegiance and your name is that they are both changeable should you choose.

You may even know people who changed their names (perhaps even radically) in order to help themselves break free from emotional attachments that were holding them back, and they needed a new name, a new persona to do it.

Only when you become aware of your Allegiances can you be free to make other choices about who you are and how you consciously choose to live in the moment. Until then your Allegiances will dictate how you think, feel, and behave and they will run your life.

The world Whitney was born into, the world she gave her love to, the world she was gripped by, was a world of psychological poverty—the rough ghetto projects culture of Newark, the financial losses of her mother’s family, the gritty atmosphere and location of her mother’s church, and whatever her mother had suffered emotionally that produced that darkly forbidding poster in Whitney’s bedroom.

Forbiddances

The second major psychological determinant of The Love Grip is “Forbiddances.”

We said above that if a person is loyal to something, if they’ve created an Allegiance (remember that Allegiances are unconscious) they can’t be loyal to its opposite at the same time. Our example was if you deeply believe in God you can’t, in your own mind, be an atheist at the same time. Believing in God forbids being an atheist. And vice versa. One forbids the other.

So Allegiances automatically contain their own Forbiddances—thoughts, feelings, desires, goals, and behaviors an individual cannot pursue or experience, beliefs he or she cannot hold, attitudes they cannot feel. Only when the Allegiance is consciously disrupted can the Forbiddance be released to make way for a new freedom.

Whitney was internally forbidden to accept, embrace, and live the life of an international super star. Instead, as her A & R man Gerry Griffith said, she rebelled against it. While Whitney rose to enormous heights in both the world of music and film, her fall from grace was predictable, once you take into account her psychological history of not moving beyond her roots, no matter the success she enjoyed.

If there had been someone in her life with our specific expertise, someone who knew about and understood the power of unconscious loyalties and the early conditioning of The Love Grip, her collapse might have been avoided. But there was no such

person for her. So she could not, for any length of time, stay free from the unconscious pull of her roots.

Only with that specific psychological understanding could someone have helped her grow out of her deep insecurity so she could have been able to free herself and disempower her loyalty to her roots. Only then would she have been able to leave behind the Black audience who booed her, put her down, and called her names. Only then would she have been able to take her career and her life ever upward, always magnifying her excellence, expressing her exceptional talents and thereby truly honoring her God rather than living out the dark roots of her psychological ghetto.

The Princess and God's Girl from the Ghetto

The story of Princess Whitney reads like a spoiled little rich girl, lost and alone, searching for something of value to hold on to. But that wasn't true for her.

As we've said, she was born into the projects, raised in one of the oldest Black churches in the country, and God had indeed blessed her. But the God she described to Oprah couldn't sustain her even though she often said, "I know God loves me." Continuing with a line from Philippians 4:7, she told Oprah, "I know peace that passeth understanding." But that was not true. Whitney knew little if any peace in her life.

That conversation with Oprah took place in 2009, seven years after Whitney had given her last television interview. Her appearance with Oprah was scheduled to launch what was to be her comeback album entitled *I Look To You*—which had debuted at number one on the U.S. *Billboard* 200 with first week sales of 305,000 copies which was her best ever opening week sales.

The Princess was reigning once again. Her fans had not forgotten her. They were loyal—with their memories, their credit cards, and their love. But God's Girl From the Ghetto couldn't receive them, couldn't take them in and make them part of who she was in her identity and in her life. Instead she allowed Oprah to take her into the dark world of her escape—drugs and Bobby Brown. In that world all she could do to try to appear as if she was okay was to recite Bible verses, acting "as if" she were truly saved, truly beloved of God.

Had she truly internalized what she felt at age 11 when the congregation wept in response to her singing and she “knew God had blessed me” she could never have allowed herself to be tempted into a drug-induced lifestyle or marry someone who supported her need to be ghetto.

Rather than provide solid internal support for living her superstar life and being a role model for standing up and winning against the strong cultural pull of her roots, what Whitney learned in church merely provided her with preachments and scripture.

Whitney repeatedly comforted herself by saying that “God loves me” and “Jesus loves me” but this unfortunately just added more layers to the many ways she denied, to herself and everyone else, how lost she was—layers of denial about the actual hell of insecurity she was living in.

In fact, the title song from her final album *I Look To You* reinforced how lost she was and how near the end she felt, with the lyrics focused on turning to God and trusting that Heaven would set her free.

The theme song “I Look To You” gave evidence of her need to rely on something or someone outside herself. And since there was no one on earth she could turn to, she sang about being tired and regretful, and of the split within her and how she could not find her own way.

For several years The Princess lived up to the expectations of stardom, appearing on stage in beautiful gowns with glamorous wigs and jewelry. And she wow’d her fans—over and over, again and again. And then, dressed in a casual white tracksuit with a white head band, and no need to “wow” with spangly attire, at the 1991 Super Bowl she created a soul-grabbing version of the

national anthem, with that performance selling over 1 million copies as a single, which had never happened before.

She would then, despite her troubled personal life, go on to sign the record breaking \$100 million recording contract in 2001.

Yet, according to a *20-20* special she always “feared her fans.” Each concert sent her back into the depths of insecurity, agonizing about never being good enough, not belonging, worried about whether this time they would like her—or not.

She’d never developed a core confidence in her excellence, a personal center of knowledge in who she really was—an identity she could call her own no matter what anyone else said. Consequently, she was forced to continually flounder in insecurity, living without a Self that would allow her to trust her talent, her success, and her ability to delight and inspire her audiences. She could only fear for the time that they too would turn on her—which, in due time, they did—walking out and demanding refunds during her final tour when her voice had given out.

With expanded super stardom in the “white” world of pop internally forbidden to her, The Princess had to be sacrificed to the unconscious forces that lived deep within her. God’s Girl From the Ghetto would be hours late for everything from photo shoots to a 1994 White House concert in honor of Nelson Mandela. Just two years after the psychologically conflicted twins of marrying Bobby Brown and triumphing in *The Bodyguard* had taken her even further down into the world of her inner demons, she acted out her growing emotional disturbance against Mandela—someone she honored and loved.

The Princess hadn’t yet disappeared. She was still able to command the stage when she finally appeared—two hours late—at the dinner hosted by President Bill Clinton to honor Mandela

who had by then become president of South Africa. So before Whitney sang for the dinner guests in the White House Rose Garden, The Princess rose to the occasion and told them: "This performance is very special to me because in 1988 I sang in honor of Nelson Mandela the inmate and tonight I sing for elected president, Nelson Mandela."

