



The Stairway to Heaven

Nine Steps of Consciousness From Unawareness to Full Enlightenment

by Tara Springett



Non-Fiction - Self Help

Kindle Edition

Reviewed on 04/11/2025

Book Review

Reviewed by Pikasho Deka for Readers' Favorite

Do you feel you've not lived up to what you've got to offer to the world? Drawing from her over 25 years of experience as a drug counselor, psychotherapist, and Buddhist meditation teacher, Tara Springett introduces the nine stages of consciousness to help readers realize their fullest potential. In *The Stairway to Heaven*, the author takes a deep dive into these nine stages and shows how to activate each stage of consciousness to find enlightenment, success, and fulfillment. The book provides case studies of people at various levels of consciousness as well as techniques to ascend to the higher levels. Readers will learn about personal and spiritual growth, key motivations, developments, and positive and negative traits at each stage of consciousness, the "true self," growing self-awareness, religious and spiritual beliefs, and meditation, among other concepts.

Tara Springett uses ancient Buddhist teachings and psychotherapy to explore the nine stages of consciousness and present an illuminating guide for self-development and spiritual and personal enlightenment. *The Stairway to Heaven* is your step-by-step guide to finding love, happiness, and fulfillment. Whether you're too busy to find time for yourself due to hectic work schedules or struggling to deal with the stress and anxiety of everyday life, this book is for you. Springett goes through each topic in vivid detail, which I found not only informative and educational but also very engaging. Each of the nine stages of consciousness is rooted in different aspects of human behavior at various phases of people's lives. This is a practical guide to living a fulfilling and spiritual life. I found it thoroughly engrossing and can't recommend it highly enough.