

NO, THE GLUT is too great, at some point, even to admit these problems to the forefront of your consciousness, much less apply critical intelligence to them. By now, you have begun to use the Great Anodyne, booze, rather to excess. And this brings another glut, the physical one, where your sodden pores carry about great quantities of water, which you can slough off in a week of sobriety. Again, the impotence caused by the glut within the groove.

You need, and you know you need, a total withdrawal of the libido. This you get, after a couple of days of intense sack duty, with the aid of a couple of sleepers, on a gently rolling sea.

Even though it has happened before, you are surprised that it comes again, that you still have that old resilience, that a sense of proportion is still possible. A wonderful thing happens. I call this a *gathering*. This is the time when all that unabsorbed personal chaos built up over weeks and months of being hit too fast and responding too slowly, begins to slide away.

★ ★ ★

THINGS fall into place. First of all, naturally, you rediscover who you are. Without this schoolroom pointer, you can do nothing about what you feel about what you felt, penumbrally, before. It is you, rather than a bloated mind and a bloated heart, that you find putting things in order, a way of doing things that you had almost forgotten about.

Gradually, like foam rising to the head of a beer glass after a little agitation, the things that should be heeded are presented to you in palpable form. The cormorants off the Panama Coast have made their appearance, spearing fish into their throaty bags. I feel as if I had just shed a testy skin.

LET ME explain about the glut. Even a person as sedentary as I accumulates an enormous amount of sensory impressions each day. Some of these are tied up with personal relationships that can be frustrating. Others are things, like the gloomy progress of the world, which are equally frustrating because there isn't much you can do about it.

(D) The result is a glut of unassimilated feeling. You carry it about like an albatross. You are always feeling pressed and helpless because of the anodyne nature of the groove. Grooves are bad places to cope with gluts.

The glut becomes a great weight, like a heavy box you cannot get off your back. It's not a question of what can I do about A's requests for money, or B's husband running away from her, or C's request that you do a television series, or F's constant drain on the dwindling reserves of your sympathy.

★ ★ ★

31

Charles McCabe Himself

'The Journey Is Within'

ABOARD THE S.S. SANTA MARIANA — As I may have mentioned before, I travel less to see the world than to find myself, a much more important matter.

On this voyage, aboard a Prudential Line freighter-passenger ship, I shall see such things as the skyline of Rio; the urbanity of Buenos Aires and the wonders of Tierra del Fuego and the Strait of Magellan; but I will be much more interested in finding how I've changed since the last time I got a good look at myself.



The journey, for me, is always within. An ocean-going ship is just about perfection for this type of voyage. In mind's eye I can still see and smell the paint on the Gate Bridge; but the distance I've already gone, inward, is incalculable.

The thing is, I don't know when and how to get away from home, which is for me Telegraph Hill, the boites and brio of North Beach, and the occasional dinner or drinking party in the purlieus of Nob Hill or Pacific Heights.

When you are doing a job almost continuously, and are sort of in the midst of life as well, something curious occurs. You find yourself in a groove, and suffering from a glut. Laziness keeps you moving from the groove. The glut just overwhelms you.

★ ★ ★

IN 1976 READING THIS COLUMN BY CHARLES McCABE INSPIRED ME TO PREPARE THE CHARTS ON THE FOLLOWING PAGE THAT ATTEMPTED TO EXTRACT AND DIAGRAM THE THOUGHTS AND CONTENT ABOUT WHICH HE WAS WRITING.

I HAD NO IDEA THAT THAT THIS WOULD LEAD TO THE CREATION AND DEVELOPMENT OF A PERSONAL PROCESS OF READING, STUDYING, LOGGING AND DIAGRAMMING MATERIAL FOR THE NEXT THIRTY-NINE YEARS AND COUNTING.

THE LAST PAGE FOLLOWING IS A GRAPHIC REPRESENTATION PREPARED THIS MORNING TO SHOW ANOTHER FORMAT FOR PRESENTING THE INFORMATION. THE MOST "ELEGANT" CHARTS THAT I HAVE SAMPLES OF WERE EITHER HAND-DRAWN OR PASTED UP WITH GRAPHIC TAPE AND LETTERING.

MANY OF MY CURRENT CHARTS ARE HAND-DRAWN OR HAVE USED A PROFESSIONAL SCHEDULING PROGRAM TO EMULATE A CHART ... THIS WORKS BUT IS NOT VERY ELEGANT. I'M ALWAYS PURSUING BETTER METHODS.