But not only was she increasingly late to important events, she acted out her unconscious loyalty to the ghetto by showing maximum disrespect for the world that had put her on the map. She pulled a no-show in 2000 when the man who made her career, her industry father as she called him, Clive Davis, was inducted into the Rock and Roll Hall of Fame.

Her long-time friend Burt Bacharach, musical director for the *Academy Awards Show* that same year, had to cancel her scheduled performance because during rehearsals she wouldn't/couldn't sing the correct lyrics.

Instead of singing "Somewhere Over The Rainbow," which was what she'd been hired to sing and the orchestra was playing for her rehearsal, she kept trying to play an imaginary piano while singing "The Way We Were."

"Over The Rainbow" speaks to a place of peace where troubles melt away like candy drops, and where dreams, even those most daring dreams, do come true.

In reviewing the song's promise we can only imagine what Whitney might have felt that deterred her from singing the correct lyrics. By that time her drug use had spiraled out of control and her marriage to bad-boy Bobby Brown was well on its way to divorce.

In order to be able to give her full Whitney Houston performance of "Over The Rainbow" for the *Academy Awards*, she

would have had to emotionally enter the world where stars are for wishing upon and clouds are left far behind. She would have had to enter the world of Heaven as promised by her church but that was as far away as anything she could have imagined with her life already spinning far, far out of control.

So, instead, she kept trying to sing a song that wasn't, as best we know, even in her repertoire: "The Way We Were" from the film by the same name that came out when Whitney was only 10 years old. Starring Barbra Streisand and Robert Redford, the film's theme song can best be understood when you know that the main characters—Katie (Barbra Streisand) who is a political activist married to politically unmotivated Hubbell (Robert Redford)—decide to divorce when Katie finally realizes that Hubbell isn't who she thought he was. He isn't the man she idealized when she fell in love with him. In fact, while she's committed to her political activism, Hubbell continues to always find and select the easiest way, whether it's cheating on her or writing fluffy scripts for sitcoms.

The seeds of Whitney's eventual divorce from Bobby were already alive in the theme of the movie, along with the pain of Whitney's loss—the loss of her dream of the man who would protect her and carry her forward. As reported in *about.com/marriage* and elsewhere, she described Bobby as "...a good man. He takes care of me. I don't have to be scared of anything because I know he will kick every... disrespect him and you've got a problem."

In fact, in 1996, Whitney had told *Redbook* magazine, "I'm like an American princess. White America wanted me to marry someone white. They don't understand why I'd want a strong black man."

But, in reality, Bobby was far from strong, merely a tough guy from the hood, born into the rough Orchard Park projects of Boston, a rebel who had experienced recording success. But as Whitney told Oprah in 2009, "He let me be me. He was my drug. I didn't do anything without him. I wasn't getting high by myself. It was me and him together, and we were partners, and that's what my high was—him. He and I being together, and whatever we did, we did it together. No matter what, we did it together."

However, in that same interview, seemingly referring to increased drug use, Whitney confessed, "There were some times we'd laugh our tails off. We had a ball. Sometimes you do have a good time. But when it gets to the point where you're sitting in your home and you're just trying to cover what you don't want people to know it's painful. And then you want more just so that you don't let anybody see you cry. Or anybody to see we're not happy."

Later in the same interview, notice how bad it had to get before she could break away from her addiction to Bobby Brown. Describing what finally sent her out of the marriage, she told Oprah: "I just knew. I was like, 'You don't smell right. You don't look right. Something's going on.' And then all this other stuff started coming out about him being with this one or that one or being too promiscuous. Dragging dirt into my home... We had a big, big giant portrait of me and him and my child. He cut my head off the picture. Stuff like that. And I thought, 'This is really strange.' So I figured, cutting my head off a picture, that was a little much for me."

Yes, she said it was "a little much for me." It had to go that far and be that abusive before she could leave.

Rather than identifying with being a regal princess, “America’s first black sweetheart” as Australian newspaper *Sydney Morning Herald* called her, Whitney chose to rebel against it, fighting to defend God’s Girl From the Ghetto.

In her 1995 *VIBE* magazine cover story, just three years after marrying Brown, the already deteriorating former super-star declared, referring to her ghetto-roots identification, "I come from Newark, born and raised in New Hope Baptist Church. All-girl school, mostly white girl, yeah—but this is what I am. This is what I'm used to. This is what I like. What you all may think it is, it ain't....It's different. I'm not Diana [Ross]. I'm not."

She Could Never Fit In, Never Felt Good Enough

In 1987 Whitney told *TIME* magazine, “In grammar school some of the girls had problems with me. My face was too light. My hair was too long. It was the black-consciousness period, and I felt really bad.”

Remember that Whitney was a mix of African-American, Native-American, and Dutch. She could never, ever be black enough. Because she wasn’t. Yet it appears there was no one there to help her claim and own her international blood lines, her progressive representation of being from several worlds. Instead, she identified as “ghetto” as so many people said throughout the interviews published after her death.

Her avoidant solution to the problem: As she went on to tell *TIME*, “I finally faced the fact that it isn't a crime not having friends. Being alone means you have fewer problems. When I decided to be a singer, my mother warned me I'd be alone a lot. Basically we all are. Loneliness comes with life."

Rather than face into the intense emotional pain of feeling like a misfit, unaccepted, lonely and all alone in her unique reality, she denied the alienation, the insecurity, and fell back into her mother’s warning that she’d be alone a lot if she was a singer. Then, rather than questioning her mother’s injunction and what might have motivated Cissy to pronounce a lifetime of aloneness for her only daughter—which resulted in Whitney relying on her mother as her primary source of “truth” and “solace”—Whitney adopted it as fact—using Cissy’s “fact” that we’re all alone, that

“loneliness comes with life” as self-protection and self-defense from having to make a life of her own.

Former *Ebony* magazine Editor Lynn Norment looked back on her initial 1985 interview with Whitney in the “Whitney Forever” edition of the magazine (April 2012) and focused on how immature the 22-year old bestselling singer was and noted that she gave the credit for her success to God.

Whitney described her childhood to Norment as “normal and simple,” which is often what people say who deny the tough family challenges they faced growing up. What we know through several statements that Whitney made during interviews with Norment is that her parents provided “stern” rearing and that when she succumbed to peer pressure her parents didn’t hesitate to ‘whip my butt.” Again quoting Whitney, “I really don’t believe in sparing the rod. My mother didn’t...”

