ESSENTIALS OF SPONTANEOUS PROSE
Jack Kerouac

SET-UP The object is set before the mind, either in reality, as in sketching (before a landscape or teacup or old face) or is set in the memory wherein it becomes the sketching from memory of a definite image-object.

PROCEDURE Time being of the essence in the purity of speech, sketching language is undisturbed flow from the mind of personal secret idea-words, blowing (as per jazz musician) on subject of image.

METHOD No periods separating sentence-structures already arbitrarily riddled by false colons and timid usually needless commas—but the vigorous space dash separating rhetorical breathing (as jazz musician drawing breath between outblown phrases)—"measured pauses which are the essentials of our speech"—"divisions of the sounds we hear"—"time and how to note it down." (William Carlos Williams)

SCOPING Not "selectivity" of expression but following free deviation (association) of mind into limitless blow-on-subject seas of thought, swimming in sea of English with no discipline other than rhythms of rhetorical exhalation and expostulated statement, like a fist coming down on a table with each complete utterance, bang! (the space dash)—Blow as deep as you want—write as deeply, fish as far down as you want, satisfy yourself first, then reader cannot fail to receive telepathic shock and meaning-excitement by same laws operating in his own human mind.

LAG IN PROCEDURE No pause to think of proper word but the infantile pileup of scatological buildup words till satisfaction is gained, which will turn out to be a great appending rhythm to a thought and be in accordance with Great Law of timing.

TIMING Nothing is muddy that runs in time and to laws of time-Shakespearian stress of dramatic need to speak now in own unalterable way or forever hold tongue-no revisions (except obvious rational mistakes, such as names or calculated insertions in act of not writing but inserting).

CENTER OF INTEREST Begin not from preconceived idea of what to say about image but from jewel center of interest in subject of image at moment of writing, and write outwards swimming in sea of language to peripheral release and exhaustion—Exhale—Bang! (space dash)—Blow as deep as you want—write as deeply, fish as far down as you want, satisfy yourself first, then reader cannot fail to receive telepathic shock and meaning-excitement by same laws operating in his own human mind.

STRUCTURE OF WORK Modern bizarre structures (science fiction, etc.) arise from language being dead, "different" themes give illusion of "new" life. Follow roughly outlines in outfanning movement over subject, as river rock, so mindflow over jewel-center need (run your mind over it, once) arriving at pivot, where what was dim-formed "beginning" becomes sharp-necessitating "ending" and language shortens in race to wire of time-race of work, following laws of Deep Form, to conclusion, last words, last trickle-Night is The End.

MENTAL STATE If possible write "without consciousness" in semi-trance (as Yeats' later "trance writing") allowing subconscious to admit in own uninhibited interesting necessary and so "modern" language what conscious art would censor, and write excitedly, swiftly, with writing-or-typing-cramps, in accordance (as from center to periphery) with laws of orgasm, Reich's "beclouding of consciousness." Come from within, out-to relaxed and said.
BELIEF & TECHNIQUE FOR MODERN PROSE

Jack Kerouac

1. Scribbled secret notebooks, and wild typewritten pages, for yr own joy
2. Submissive to everything, open, listening
3. Try never get drunk outside yr own house
4. Be in love with yr life
5. Something that you feel will find its own form
6. Be crazy dumbsaunt of the mind
7. Blow as deep as you want to blow
8. Write what you want bottomless from bottom of the mind
9. The unspeakable visions of the individual
10. No time for poetry but exactly what is
11. Visionary tics shivering in the chest
12. In tranced fixation dreaming upon object before you
13. Remove literary, grammatical and syntactical inhibition
14. Like Proust be an old teahead of time
15. Telling the true story of the world in interior monolog
16. The jewel center of interest is the eye within the eye
17. Write in recollection and amazement for yourself
18. Work from pithy middle eye out, swimming in language sea
19. Accept loss forever
20. Believe in the holy contour of life
21. Struggle to sketch the flow that already exists intact in mind
22. Don't think of words when you stop but to see picture better
23. Keep track of every day the date emblazoned in yr morning
24. No fear or shame in the dignity of yr experience, language & knowledge
25. Write for the world to read and see yr exact pictures of it
26. Bookmovie is the movie in words, the visual American form
27. In praise of Character in the Bleak inhuman Loneliness
28. Composing wild, undisciplined, pure, coming in from under, crazier the better
29. You're a Genius all the time
30. Writer-Director of Earthly movies Sponsored & Angeled in Heaven