I'M SINCERELY INTERESTED IN SHARING THE CLARITY OF THINKING THAT DEVELOPS AS A RESULT OF APPLYING THE TECHNIQUES OF CRITICAL ANALYSIS AND CONCENTRATION THAT ARE REQUIRED TO ANALYZE A SUBJECT AND CREATE A CHART THAT REFLECTS THE CONTENT OF A PROCESS OR A PIECE OF WRITTEN MATERIAL.

LIFE ANALYSIS AND PLANNING IS AN INTIMATELY RELATED PROCESS.

THERE ARE THOSE, HOWEVER, WHO MAY NOT BE INCLINED TO UNDERTAKE THE EFFORT REQUIRED TO DEVELOP THE FOCUS NEEDED TO CREATE CHARTS ON THEIR OWN. FOR THEM, BEING EXPOSED TO THE DIAGRAMS ALONE COULD BE AN ENLIGHTENING EXPERIENCE.

ENABLING THIS SHARING HAS BEEN AN IDEAL TOWARDS WHICH I HAVE BEEN WORKING FOR MANY YEARS.

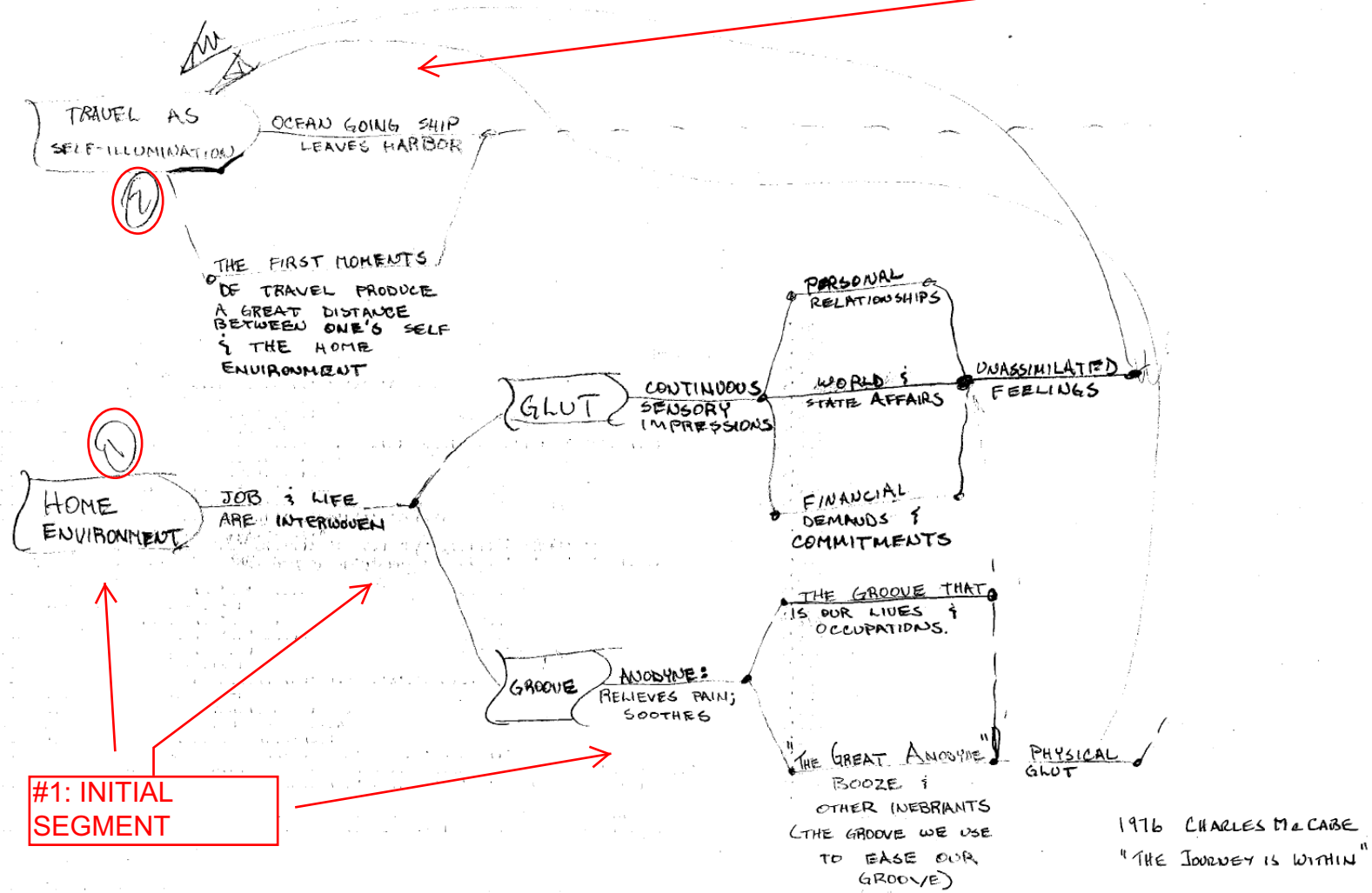
I WAS BORN IN RICHMOND, CALIFORNIA AND HAVE BEEN A LIFE LONG RESIDENT OF THE SAN FRANCISCO BAY AREA. I'VE READ THE CHRONICLE SINCE MY EARLY TEEN YEARS AND REMEMBER BEING IMPRESSED THAT HERB CAEN SPOKE IN SUPPORT OF THE BLACK PANTHERS IN THEIR EARLY DAYS (NEIGHBORHOOD FOOD PROGRAMS, ETC.)