Norment continued, “What truly stood out during the interview was that despite her enormous talent and potential, Whitney was but one step from childhood. She had recently been away from home for the first time performing in Europe. ‘I cried every day,’ she said. ‘You’ve got to remember that I’m relatively young. I’m still a baby in a lot of [ways].’”

To begin to understand the depth of loyalty to her roots in what Whitney said about being “still a baby” at the age of 22 we have to put her description of herself in context:

*** Whitney had been singing professionally since she was 12, providing back up for her mother Cissy, Jermaine Jackson, Lou Rawls, and others and at 15 sang back up for Chaka Khan’s “I’m Every Woman.” The world of professional musicians was hardly

new to her when she emerged as a super star and toured in Europe.

*** Represented by Click Model Management and then Wilhelmina, one of the top modeling agencies in the world, Whitney had an impressive modeling career starting at 17 after being spotted by a photographer while singing with her mother at Carnegie Hall in 1980. According to *Wikidpedia.com*, “She appeared in *Seventeen* and became one of the first women of color to grace the cover of the magazine. She was also featured in layouts in the pages of *Glamour*, *Cosmopolitan*, *Young Miss*, and appeared in a Canada Dry soft drink TV commercial. Her striking looks and girl-next-door charm made her one of the most sought after teen models of that time.” At 22, she’d already experienced extensive exposure to the large, demanding world of modeling in New York City.

*** She spent two years prior to the release of her debut album consciously and actively working with Clive Davis as he helped her to prepare for her soon-to-come international stardom. That he was grooming her for that stardom, care-takingly selecting the right music, the right back-up musicians and producers, and rehearsing her over and over has been widely documented. “I call him my father in the industry, because he is, he guides me,” Houston told *Access Hollywood* during a promotional tour for her last CD in 2009.

What was going on psychologically that she didn’t/couldn’t use these experiences to grow up, to mature in her self-esteem, to establish herself on her own terms? What was going on unconsciously that she could experience herself as a “baby” rather than a sophisticated, self-empowered adult?

Then, as Lynn Norment revealed in *Ebony* magazine, “Though living in her own apartment [after she returned from her tour in Europe], she talked to her parents every day and often went home to enjoy her mother’s fried chicken or her dad’s capons with dressing.”

“God and family were mentioned in every interview I did with her,” revealed Norment, “and there were at least a dozen over the years.” Again we see more evidence of the undeveloped self of this international superstar who was still tied to her roots rather than firmly ensconced within her own adult identity and professional standing in the world.

Unable to identify the true unconscious desires eating away at her since her youth, her conscious mind agreed to live in denial and accept loneliness. But that denial stopped her from acknowledging and investigating the persistent emotional constrictions of the ghetto that coursed through her, no matter the success she achieved.

But emotional pain will not be denied. It demands some kind of solace and comfort, some kind of acceptance and love. For Whitney that demand drove her into alcohol, drugs, cigarettes, and the abusive relationship with Bobby Brown.

Whitney’s sister-in-law and business manager Patricia Houston, in her interview with Oprah (March 11, 2012), pointed in the right direction but couldn’t go any further since she isn’t a psychologist trained to identify unconscious processes when she said, in answer to Oprah asking how fearful Patricia had been about Whitney’s drug use: “It was just more of a lifestyle. I was afraid for other things. I saw her chasing a dream, you know, looking for love in all the wrong places.”

It's a psychological fact that when an unconscious "Love Grip" demands that you remain loyal only to where you came from, then your unconscious loyalty very often takes the form of seeing as "love" what is actually not love because you cannot see the difference. When that is the case, then you can never, ever be available for the real thing.

And in publication after publication that ran "In Memory Of Whitney" articles, the point is made that no matter how many people who truly loved and cared for her reached out to help and support her—she rejected them—over and over again.

Why? Because she had to. One or the other but not both. In order to not betray her roots—SHE HAD TO.

If she had been able to truly receive the genuine love and help that people offered, and had taken it into her understanding of who she was as a person—and understood that she deserved such an outpouring of love and support—in so doing she would have had to grow herself into a new identity and that would necessarily have betrayed her roots. And it would have grounded and supported her as the star she was, deserving of the acclaim, awards, and wealth.

She would have had to leave behind God's Girl From the Ghetto as merely a memory and claim a new, more solid, and more expansive identity, one that would replace the insecurity she grew up with and that burdened her soul throughout her life.

Victimized and Tortured

It's no accident that Whitney felt victimized and betrayed throughout her life. She had few, if any, coping skills in her emotional and psychological tool kit. Instead, she could only rail against the painful elements of her life, with little ability to maturely approach the demands and challenges that came her way in a manner that could have kept her whole.

"Sometimes it gets down to that, you know?" she told Katie Couric in 1996. "You're not black enough for them. You're not R&B enough. You're very pop. The white audience has taken you away from them."

It was no accident that she met husband-to-be bad boy Bobby Brown that fateful night at the Soul Train Awards in 1989 when many Blacks in the audience booed her. Unable to reject their response as unworthy of who she was, what better way to try to consciously and/or unconsciously prove her Black-ness, to seek acceptance by her Black audience, then to be romantically paired with a drug using man from the projects, five-years-her-junior already father of three children out of wedlock by two women—a perfect representative of ghetto culture.

At the same time, there were persistent rumors that she had a lesbian relationship with her close friend Robyn Crawford who she'd known since they were 16, and who Whitney employed as her assistant. As Whitney told *Rolling Stone* in 1993, "I am so tired of this. I'm really sick of it... You mean to tell me that if I have a woman friend, I have to have a lesbian relationship with her? That's bullsh*t. There are so many, many female artists who have

women as their confidantes, and nobody questions that. So I realize that it's like, 'Whitney Houston -- she's popular, let's f**k with her.' I have denied it over and over again, and nobody's accepted it. Or the media hasn't."

Whether or not this is true, whether or not her mother forbade her to maintain a romantic relationship with Robyn Crawford or anyone else, isn't really the issue. The issue remains that Whitney never developed a strong internal identity of her own. So she could not define and then stand up for her own life—a life lived on her own terms. Instead, the demands of being a super star, an international princess, a model for so many young women who followed behind her, left her feeling tortured and put upon, even as so many young females rode in on the industry breakthroughs that Whitney had forged, whether she could enjoy them or not.

She felt victimized and tortured. And in that victimization she felt singled out. Remember that *Rolling Stone* interview took place in 1993, long after she had scaled the heights of record sales and industry awards. Yet, she felt like a victim.

