

## [Family History Success Requires Spiritual Motivation: Here's My Story, Part 2!](#)

Consider this: once an individual is successful with original research with their family roots, their attitude towards family history pursuits instills an on-going course of action with positive habits better known as the "family history bug." In part 1 of this on-going motivational series, my American pursuits were challenging but my family roots ownership developed well over the 1970's decade as USA successes were achieved slowly but surely as I learned the ropes of conducting family history research without technology. It took me over 10 years to achieve my first international family roots success as previously posted in [Power and Inspiration through the "Spirit of Elijah"](#). While it is easy to lose focus when negative challenges are frequently encountered but whenever genealogical successes occur, the "Spirit of Elijah" can overcome those frustrating memories to a degree of satisfaction that can never be denied. In my case, I established reasonable "Cues" for many intermediate research steps which emerged many realistic "Routines" for achieving original research and those "Rewards" were aesthetically very fulfilling especially when they were spiritually directed to both build and establish my confidence to follow the counsel given to me to fulfill in my patriarchal blessing of 1971.

### **My Symbiotic Relationship with "*The Five Second Rule*" by Mel Robbins**

As previously mentioned in part 1 of this series with profound insights from ["The 5 Second Rule" by Mel Robbins](#) with reference to "Cues," "Routine" and "Rewards, we can be the very problem in making decisions with affirmative actions and in just five seconds, we can push ourselves and become the solution. That link briefly provides such an overview in just 5:02 minutes and you don't necessarily need to purchase her book as there are a plethora of YouTube videos providing more insight on her creative approach of avoid procrastination. In layman terms when you silently count down from five, your brain knows something needs to happen after one; it's the universal cue to act. And when you take a deliberate action immediately after counting down you generate the joy of feeling in control. "There's an important concept in psychology put forth by Julian Rotter in 1954. It's called 'locus of control.' The more that you believe that you are in control of your life, your actions and your future, the happier and more successful you'll be. There's one thing that is guaranteed to increase your feelings of control over your life: a bias toward action." While I was acting independent of the *5 Second Rule*, my intrinsic instincts from my Ph.D. program were that at every stage of my doctorate program I need to be in control of my studies. Otherwise I would never had earned the degree because my professors made it an obstacle course from the very beginning to graduation day. I even had one professor on my committee who refused to sign my dissertation. Not being a member of the Church at the beginning of my studies at BYU probably were a factor as well as I was from New Jersey with eastern attributes that were quite culturally different from Utah. Once, a person on campus asked me "What country I was from!" But once I joined the Church, I learned an important ingredient for me was to pursue a course of excellence in everything that I did in my life style as well as in my academic endeavors. For example, whenever one receives the promptings of the Holy Ghost, things get done but when one hesitates even for a moment, the Spirit is literally gone resulting in procrastination with missed opportunities for action to achieve. The Gift of the Holy Ghost has been a difference-maker in my life ever since joining the Church of Jesus Christ of Latter-day Saints in 1970 but the analogy comparison with *The Five Second Rule* intrigues me for others to help them jump-start their development of replacing bad habits with good habits. And in this case, jump-starting a natural inclination to pursue genealogical endeavors for "whatever rationalization comes to mind!"

### **The 1980's: The Preparation for International Research**

While my first important international research finding in Slovenia was noteworthy in the early 80's, that finding resulted in my persistence in continuing to search for international networking for my family history. For example, the Lord blessed me exceedingly but in 1985 while living in Chicago, I was asked to host in my home the senior editor of the *Jazz Forum* magazine, a prominent jazz education magazine in Poland. My patriarchal blessing in 1971 was very specific that I would use my career to travel the world through my

profession to pursue my genealogy. Since my career was as a high school band director, traveling the world is never realistically in my life's aspirations. But in the 1976, the Lord blessed me to become the senior editor of the *Jazz Educators Journal*, a jazz education publication of the International Association of Jazz Educators. Consequently, my career was then expanded two fold: 1) continue teaching in the public schools to provide for my family and 2) expand my career as a clinician, author and editor of an international jazz education magazine which I held till 1992 which extended my career networking abilities for international travel but never materialized in the 1980s. But "the rest of the story" is that becoming a senior editor of an international jazz education magazine was truly a major obstacle to me when considering that I had graduated in the bottom half of high school graduating class of 1,000. On my first college theme paper, I earned an F+. And my English skills were not skilled because my parents often spoke Polish at home so family secrets were kept from me resulting that I learned English basically as a second language in a immigrant household. And lastly, I stuttered from junior high school through college and into my adult years. To best define me language skills, I was a classic over-achiever who achieved superior results through much concerted effort that represented quite a challenge to what my patriarchal blessing stated. And my first Church job was as a ward speech director! My strength in overcoming all of these obstacles was through faith, prayers and fasting. The 1970's were quite a transition and challenge to me especially since I was a new member of our Church, newly married. Believe it or not, I was the first person in my entering doctorate class to receive a Ph.D. degree which helps to validate that if one can embrace the principles of *The Five Second Rule*, your life will never be the same which effects your own life both temporally and spiritually through the companionship of the Gift of the Holy Ghost which was far important to my growth even beyond my temple and family history activities.

An important note is that the Berlin Wall fell in 1989 which finally opened up Eastern Europe considerably for Westerners for travel and family history communications. And the *Jazz Forum* magazine editor, 10+ years later in 1996, was instrumental in my entire family personally traveling to Poland to do original research and in meeting some of my extended relatives for the first time. But this epic planning and taking my entire family to Eastern Europe didn't happen overnight which will be explained in the third installment of "My Story" which will cover the 1990's.

### **Closing Comments: 1980's Expanded My Career For Future International Networking & Travel**

The 1980's represented the second step in my genealogical pursuits. While nothing sensational occurred with my genealogy, I faithfully continued to regularly persist to explore and expand my family roots mainly in the USA. And most importantly, I followed my patriarchal blessing closely with authoring many published articles in national music education journals beginning in the 1970's and accelerating well in the 1980's, including my first jazz education book entitled: "*Complete Guide to Instrumental Jazz Instruction*" in 1984. Had I not upgraded my commitment to my career pursuits in 1980's, international travel for genealogical purposes would have never occurred. To accomplish this, I actually lived two lives: 1) public school teacher during the day and 2) free-lance clinician, author and editor in the evening almost like the dual polarity of the life of Charles Ives, a noted 20<sup>th</sup> century music composer at night who was also a successful insurance manager during the day. Plus I was able to also manage both my family responsibilities and Church assignments as a stake high councilman. Putting this all together, I was living my life to the core in dedication to my patriarchal blessing which was a very demanding responsibility which required a very understanding wife who allowed me to be so engaged in so many demanding responsibilities to aspire to achieving the expectations of my patriarchal blessing. If your curious, my patriarchal blessing even stated who to marry: Roslyn which I have been blessed exceedingly.

In future installments, I will continue to present how my genealogical activities accelerated considerably faster in the 1990's while my career did not bloom. My time management skills continued to develop as I become computer proficient by the end of the 1980's which was also important factor for future family history endeavors which will be specifically addressed and displayed on the Internet in subsequent decades.