

The Golden Path

A Spiritual Development Programme



Deepening our awareness and compassion as we explore the big questions of living and dying



Welcome to The Golden Path – a profound spiritual enquiry process designed to guide you through a transformative exploration of your inner world. Whether you are navigating your own spiritual journey, or supporting others on theirs, this course will help you connect deeply with your spiritual experiences, beliefs, and knowledge, enabling you to face your own mortality and the fears of those facing life threatening illness.

What is the Golden Path?

The Golden Path, developed and led by **Dr Rosy Daniel and Sue Caden**, runs for 4 months over 4 weekends, and can be taken either for personal spiritual development, or to deepen your ability to mentor those who are life-threatened or dying.



The course content is greatly enriched by the teachings of the late **Pat Pilkington MBE**, Co-Founder of the Bristol Cancer Help Centre. We will share our insights and wisdom and draw upon the **legacy of Pat's wisdom** which illuminated and strengthened the souls of so many over **30 years of inspired voluntary service** at the Bristol Centre (now called Penny Brohn UK).



What you will you gain from this course:

- A loving safe space with others to explore your own beliefs
- Inspiration and uplift from sharing the beliefs and experiences of the group
- Establishment of a spiritual practice that deepens your inner strength and peace of mind
- Strength to face your fears and define your wishes in relation to your own death
- Greater ability to stay present when supporting others who are facing their mortality

Course Structure

The four weekends will be hosted in Somerset and organised around a self-mapping wheel developed by Rosy which addresses:

- **Weekend 1: Spiritual Experiences** – the felt experience of our spirituality
- **Weekend 2: Spiritual Teachings** – our learning gathered from teachers and spiritual traditions
- **Weekend 3: Spiritual Growth** – our self-knowledge and progress with our personal sacred contract
- **Weekend 4: Spiritual Life** – the application of our spiritual truths to our daily lives



The course will run over four weekends from 9.30am - 5.30pm between April and July 2025 in person at a beautiful location in Somerset.

Upcoming Course Dates:

- **Weekend 1** - 12th and 13th April 2025
- **Weekend 2** - 10th and 11th May 2025
- **Weekend 3** - 7th and 8th June 2025
- **Weekend 4** - 5th and 6th July 2025

Would you like to join our spiritual development programme in order to understand where you are on your own spiritual journey?

[Click here!](#)



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Enrolment and Course Fees

The process of joining us for our Spiritual Development Programme is simple:

- Complete your **application form** and agree to our terms and conditions
- Payment of course fees in full or by payment plan
- Spaces are limited so please act now to reserve your place.

The Fee for the Golden Path Spiritual Development Process is: £1,800 comprising of eight full day workshops with Dr Rosy and Sue Caden.

We would like to offer a **10% Discount for UKIHCA and Health Creation Members.**

This fee may be paid in full with payment plans available.

If you have questions about the course and its relevance to you, please get in touch via support@healthcreation.co.uk now to reserve a place.

We look forward to welcoming you on board!

If you're ready to deepen your spiritual awareness, cultivate the inner strength to stay present and explore the sacred path of healing, *The Golden Path* is for you.

If there is anything you would like to discuss further, please reach out to us at support@healthcreation.co.uk to arrange a conversation with a course leader.

With our warmest wishes
**Dr Rosy Daniel, Sue Caden,
and Course Coordinator Emily Mills**



Would you like to explore with others the big questions of how we can live and die consciously, and how we can apply our spirituality in everyday life?

[Apply here!](#)



Together we can make the shift from
Passive Health Care to Proactive Health Creation



healthcreation