



IWC STUDY CIRCLE
APRIL 2026 PROGRAM

Tuesdays, 7:30 PM PT
Institute of World Culture, Concord House
1407 Chapala Street, Santa Barbara, CA
In-Person and via Zoom*

Antidotes to Anxiety

April 7, 2026 ***“Youth at the Millennium”, Nandini Iyer***

An essay from the book, *Tribute to a Teacher*. Nandini Iyer presented this talk as part of an intergenerational dialogue sponsored by Group 21 in which she poses a provocative question: “We may well ask, have we not had education for millennia – education of every possible kind, colour, hue, tone, inclination, persuasion? And what have we to show for it?”

April 14, 2026 **Action is the Antidote to Doomscrolling Anxiety, Edward Norton. Also, “Crossing the Brooklyn Ferry”, Walt Whitman.**

The Study Circle will screen an interview with the actor Edward Norton concerning contemporary anxiety and then discuss anxiety and the Whitman poem he recites.

April 21, 2026 ***“Speech Matters/Vedic Maxim”, Donald Lambie***

What principles are to guide us in the use of speech? For example, to quote from the Vedic tradition: “Speak truth pleasantly. Do not speak pleasant untruth.”

April 28, 2026 ***Philosophy as a Way of Life, Christine Lambie***

Christine discusses a passage from Pierre Hadot’s book, *Philosophy as a Way of Life*: “Philosophy was a mode of existing-in-the-world, which had to be practiced at each instant, and the goal of which was to transform the whole of the individual’s life.”

**Contact donna@worldculture.org for a link to join via Zoom*
For more information <http://www.worldculture.org>