As we said, at 17, Whitney began modeling, appearing in top magazines like *Glamour* and *Cosmopolitan*. But she found modeling "degrading," according to Lynn Norment, writing in *Ebony* January 1993 and didn't continue with it as a career telling Joy Duckett Cain of *Essence* that she hated the primping and prepping as being "too fussy for me." David Cline, in his book *Whitney Houston: Tragic Diva*, adds that she also didn't like "...its intense schedules, physical demands, and controlling executives." Again we see evidence of her feeling like a victim. We can only wonder why she felt degraded since modeling then and now pays far more than most jobs and models are treated very well while promoted and

protected by talent agents. So we must assume that Whitney's feeling "degraded" was more of an inside job than anything else.

In 1992, three years after meeting Bobby Brown they were married. Some people saw the marriage as a way to refute those who branded her a lesbian as well as those critics who thought she'd sold out to her white audiences. Whatever the facts were, their marriage coincided with the release of her first film *The Bodyguard*.

Despite lackluster reviews, and the fear that mainstream audiences weren't ready for her intensely passionate Black-White romance with co-star Kevin Costner, Whitney's huge mainstream appeal and outstanding performance allowed audiences to look past or embrace the film's interracial romance element, and the film and its soundtrack enjoyed huge success.

Yet, the sad truth is that no matter the extraordinary, record-breaking successes that Whitney achieved, she could never own them as a solid part of her God-given life. She never had a solid internal platform to support her ability to thrive within the extraordinary beauty, talent, and heart that was hers.

Even Diane Sawyer Couldn't Get It

Diane Sawyer's much praised 2002 *Primetime* interview with Whitney has been called "infamous," "frank," and "frighteningly prophetic." Yet, even Sawyer was unable to understand the actual source of the psychological demons that possessed Houston and drove her to her death.

In fact, as reported in the ABC blog following Whitney's death (February 13, 2012), the closest Sawyer came to a clearer understanding was when she revealed on *Good Morning America* that she believed the biggest challenge for Whitney was dealing with the pressure of her greatest gift:

"When they call you 'the voice' and that's what it is you bring, it really does create ... over the course of a career a lot of fear inside you that you'll disappoint. ... It really was her talent as her torment because she didn't have parades of dancing people behind her. She didn't have light shows," Sawyer said. "She had to come out and tear a hole in the sky with her voice and she wasn't always sure it was going to be there. And so I think the terror and responsibility of that to her fans really got to her."

But, while respecting Sawyer's attempt to relate Whitney's insecurity to her extraordinary talent and the phenomenal stardom she achieved, not being an experienced psychologist trained in the ways of the unconscious, Sawyer understandably falls short of comprehending the true nature of what took a young, innocent, church-going girl into the darkness of a personal hell that could never be reversed.

Because if Whitney had been able to love her God in a manner that allowed her to take in, to truly digest into her being the deep meaning of the many hundreds of awards she was given along with her audience's sincere responses to her, that would have inevitably changed the essence of her religious practice and her personal identity. Her very being-in-the-world would have become a spiritual practice. Every concert, every recording, every acting performance would have been a worship of her God. In other words, her understanding of who she was as an expression of God would have been at the core of her mature identity. But she could not do it because the God she praised was not the god she worshiped. The god that she unwittingly worshiped was her unconscious addiction to her roots.

In fact, in speaking with Sawyer during the interview, Whitney attempted a circuitous meander in defense of her self-destructive behavior: "My business is sex, drugs, rock 'n' roll. You know? I mean, my friends, we have a good time. But as you get older, you get wiser. You know? You stop a lot of the kid stuff. I had no time to grow up, had no time to party. I didn't even date in my, date in my 20s. It was rough... I think I kind of reverted back as I got older. And I said, 'Well, I'm just gonna party, you know?' It was kind of a rebel in me, you know?"

While Whitney attempted to make herself out as "wiser" in her older years, she had to conclude that she was "just gonna party...It was kind of a rebel in me, you know?"

But Sawyer didn't know and couldn't understand that Whitney's psychological entrapment reached far beyond the rebel in her. So no matter where the interview went, Sawyer was unable to understand the powerful torrent of self-destruction churning through God's Girl From the Ghetto.

When Sawyer expressed her concern and curiosity about how rail-thin Whitney was at the 2001 tribute to Michael Jackson, Whitney leaned forward, getting closer to Diane, and like a little girl begging for understanding, she said, “What is it? Diane, do you know?”

All Sawyer knew to say was, “It’s scary thin.”

Houston granted acknowledgment of Sawyer’s concern saying, “I can believe what you feel. I can believe that. But do you really know? Do you really know?”

And Diane had to concede, “No. You know.”

As Sawyer continued to probe, hoping to find the core reason for Whitney’s now public battle with drugs and alcohol, she finally said, “If you had to name the devil for you, what’s the biggest devil among them?”

And here Houston came as close as she could to the truth, even though she had no idea about the true unconscious underpinnings to what she was saying. “That would be me. It’s my deciding. It’s my heart. It’s what I want. And what I don’t want. Nobody makes me do anything I don’t want to do. It’s my decision. So the biggest devil is me. I’m either my best friend or my worst enemy. And that’s hard to deal with.”

Sawyer seemed to have nowhere else to go, so, still focused on drugs as the problem, she asked Houston: “So, for the people out there who say we want to help, we want to help build a barrier between her and drugs, what do you want them to pray for?”

Houston knew better. “Don’t pray about the drugs. Leave the drugs alone.”

Sawyer, still stuck in the only paradigm she understood, which is that drugs are the problem, reacted with surprise, “Why? Why?”

And once again, evidence of Whitney's lack of adulthood showed itself. In a childlike voice she said, "Pray for me, as a person, for my soul, that I'm stronger. No matter, I don't care what people say I did or what they claimed I was, I know I'm a child of God. I know He loves me. Jesus loves me. This I know."

Whitney was raised a Baptist, and was also exposed to the Pentecostal church, yet her blind faith in the God of those churches never prompted her to grow a strong mature Self, a Self that could stand confident and powerful in the world.

When You Never Leave Home

In the Bible, it's very clear that at least when one marries, it's time to leave home.

“Therefore a man shall leave his father and mother and be joined (cleave) to his wife, and they shall become one flesh” (Genesis 2:24).