TRUTH IS WHERE YOU SEARCH FOR IT.

DENNIS STARKOVICH

NOVEMBER 20, 2015

#2: MIDDLE SEGMENT



#1: INITIAL SEGMENT

THESE INITIAL SKETCHES ARE SOMEWHAT OUT OF ORDER THE CIRCLED 1, 2, 3 FOLLOW THE CHRONOLOGY OF THE ARTICLE, AS SHOWN.

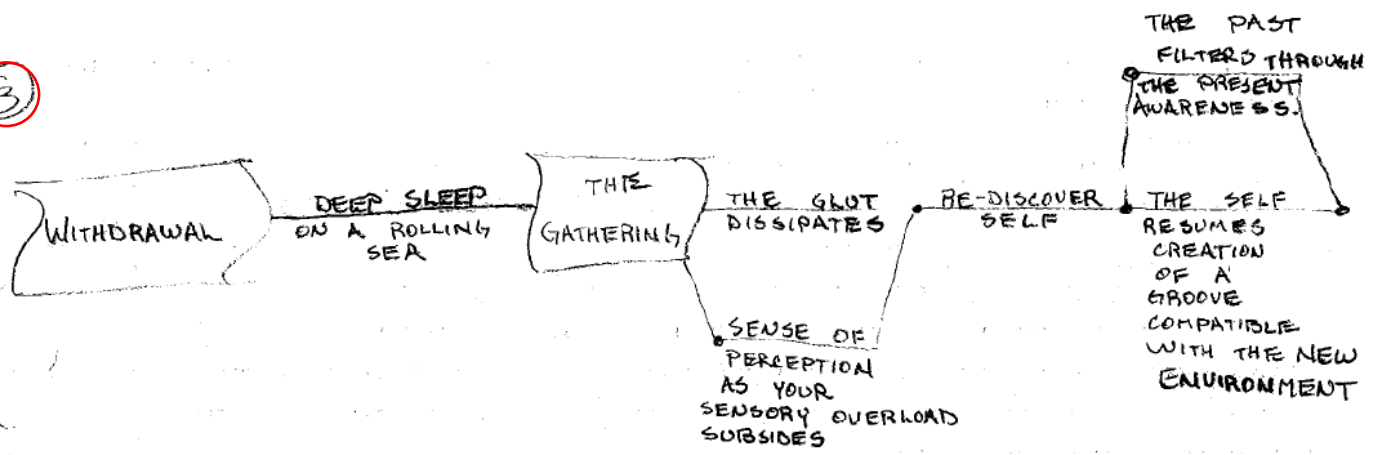
THE INTENT, IN THIS CASE, WAS TO HIGHLIGHT THE MAIN IDEAS, IN RELATED GROUPINGS.

