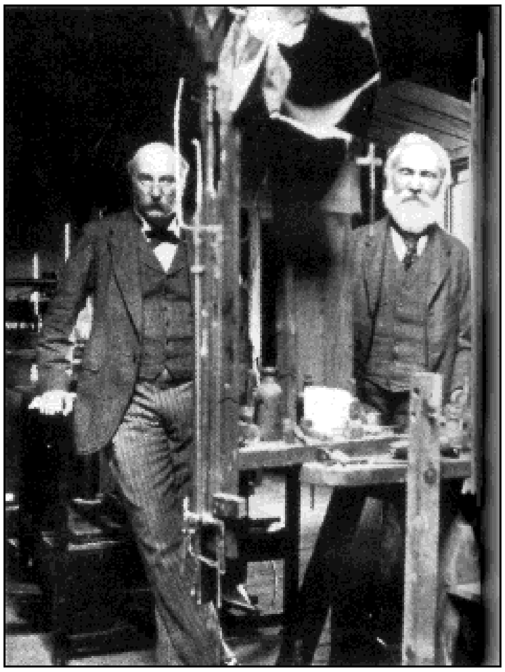
Summary

Rayleigh friction promotes large scale basin modes.

Kelvin waves transfer energy from West to East, while rearranging mass, with a basin-wide response.



The key ingredients are geostrophy and mass conservation.
The period is the transit time of the slowest RW.

The modes are damped, but excitable.