This statement makes it clear that there are two types of family relationships. The original parent-child relationship is to be temporary so there needs to be a “leaving.” While this Biblical injunction pertains specifically to marriage, it was written long before women worked outside the home much less had careers, and at that time most families simply lived off the land. Today we need to understand that yes, the marital relationship is to be primary over any bonds one has with parents. But also, in today's culture, it's important to understand that we need to leave father and mother so that we do not betray our Self and our gifts in favor of loyalty to parents.

In other words—“what God has joined together, let man not separate” (Matthew 19:6).

Problems occur in any individual's life when the parent-child relationship and attachment to family of origin are experienced as the primary relationship, as it was with Whitney.

For example:

*** Accepting most of her many awards, even though she was already in her twenties, and it was Clive Davis who developed

her career and groomed her talent and identity for stardom, Whitney routinely voiced her loyalty to her parents, speaking as if she were still a child, saying some version of: "To my Mommy and Daddy, the two most important people in my life."

*** In a back stage video of her Grammy win in 1986, which was presented by her cousin Dionne Warwick, we see her father John, who is smoking, talking to the camera, "If she finds that things get a bit too difficult, or she feels the pressure, we find her coming home real quick." During this same occasion of celebration of their daughter's awesome success, Cissy is interviewed, and she says, "I still see her as my little girl with the long braids down to here. Yeah, she's always going to be my baby." Neither parent could release Whitney to adulthood and worldwide success. Instead they both continued to claim her as "my baby" and their dependent child.

*** Whitney kept her career largely within the family, with many family members working for and with her. She sang on stage with her mother Cissy, her cousin Dionne Warwick, and her brother Gary Houston. Her other brother, Michael Houston, penned several songs with her for the *Waiting to Exhale* soundtrack. Gary's wife, Patricia Houston, was her manager. And her longtime bodyguard was Patricia's brother Ray Watson. Her father John Houston started a management company to help guide the career of her mother Cissy and then represented Whitney as well, though it's unclear what expertise he had, having previously served in the military, worked as a truck driver, and an administrator for the Newark Planning Board.

Joy Duckett Cain, *Essence* magazine (December 1990) put it this way: "Houston surrounds herself with people she trusts: Her father, John, is president and CEO of her three corporations; her

brother Gary sings backup for her; another brother, Michael, is her assistant road manager; and Robyn [Crawford] coordinates her schedule and makes sure that things run smoothly. She's fired most of them at least ten times (except for her father, whom she's only fired once) for what she laughingly recalls as insubordination. About the only person she hasn't fired is the one who doesn't work for her - her mother, singer Cissy Houston. As Whitney said, "My mother used to tell me, 'If you ever get too big for your britches, just remember who God is. He's bigger than you and bigger than me.'"

To fill out the picture, quoting *DailyBeast.com* (Feb 14, 2012), "Her brother Michael was actually arrested in 2005 for possession of cocaine and marijuana, the same drugs his sister loved to mix. Her half-brother Gary, a singer who never achieved much success, changed his last name from Garland to Houston after Whitney became a superstar. Both spent years collecting checks from their famous sister, as did numerous other family members."

*** Both mother and father smoked cigarettes, and Whitney copied their example.

*** Evident at the 2001 BET Awards, mother Cissy had gained considerable weight from how she looked in the 1986 video interview of Cissy at Whitney's Grammy Awards. Even though Whitney had told Diane Sawyer in 2002 that she would always be thin, in 2010 she was photographed in a bathing suit while in the Bahamas (reprinted in *Star* magazine February 27, 2012) and not only had she gained considerable weight, her once beautiful body was now dumpy and distorted.

*** Whitney's nickname was Nippy, which was given to her as a baby by her father John Houston. According to the story, baby Whitney would repeatedly kick off her blanket, and when her

father would cover her up, he'd say to her, "Nippy, seldom right." Now as you read this, think about unconscious programming. Whitney was being told that she was "seldom right" which meant that she was often wrong. In fact, "Nippy" was also a cartoon character who was always getting into trouble. So we must ask, why would Whitney choose to name her business corporation "Nippy, Inc." when it meant "seldom right" and "constantly in trouble"—except that it kept her loyal to her father.

*** She was never truly available to be loved by a substantial man, in her own right. Instead, her relationship with her father kept her heart tied to the past. As she told *Ebony* magazine (June 1990), "I remember how, when I was younger, I would sit on my father's lap and he would say, 'You know, Nippy, if you don't find a man who loves you like I love you, then he ain't worth having.' To me, my dad was just perfect in the way he treated us and the way he treated Mom. When you get older you realize that you're never going to find a man like your father. If you come close to it, you are lucky. I'll never find anyone to love me like my daddy loves me. I will always be daddy's girl."

*** From her duet with Bobby Brown during the 1994 Sammy Davis Awards Show, and in her acceptance speech at the 2001 BET awards, we can see that as wife to Bobby Brown, she had adopted a subservient position with the man as head of the household, the traditional Christian position of wife as helpmeet. Having been raised in the Baptist church, it appears that Whitney took to heart Proverbs 31: "... the head of every man is Christ, the head of a wife is her husband, and the head of Christ is God."

For example according to Margena A. Christian (*Ebony*, April 2012) while Teddy Riley produced and co-wrote "Something In

Common,” the song Whitney and Bobby sang together at the Sammy Davis Awards, they had “changed the lyrics to suit their relationship.” So when Whitney sang to Bobby, with lyrics that told him she’s the type that when her man is weak she’ll be there to understand and hold his hand because she believes in the old fashioned ways of being a wife and that means that she’ll never leave him no matter what. And in rewriting the lyrics to develop that meaning, we have to assume that it came out of her Christian understanding of a wife’s role.

And at the BET awards, Whitney said to Bobby, “Thank you for giving me to them [her audience] unselfishly.”

So enmeshed was she in her loyalty, care-taking, and subservience to her family, Whitney could not own her rightful position in her marriage, much less in the world.

And So It Was That Satan Owned Her...

Many people want to blame Bobby Brown for Whitney's drug use, but according to many sources close to Whitney and reported in the *Globe Print Edition* (March 12, 2012), "Whitney had always indulged in smoking marijuana, supposedly so she could relax." "There were close friends who did pot with her a long time before Bobby was around." Many sources have claimed that Whitney's drug habit became far more serious when she started sprinkling a little cocaine in with the marijuana before she rolled a joint.