THERE ARE TWO OTHER CHARLES McCABE COLUMNS I WOULD LIKE TO DIAGRAM AND PRESENT:

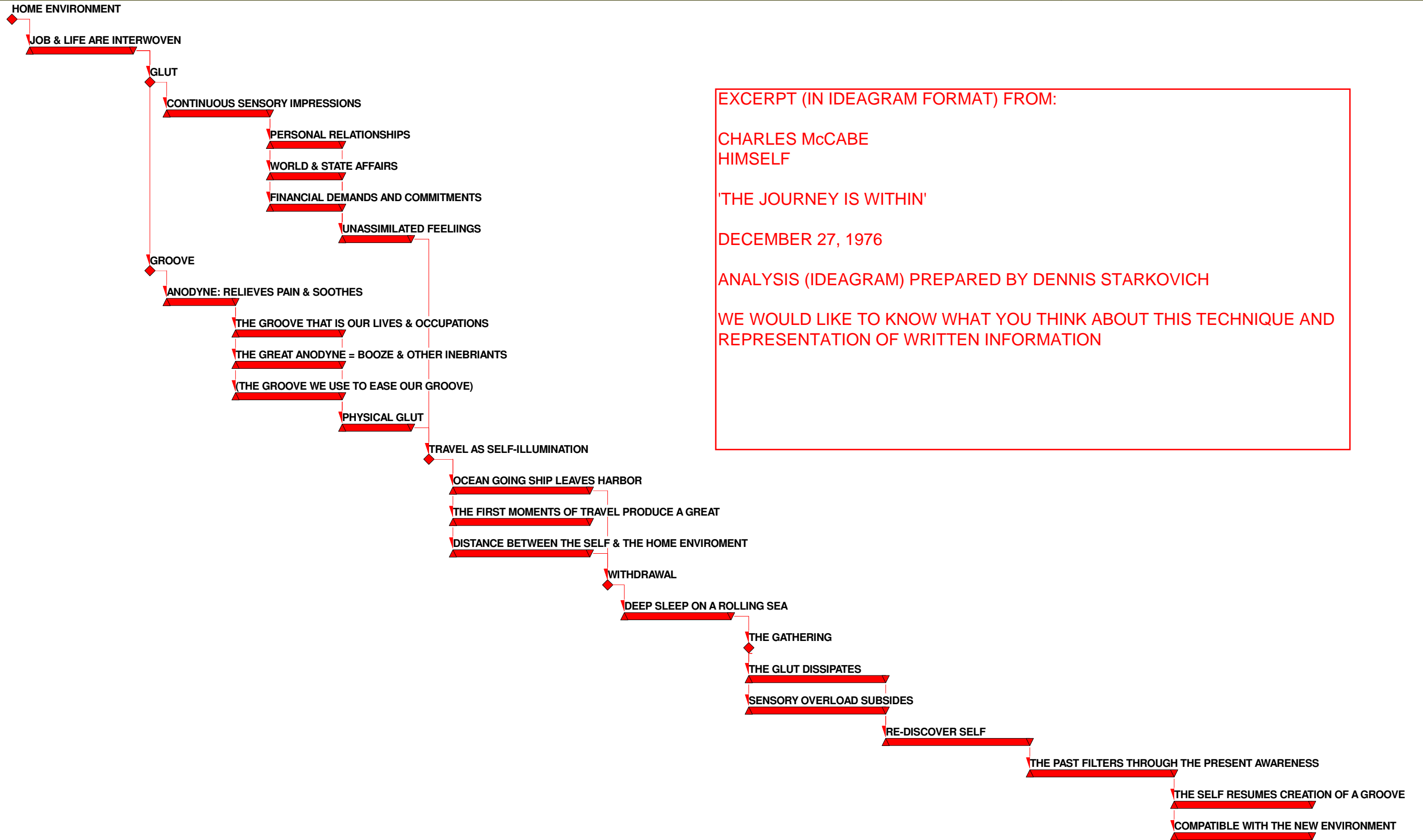
1978: GOALS

1981: A COMPOSED LIFE

#3



#3: CONCLUSION



EXCERPT (IN IDEAGRAM FORMAT) FROM:
 CHARLES McCABE
 HIMSELF
 'THE JOURNEY IS WITHIN'
 DECEMBER 27, 1976
 ANALYSIS (IDEAGRAM) PREPARED BY DENNIS STARKOVICH
 WE WOULD LIKE TO KNOW WHAT YOU THINK ABOUT THIS TECHNIQUE AND REPRESENTATION OF WRITTEN INFORMATION