

The Uncertainty of Pain

April 29th, 2018

- Gail Mercer-MacKay: Okay, Hi everybody. It's Gail Mercer-MacKay from Mercer-MacKay Digital Storytelling and The Six-Figure Freelance Writer. This week, I want to welcome you to my weekly video and my home, and introduce my friend Pam Maguire who dropped in to have lunch with me and have a chat. We've just had an amazing catch-up and lunch. Pam and I have been friends for a lot of years. We met through the Microsoft world, the Microsoft community, and we've become really good friends as well as colleagues.
- Pam Maguire: Yes, yeah, yeah. I think we connected from day one, really.
- Gail Mercer-MacKay: We did connect from day one. I remember sitting in the Microsoft parking lot getting your phone call and talking to you and thinking, "I love this woman. I like this woman." That's where we started working together. Pam joined me for lunch, and I made a nice vegetarian, gluten free, sugar free lunch. It was delicious.
- Pam Maguire: We're all healthy.
- Gail Mercer-MacKay: We're feeling healthy and satisfied. We talked about how hard it is to change. You know, how hard it is for all of us to make change in our life. My good friend Nancy Watt has a saying, "We would rather have the pain of certainty rather than the uncertainty of pain." That's so true, you know. Instead of going after something, often we just stay stuck in the life that we're in because we're afraid of what might be, of what might happen. We were talking about that ...
- Pam Maguire: Oh, for sure.
- Gail Mercer-MacKay: Yeah, over lunch, and you know, just in particular some opportunities for both of us. We were saying, like, "Why don't we just pursue this? What's stopping us?" You know, when you lay it out, it was like the universe was telling us, "Do it."
- Pam Maguire: Right, yeah, and I think when Gail you said ... I mean, because I'm always looking at, you know, changing my life or doing something different. You know, I think when we were talking, Gail, you were just saying, "Pam, you need to make a change."
- Gail Mercer-MacKay: Yeah, it's obvious to me. I mean, you know how we can fix other people's lives? We can look at other people's lives and see a clear path.
- Pam Maguire: Yeah, it's like cleaning someone else's kitchen. You can see what they need to do, but you can't see in your own.

Gail Mercer-MacKay:

Yeah. That's the thought we kind of want to leave you with today. You know everybody, if you've been watching me you know that I had a big, major, transformational shift getting fired from my job which got me on this path to doing what I love to do, and I can't believe it's been 10 years now I've been doing this and also working with other writers, helping other writers move into this world as well. I love it. I love what I do.

You know, another big transformational shift in the last couple of years with the end of my marriage, is opening up new possibilities for me. I'm wearing Thai clothes today, I should show you my Thai pants that I'm wearing from going to Thailand last year and experiencing that whole culture, which would not have happened had I not taken advantage of the opportunity that was waiting there for me, and it was scary. It felt scary at first to go off on my own with people I don't know and travel [crosstalk 00:02:57] other side of the world.

Pam Maguire:

You're so brave Gail, you are so brave, honestly.

Gail Mercer-MacKay:

So are you, come on, so are you. Sometimes all we need is a little bit of bravery and a friend egging us on to take that step forward. That's the thought we want to leave you with today. If there's something that you want to do, do it. You know, you've got one life, do it. Until next week, my name is Gail Mercer-MacKay, believe, be brave, and go write. Thank you for listening.

Pam Maguire:

Bye.

Gail Mercer-MacKay:

Bye bye.