

# UC San Diego

## UC San Diego Electronic Theses and Dissertations

### Title

Balancing Resilience and Equanimity: Mother Courage, Authenticity, and The Cart

### Permalink

<https://escholarship.org/uc/item/1w9546m2>

### Author

Larson, Tyler

### Publication Date

2019

### Supplemental Material

<https://escholarship.org/uc/item/1w9546m2#supplemental>

Peer reviewed|Thesis/dissertation

UNIVERSITY OF CALIFORNIA SAN DIEGO

Balancing Resilience and Equanimity:  
Mother Courage, Authenticity, and The Cart

A Thesis submitted in partial satisfaction of the  
requirements for the degree Master of Fine Arts

in

Theatre and Dance (Stage Management)

by

Tyler Larson

Committee in charge:

Lisa Porter, Chair  
Jennifer Chang  
Lora Powell

2019

©

Tyler Larson, 2019

All rights reserved.

The Thesis of Tyler Larson is approved, and it is acceptable in quality and form for publication on microfilm and electronically:

---

---

---

Chair

University of California San Diego

2019

## DEDICATION

In honor of those pursuing their passions knowing full well the risks and challenges that accompany the endeavor.

## TABLE OF CONTENTS

Signature Page.....	iii
Dedication.....	iv
Table of Contents.....	v
List of Supplemental Files.....	vi
Acknowledgements.....	vii
Abstract of the Thesis.....	viii

## LIST OF SUPPLEMENTAL FILES

File 1. *Mother Courage and Her Children* Digital Calling Page – p. 2

File 2. *Mother Courage and Her Children* Digital Calling Page – p. 44

File 3. *Mother Courage and Her Children* Digital Calling Page – p. 60

File 4. *Mother Courage and Her Children* Digital Calling Page – p. 80

## ACKNOWLEDGEMENTS

To my mentors, Lisa Porter, Chuck Means, and Lora Powell for your friendship, compassion, trust, honesty, humor, and expertise.

To my family, for your resilience, trust, unconditional love, and support.

To Shannon Richey and Gabi De La Rosa, for your unending support, love, respect, tomfoolery, acceptance of any “kittens in a basket situation,” and friendship.

To Justin Beets, Joel Britt, Brandon H. Rosen, and Shelby Swenson for all your encouragement, friendship, love, support, and our Sunday get togethers.

To Michael Francis and Laura Manning for your endless support, open doors, respect, trust, humor, and guidance.

To my fellow SM MFA graduates, Willie Mae Michaels and Bryan Runion. I could not have imagined better folks to undergo this journey with. Thank you for your friendship, engouement, support, toleration my shenanigans, our office meetings, care, love, and empathy.

To my teachers and mentors who motivated, believed in, and challenged me, for selflessly providing resources and opportunities to help illuminate and guide my path.

To my collaborators, colleagues, and friends in the SM cohorts of the past and present. Thank you for sharing this experience with me, as well as, your willingness to be vulnerable, collaborative, and supportive.

I truly express my deepest gratitude to y’all. I would not be who am I or where I am today without you.



## ABSTRACT OF THE THESIS

Balancing Resilience and Equanimity:  
Mother Courage, Authenticity, and The Cart

by

Tyler Larson

Master of Fine Arts in Theatre and Dance (Stage Management)

University of California San Diego, 2019

Professor Lisa Porter, Chair

Within the production process of *Mother Courage and Her Children*, I discovered parallels between the character of Mother Courage and myself. In the play, Mother Courage trudges forward with her cart, facing difficult decisions with unpredictable outcomes. She relies heavily on her ego for protection, which results in the loss of all three of her children. Mother Courage is resilient, however she lacks the ability to actively acknowledge, accept, and engage in challenging situations without falling victim to stress, self-judgement, and self-doubt. Resilience has always been one of my greatest strengths, but during the process of *Mother Courage and Her Children*, I observed how my own resilience can negatively impact the production process.

Mother Courage and her cart symbolize self-imposed expectations, personal baggage, and the destructive qualities of ego. She is resistant to engaging with her authentic self, and lacks presence. I relied upon my resilience to weather the challenges of the process, and this behavior distanced me from my fellow collaborators. I became Mother Courage and her cart, operating solely on resilience, without its counterpart, equanimity, losing the connection to the cast, director, and stage management team. However, in the technical phase of the process, I rebuilt those connections. By detaching from my ego, accepting the situations for what they were, and engaging with my authentic self, I found the balance between my resilience and equanimity. My experience with the *Mother Courage* process helped me to live in the mess with equanimity, while accepting and acknowledging my own resilience.