Robyn Good, who covers celebrity gossip, wrote online (*celebritylaundry.com*, March 6, 2012): "Not only was Whitney Houston hooked on drugs before she met Bobby Brown but she is the one who turned him onto cocaine. Long after they split Whitney's drug habit remained the dominant feature of her existence."

Good continued, "Her family and supporters love to blame Bobby.... It is exactly that type of wrong-headed thinking that enabled Whitney to continue on killing herself for years – and ultimately succeeding. Looking at Whitney's death as an assisted suicide is very realistic. Facts are that Whitney was surrounded by leeches and panderers who could neither control nor even confront her – it is THEY who contributed to her death."

While that's pretty strong language, the facts are that none of Whitney's three stints in rehab helped her get to the cause of her self-destructive behavior. Instead, it's reported that sometimes the professional staff members, including the psychiatrists, were more taken with her stardom than with helping her get at the root of her

problem: what caused her to have to deny, forbid, and refuse to own her incredible stardom; what caused her to destroy her voice, her beauty, her career, and her life.

Mother Cissy Houston tried on at least two occasions to stage interventions, but they were met with failure.

In 2009 Whitney told Oprah during their televised interview: “One day my mother came to my house (laughs). It was kind of funny. But now I got it. The love and the passion that my mother has for me. She walks in with some sheriffs. She said, ‘I have a court injunction. You do it my way or we’re just not going to do this at all. You’re going to go on television and say you’re retiring. It’s not worth it.’ [Then she said to my husband Bobby] ‘If you move Bobby - we’re going to take you down. Don’t you make one move.’ He just stood there like ...he was scared. And [Cissy] said, ‘Let’s go. I’m not going to lose you to the world. I’m not going to lose you to Satan. I want my daughter back. I want you back. I want to see the glow in your eyes, that light in your eyes.’”

While we don’t have a date for this attempt by Cissy to save her daughter, we can look to this revelation from Whitney to Oprah and see several psychological issues that went unaddressed:

*** Whitney laughed at the memory of her mother showing up with the sheriffs, evidence again of her denial about the seriousness of her life-threatening, career-destroying drug problem.

*** Cissy points to her daughter’s career as the problem, announcing that Whitney will have to retire, saying, “It’s not worth it”—as if it was Whitney’s success that had taken her down.

*** Cissy threatens Bobby if he moves to defend his wife from the intervention, even though there’s no evidence that he did anything to warrant Cissy’s threat. In fact, Cissy’s attack on him,

albeit reported by Whitney years later, sounds like it comes from a soap opera or tv cop show, rather than the loving concern of a mother.

*** Then Cissy reveals her own denial, her own psychological naivete, and her religious conviction that Satan was to blame: “I’m not going to lose you to the world. I’m not going to lose you to Satan.” It’s not Whitney’s internal world that’s to blame. It’s not the world Whitney grew up in that’s to blame. It’s not the lack of family support for Whitney developing a strong, independent self that’s to blame. No. It’s “the world.” It’s “Satan.”

In the February 27, 2012 *National Enquirer* interview with Whitney’s sister-in-law Tina Brown, sister of Bobby Brown, Tina described some of the drug experiences she shared with Whitney, starting in February 2004 while Bobby was serving 60 days in jail for a probation violation. And according to Tina, Satan was a central character in Whitney’s drug experiences.

There would be days on end that Whitney spent in her “bedroom amid piles of garbage smoking crack.” The photos of sinks in Whitney’s bathroom in the *National Enquirer* (February 27, 2012) reveal all manner of drug paraphernalia with trash of all kinds in Whitney’s beautiful home in the Country Club of the South area of Alpharetta, Georgia.

Tina explained that when Whitney was high, “She imagined the devil beating her, but she was actually punching herself black and blue with her own fists.... She saw demons when she got high.” When Whitney was high she would get paranoid, imagining that there were concealed spy cameras everywhere. “She would get a screwdriver and take things apart to find the cameras.”

That March, according to Tina, Cissy staged another intervention, arriving at Whitney’s house with family members and

security personnel. Cissy gave Tina an ultimatum to deliver to Whitney: “Get into rehab or I’ll take your daughter Bobbi Kristina away from you and have you locked up.”

Whitney was upstairs in the house at the time, totally “stoned-out,” and tried to flee by attempting to jump out the second story window. Whitney was stopped from jumping while Bobbi Kristina and Tina were being escorted to the local hotel where the intervention would take place the next day. But she then escaped from the house right after that, running down the street in a panic as she called Tina on her cell phone.

The next thing Tina heard on the phone was Whitney talking with a strange man who offered her a ride. While Tina protested that Whitney shouldn’t get in his car, somehow the fellow delivered Whitney to the correct hotel. As Tina reported it, “She came in. She was filthy. She was screaming, ‘What room? What room?’ Everybody’s looking. I had to give the reservations clerk some money and tell her, ‘You don’t see anything.’” Here again, we see the environment of cover-up that surrounded Whitney, helping to support her continual denial of her problems.

That night Tina saw the extent of Whitney’s bruises up and down her legs. When Tina asked her about it, Whitney said, “The devil be hitting me. I walked by and he just go bam.”

Tina told her that it wasn’t the devil, that she was doing it to herself. But Whitney’s response was, “...It’s going to be alright. You know I rebuke the devil. He’s always hitting me.”

Then during the intervention the next day, Tina reported, “All kinds of psychiatrists came up to the room. And she went off with them. It was a big thing about the bruises.”

While Whitney agreed to check into a local rehab center if Tina went with her, Tina reported that Whitney was able to

“smoke crack before the sessions” and that “The doctors there, they were just like so hyped on just seeing Whitney.”

So the result was that the professionals who were supposed to know how to help Whitney were themselves seduced by their ideas of The Princess, while God’s Girl From the Ghetto was consumed by self-punishment which she blamed on the devil, the Satan her church and her mother had taught her to blame for bad things in life.

It is beyond tragic that there was no professional available to Whitney who understood the power of unconscious loyalties—who could have helped her understand the grip of unconscious programming that slammed her into a hell of self-hatred once the super success began coming. Along with any of the super stars who come from backgrounds that do not support their new-found power, popularity, and prosperity—Whitney needed serious help so she could grow into a true adult that could carry her success as well as maintain respect and care for her roots.

Driven To The Edge

On February 18, 2012 on the website *dailyrecord.co.uk*, Ryan Parry published his interview with Whitney's chauffeur Al Bowman. Bowman drove the singer for two decades. And in the privacy of his limousine he witnessed firsthand Whitney's descent into a drug-fueled hell.