from On the Road

Great Chicago glowed red before our eyes. We were suddenly on Madison Street among hordes of hobos, some of them sprawled out on the street with their feet on the curb, hundreds of others milling in the doorways of saloons and alleys. "Wup! wup! look sharp for old Dean Moriarty there, he may be in Chicago by accident this year." We let out the hobos on this street and proceeded to downtown Chicago. Screeching trolleys, newsboys, gals cutting by, the smell of fried food and beer in the air, neons winking--"We're in the big town, Sal! Whooee!" First thing to do was park the Cadillac in a good dark spot and wash up and dress for the night. Across the street from the YMCA we found a redbrick alley between buildings, where we stashed the Cadillac with her snout pointed to the street and ready to go, then followed the college boys up to the Y, where they got a room and allowed us to use their facilities for an hour. Dean and I shaved and showered, I dropped my wallet in the hall, Dean found it and was about to sneak it in his shirt when he realized it was ours and was right disappointed. Then we said good-by to those boys, who were glad they'd made it in one piece, and took off to eat in a cafeteria. Old brown Chicago with the strange semi-Eastern, semi-Western types going to work and spitting. Dean stood in the cafeteria rubbing his belly and taking it all in. He wanted to talk to a strange middle-aged colored woman who had come into the cafeteria with a story about how she had no money but she had buns with her and would they give her butter. She came in flapping her hips, was
turned down, and went out flipping her butt. "Whoo!" said Dean. "Let's follow her down the street, let's take her to the ole Cadillac in the alley. We'll have a ball." But we forgot that and headed straight for North Clark Street, after a spin in the Loop, to see the hootchy-kootchy joints and hear the bop.

And what a night it was. "Oh, man," said Dean to me as we stood in front of a bar, "dig the street of life, the Chinamen that cut by in Chicago. What a weird town--wow, and that woman in that window up there, just looking down with her big breasts hanging from her nightgown, big wide eyes. Whee. Sal, we gotta go and never stop going till we get there."

"Where we going, man?"

"I don't know but we gotta go." Then here came a gang of young bop musicians carrying their instruments out of cars. They piled right into a saloon and we followed them. They set themselves up and started blowin There we were! The leader was a slender, drooping, curly-haired, pursy-mouthed tenorman, thin of shoulder, draped loose in a sports shirt, cool in the warm night, self-indulgence written in his eyes, who picked up his horn and frowned in it and blew cool and complex and was dainty stamping his foot to catch ideas, and ducked to miss others--and said, "Blow," very quietly when the other boys took solos. Then there was Prez, a husky, handsome blond like a freckled boxer, meticulously wrapped inside his sharkskin plaid suit with the long drape and the collar falling back and the tie undone for exact sharpness and casualness, sweating and hitching up his horn and writhing into it, and a tone just like Lester Young himself. "You see, man, Prez has the technical anxieties of a money-making musician, he's the only one who's well dressed, see him grow worried when he blows a clinker, but the leader, that cool cat, tells him not to worry and just blow and blow--the mere sound and serious exuberance of the music is all he cares about. He's an artist. He's teaching young Prez the boxer. Now the others dig!!" The third sax was an alto, eighteen-year-old cool, contemplative young Charlie-Parker-type Negro from high school, with a broadgash mouth, taller than the rest, grave. He raised his horn and blew into it quietly and thoughtfully and elicited birdlike phrases and architectural Miles Davis logics. These were the children of the great bop innovators.

Once there was Louis Armstrong blowing his beautiful top in the muds of New Orleans; before him the mad musicians who had paraded on official days and broke up their Sousa marches into ragtime. Then there was swing, and Roy Eldridge, vigorous and virile, blasting the horn for everything it had in waves of power and logic and subtelty--leaning to it with glittering eyes and a lovely smile and sending it out broadcast to rock the jazz world. Then had come Charlie Parker, a kid in his mother's woodshed in Kansas City, blowing his taped-up alto among the logs, practicing on rainy days, coming out to watch the old swinging Basie and Benny Moten band that had Hot Lips Page and the rest--Charlie Parker leaving home and coming to Harlem, and meeting mad Thelonius Monk and madder Gillespie--Charlie Parker in his early days when he was flipped and walked around in a circle while playing. Somewhat younger than Lester Young, also from KC, that gloomy, saintly goof in whom the history of jazz was wrapped; for when he held his horn high and horizontal from his mouth he blew the greatest; and as his hair grew longer and he got lazier and stretched-out, his horn came down halfway; till it finally fell all the way and today as he wears his thick-soled shoes so that he can't feel the sidewalks of life his horn is held weakly against his chest, and he blows cool and easy getout phrases. Here were the children of the American bop night.

Stranger flowers yet--for as the Negro alto mused over everyone's head with dignity, the young, tall, slender, blond kid from Curtis Street, Denver, jeans and studded belt, sucked on his mouthpiece while waiting for the others to finish; and when they did he started, and you had to look around to see where the solo was coming from, for it came from angelical smiling lips upon the mouthpiece and it was a soft, sweet, fairy-tale solo on an alto. Lonely as America, a throatpierced sound in the night.

http://writing.upenn.edu/~afilreis/88/kerouac-spontaneous.html
http://writing.upenn.edu/~afilreis/88/kerouac-technique.html