

# **7 Ways To Fulfill The Need of Your Root Chakra (& Stop Living from Fear)**

As humans, we have all sorts of needs – physical, emotional, psychological and spiritual. In fact, we have one major need in each of our chakras. As we meet these important needs, we naturally feel more fulfilled. Unfortunately, if we're not consciously aware of our basic chakra needs and are not fulfilling them, our subconscious will try to fulfill them in ways that may be counterproductive to what we consciously want.