Rather than Satan claiming the soul of Whitney Houston, the long entrenched ghetto lifestyle that Whitney and Bobby shared had become their way of life even with Bowman looking on. Day after day, he watched as they became wasted. But, despite Whitney's claim to being a good mother and wanting to be remembered as a mother—rather than a drug addict—her abuse was so extreme that Bowman said she “openly smoked crack in front of her young daughter Bobbi Kristina.”

Bowman continued, “I couldn't believe my eyes. Here was Whitney Houston in my limo, smoking crack as her six or seven-year-old daughter sat next to her. It was heart-breaking.”

Originally Bowman drove Whitney along with Clive Davis to red carpet events. That was at the height of her fame in the mid-80s. Describing her as very nice, he said, “She was just a sweet girl back then.”

Eventually he was driving Whitney by herself more and more, but he said, “Things took a turn for the worse when she met Bobby Brown in the early 90s.”

One time they were freebasing crack (burning purified cocaine and inhaling the fumes) and all of a sudden Bowman's limo caught

on fire. He pulled over and used the fire extinguisher to put out the fire.

Bowman said, “There were little bags, pipes and spoons all over the place. They were using a little butane torch and lit up a bunch of cocktail napkins and the whole place went up. Whitney and Bobby had no clue what was going on, they were wasted.”

Just like Bobby’s sister Tina Brown revealed to the *National Enquirer*, Bowman told Parry that her drug habit was so bad that Whitney would even demand that Al drive her into dangerous rundown ghettos in Los Angeles so she could get the drugs she had become addicted to.

Eventually she became far too demanding. By 2003 Bowman had told her to find another driver. As he told Ryan Parry, “She had turned into a monster, real arrogant. It was tragic to watch a talent like Whitney Houston let herself get out of hand like she did over the years. She was bouncing off the walls and aged about 15-20 years really quickly.”

Right Before the End...

Just days before the final night of Whitney Houston's life, it's been widely reported that she visited several doctors. Becoming seriously concerned about her deteriorating appearance she visited a plastic surgeon, but was apparently refused on the basis of her poor health. That same unnamed source reported that it was a brutally painful reality check for Whitney.

Two days before the upcoming *Grammy Awards*, which Whitney planned to attend with her daughter Bobbi Kristina, she was seen out on the town in Los Angeles. According to *In Touch* magazine (February 27, 2012), "Whitney was in a negative frame of mind" when she was in Los Angeles, having been paid \$150,000 to entertain at Clive Davis' pre-Grammy party, a financial necessity for the then cash-strapped star.

At the February 9th pre-Grammy party "Kelly Price & Friends Unplugged: For The Love Of R&B" at Tru Hollywood nightclub she was seen smoking pot and drinking tequila. It would also be the site of her final and last performance. Haltingly, in a raspy voice, she sang "Yes, Jesus Loves Me" with her friend and party host Kelly Price joining in.

Later when she saw her on-again, off-again boyfriend Ray J (17 years her junior) talking with *X Factor* finalist Stacy Francis, Whitney erupted in a fit of insecure jealousy, believing they were flirting, and ran over to them, screaming at Stacy, "This is my man. I'm a cougar. Bitch, get away from my man." According to unnamed witnesses, she shoved Stacy, even though Ray J explained that he'd known Stacy for years. Ray J and security

guards had to break it up. Photographs show Whitney leaving the event disheveled, dazed, still angry, with blood trickling down her leg, which apparently occurred when she fell against the stage.

As an anonymous contributor wisely commented online, "...she became the kind of woman whose reaction to seeing Ray J talk to another singer is to scream, "BITCH, GET AWAY FROM MY MAN!" and start a shoving match with the woman - a way of reacting that seems so stereotypically trashy and, for want of a better word, "ghetto." I know drugs and alcohol make people do f---ed-up things, but for her, they seemed to bring out this trashy street side of her. Was she hanging with tough Newark kids growing up? Was this always underneath the surface with her, but as a teenager she was just an expert at turning off the "street" and turning on the "Cosby kid" in modeling and music industry settings?"

While there were rumors that Clive Davis shielded Whitney from the public to hide her 'ghetto factor,' on the day of the Grammys Whitney acted out at Davis big time.

As reported by the *Los Angeles Times* (February 11, 2012) and other publications, during rehearsals for the Clive Davis pre-Grammy Show, witnesses observed Whitney displaying "erratic behavior," with Whitney unsolicitedly "giving pointers" to some of the celebrities as they rehearsed for that evening's show. Whitney showed up "disheveled" and "bloated" and was seen "skipping around the ballroom in a child-like fashion." Her clothing was "miss-matched" and her "hair was dripping wet, either from sweat or water." Hotel security later reported that they had received calls that the singer was doing "handstands out by the pool."

On the day of the Grammys, just before Whitney's fateful private time in the bathtub, she was on the phone with her

mother, who had phoned Whitney many times during her stay in Los Angeles, checking in on her troubled daughter. According to a confidential source close to Whitney who spoke with *In Touch* magazine, Whitney assured her mother that when she returned from the Grammys she would once again go into rehab, but “she just wanted to ‘enjoy herself’ a little bit first. But then she promised she would go.”

Soon thereafter Whitney was found dead, face down in the bathtub where, according to a variety of reports, her entourage had permitted her to be by herself even though they all knew she was using drugs and alcohol throughout her time there.

After several weeks, the toxicology report was in. The Los Angeles County coroner’s office determined that Whitney Houston’s official cause of death was: “drowning and effects of atherosclerotic heart disease and cocaine use.” Houston also had alcohol, marijuana, Xanax, Flexeril, and Benadryl in her system at the time of her death. She was 48.

All alone, as she had actually been her entire professional life, she was gone.

We mourn Whitney Houston for the loss of her incredible personal genius. And we mourn the tragedy of a life lived without understanding the power of unconscious programming—especially the powerful Allegiance she had to her roots, and the co-existing Forbiddance we call The Fear of Being Fabulous—which took her down and led to her death.

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And then put our email address in your email address book so you
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judithandjim@judithandjim.com

To Helping You Unlock Your Full Potential!

Acknowledgements

First, we want to acknowledge all of Whitney Houston's fans around the world whose lives were touched, if not changed, by her magical gifts.

Second, we want to thank everyone who encouraged us to write this book, to use Whitney's story as an example of what happens to millions of people every day as they lose their lives to unconscious loyalties they have no awareness about.

