

The Vacuum Principle



Anyone studying the Law of Attraction is aware that things that come up in contrast to what we want is the most challenging piece of the equation. It is the piece that has been most difficult for me so far at any rate.

Our car had broken down one day and Wayne took the car in to be looked at while I stayed home because I had a coaching call with someone. The call went great; the topic at hand was unexpected expenses and finding a way to glide through that contrast so that more money could flow in with ease.

Wayne got home with the news at about the same time the call ended and I asked him what the damage was. It turned out to be quite pricey repairs that would cost us most of the cash we had on hand. My response was quite interesting; it was like I was in the perfect place to hear the news – thanks to the person I had just been coaching... I looked at Wayne and what came out of my mouth was just brilliant, if I do say so myself.

I said, ‘Wow, now we have a vacuum that the Universe will fill for us.’

I remember not only saying that but feeling it as well. I felt totally at peace with the situation and even a little stoked to know that the vacuum had to be filled. The Universe abhors a vacuum according to many of the law of attraction teachers and is even one of the base principles that make Feng Shui work. (If you need proof of that, next time you are feeling stuck, clean something out of your living space and then watch the magic happen around you.) It has certainly been part of my experience.

By the end of that day, we went and picked up a check for almost the full amount of the car repairs and fielded calls that lead to 3 other checks for similar amounts to show up within days afterwards.

That vacuum was filled in very short order and it got me to thinking...

Is it possible that every time something shows up that is in contrast to what we want it is actually creating a vacuum that

the Universe will come and fill in the blink of an eye?

And if that is true, why is it that it seems so many people experience the contrast for long periods of time – meaning the vacuum doesn't appear to be filled?

Abraham-Hicks suggest that there is no source of poverty in our world, there is only a lack of abundance. There is no source of illness in our world; there is only a lack of wellness. There is no source of darkness in our world; there is only a lack of light. There is no source of hate in our world; there is only a lack of love.

I believe what they are trying to say is that the things we feel we lack is a vacuum, a space to be filled, rather than a space that is filled with something we don't want. So my answer to my first question was a resounding yes! All things that are in contrast to that which we want are a vacuum to be filled.

So what about the second question? Why is it that it appears that the Universe doesn't always fill the hole the moment the hole appears?

During a very deep conversation with my dear friend Mary K it suddenly occurred to me that most of the time, when we perceive a lack of something, we immediately begin to stuff the hole full of worry's, doubts and evidence that we are now screwed, based on our experience. Now that the hole has been filled, the vacuum principle can no longer work. There is no space for the vacuum to exist so the Universe can rush in and fill it for us.

I have come to the conclusion that in order to use the vacuum principle, we need to learn to take the advice of the early Beatles and ***'Let it be.'***

Among those who are aware of the principles of the Secret and Law of Attraction, the most common response to 'a lack' of something seems to be, 'What am I doing wrong?' We follow that up with dissecting ourselves to discover our flaw, begin worrying about the probability that we won't be able to correct the situation in time, and start doing things based on our fear and self loathing in such a way that it almost looks like we are flailing about trying to frighten away a pestering bee.

Whew... No wonder the Universe chooses to stand back and say, *'Alrighty then, you handle it.'* We are literally getting in the way of our own abundance through asking the question in the first place – 'What am I doing wrong?'

Why on earth would we tie the Universe's hands like that?

I have learned to appreciate the vacuum that is created and therefore side stepping the need to learn to appreciate the contrast and the Universe has not let me down since.

I've noticed that when I forget to let it be, for a time, the contrast stays stuck in place and the minute I remember that my intention is to simply appreciate the vacuum – zoom – the Universe rushes to fill it up.

I can't imagine a more perfect system.



In Gratitude,
[Kat McCarthy](#)
[Email Kat](#)