SENSA LAB SEMINARS
VISUAL ANTHROPOLOGY SERIES

UCC
University College Cork, Ireland
Coláiste na hOllscoile Corcaigh

Dr Ian McGonigle (Maynooth University)

Chair: Dr Tatsuma Padoan

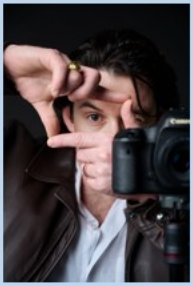
TECHNOLOGIES OF THE SOUL

Ancient Wisdom in the Smart Nation

Film Screening&Discussion



Taighde Éireann
Research Ireland



Monday 16 November 2026, 17.00-19.00, Kane Building B10B
Film & Screen Media Auditorium, UCC – ALL WELCOME

Technologies of the Soul **(I. McGonigle / Singapore, 2023, 60').** We have become entangled with technology more than ever. The distinctions between work and home, between leisure and labor, and between focus and distraction, are progressively blurring. How should we respond to this crisis and from where might we find the wisdom to regulate ourselves from the onslaught of digital creep? One source of wisdom is to be found with the world's ancient faith traditions. *Technologies of the Soul* shows us how Asia's ancient traditions have adapted rituals, sacrifices, prayers, and sabbaticals – and other techniques of the self – to create space outside of time to maintain peace and serenity.

Dr Ian McGonigle is an Assistant Professor of Anthropology at Maynooth University, working on the intersection between science, technology, and religion.

Sensa

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SENSA Lab*
MA Anthropology, Study of Religions Department
Film and Screen Media Department
*SENSA Laboratory of Semiotics, Ethnosemiotics, Nonfictional Studies and Audiovisuality