And we are indebted to everyone who read a variety of drafts of this book, giving us their input and support: Signe Dayhoff, Tonja Johnson, Kashonia Carnegie, Art Klein, Tom Albertsson, Baeth Davis, Jim Duffie, Sarah Hopkins, Kelly Cline, Melody Starr, Louise LeBrun, Pam Brown, Maurice Dobbs, Kellie Frazier, Wendy Lucas, Jeremy Palmer, Alex Giorgio, Marie Berry, and Rex and Jill Wisehart.

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And finally, we want to thank everyone who, over the years, has helped us define and expand our "Overcoming The Fear of Being Fabulous" work, supporting us in creating and amplifying the variety of specifics that ground and make vivid the process of unconscious holdbacks.

About Judith & Jim

As a husband and wife psychology team and best selling authors Judith Sherven, PhD and Jim Sniechowski, PhD—best known as Judith & Jim—have spent nearly 50 years combined specializing in helping people—from top international executives and world famous movie stars, to couples, singles, and individuals--confront, understand, and release unconscious prohibitions against success that can show up no matter what levels of success people have already achieved.

Famous for their ability to dig deep into the heart of what holds people back while providing the recipe for permanent release from that internal prison, they currently specialize in executive coaching.

Their “Overcoming The Fear Of Being Fabulous” 12-CD program enables users to shatter the blindness that has been holding them back, guiding them through the necessary steps to release the hold backs and roadblocks to successful living and loving.

Their goal is to have the power of Unconscious Loyalty, The Love Grip, Allegiances and Forbiddances deeply understood and used worldwide by therapists, coaches, counselors, pastoral counselors, teachers and school counselors, prison personnel, athletic coaches, medical professionals, child care professionals, and, of course, parents and grandparents.

As guest experts they've been on over 2700 television and radio shows including Oprah, The View, 48 Hours, MSNBC, CNN, and Canada AM.

They've been interviewed or published by hundreds of major publications including the Los Angeles Times, Chicago Tribune, USA Today, Boston Globe, Wall Street Journal, London Sunday Times. U.S. News and World Report, Newsday, San Francisco Chronicle, Washington Post, Miami Herald, The San Juan Star (Puerto Rico), Cosmo, Glamour, Playboy, Barrister, Newsweek, Woman's Day, Utne Reader, Men's Health, Best Life, Reason, Bridal Guide, Recovery Times (London), Redbook, Essence, Vogue, Gioia (Italy), Mentor Magazine (Australia), Penthouse (Australia), Family Circle, Parents, Brides, and Today's Black Woman.

Meeting on a blind date March 7, 1987, Judith & Jim married 13 months later.

Executive Coaching

Thank you for the guidance and inspiration you continue to provide through your exceptional and transformational executive coaching. It is an honor and a gift to blossom into my true excellence which you routinely call out with care-filled professionalism and the example you provide by your own presence.

- Kevin Eyres, Former Managing Director LinkedIn Europe

I was experiencing a bit of a personal issue and needed some outside help. I went to Judith and Jim, and after just two conversations everything fell into place. I have no idea how they did what they did, but it worked. If you get a chance to seek their counsel you should jump on the opportunity immediately.

- Mark Joyner, Founder of Construct Zero & #1 Bestselling Author of Over a Dozen Books

Executive Retreats

At our recent Executive Retreat, it was really amazing how quickly we each took in your unusually gifted and probing supervision, like fish to water. Personally, I learnt so much about myself and my friends that I don't know where to begin to express my amazement and gratitude to you both.

- Shabir Randeree, Executive Chairman at DCD Group, YPO London, Education Chair 2011-2012

Thank you both sincerely for a highly educational presentation, as well as the experiential journey everyone enjoyed. People said you were literally a transformative experience. They went on and on! And do know that our group is not prone to excessive praise! You truly were extraordinary.

- Jeanne Blackstone, President, Institute of Noetic Sciences
Los Angeles

* * *

If you're ready to advance your career/business success, Judith & Jim can definitely help you do just that.

To inquire about fees, programs, and/or make an appointment send an email to:

Judith@JudithandJim.com

Put "Executive Coaching Inquiry" in the subject line, and provide several dates and times for an initial no-fee phone conversation. Please include your phone number and/or your Skype Name plus a brief description of the reason(s) for your inquiry. In return you will receive an appointment time.

During the initial call Judith & Jim will determine with you what would be best for you and/or your company's needs.

If your email is an inquiry regarding an event where you would like Judith & Jim to come speak (and/or train) please put "Speaking Inquiry" in the subject line, and provide several dates and times for an initial introductory phone conversation. Please include your phone number and/or your Skype Name plus a brief description of the event you are producing—and you will receive a call time to speak directly with Judith & Jim.

Other Books by Judith & Jim

The New Intimacy: Discovering The Magic At The Heart of Your Differences

Kindle: <http://tinyurl.com/k9k7f>

Paperback: <https://wwwcreatespace.com/3538798>

Opening to Love 365 Days a Year

<http://tinyurl.com/cfbrz>

Be Loved for Who You Really Are,

<http://tinyurl.com/dlmfc>

The Smart Couple's Guide to the Wedding of Your Dreams:
Planning Together for Less Stress and More Joy

<http://www.tinyurl.com/c8sd8>

The Heart of Marketing: Love Your Customers and They Will
Love You Back

<http://tinyurl.com/theheartofmrktg>

To Contact Judith & Jim

Whether for Media Interviews, Speaking Engagements, or Expert Commentary please contact Judith & Jim through:

Email:

JudithandJim@JudithandJim.com (Jim)

Judith@JudithandJim.com (Judith)

Tonja@judithandjim.com (Tonja – Customer Care)

Telephone:

877-810-7653

Skype:

judithsherven

Website:

<http://WhatReallyKilledWhitneyHouston.com>

<http://OvercomingTheFearOfBeingFabulous.com>

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ONLINE RESOURCES BY TOPIC

(Please be aware: the online resources listed below were all live at the time of publication. We have no control over accessibility, and some of them may no longer be functional.)

WHITNEY SINGS

WHITNEY SINGS “I WILL ALWAYS LOVE YOU”

<http://www.youtube.com/watch?v=yDhxKVuVYaY&feature=endscreen&NR=1>

WHITNEY SINGS “THE STAR SPANGLED BANNER”

http://www.youtube.com/watch?v=YHmdu_I_0zI

WHITNEY’S MERV GRIFFIN TV SHOW APPEARANCES

1983

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1983 - Singing duet with mother Cissy

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