

**20.** A method for interfacing a user with a computer running an application program, the computer generating a graphical environment comprising a graphical hand, the method comprising:

providing a mouse in communication with the computer;  
detecting a position of the mouse;

controlling the position of the graphical hand in relation to the detected position of the mouse; and

controlling a shape of the graphical hand in relation to an amount of manipulation of the mouse.

**21.** A method according to claim 20 further comprising providing a haptic sensation to the user in relation to the interaction of the graphical hand with a graphical object.

**22.** A method according to claim 20 wherein the manipulation of the mouse results from the movement of a finger of the user.

**23.** A method according to claim 22 wherein the shape of the graphical hand is related to the movement of the finger of the user.

**24.** A method according to claim 22 further comprising controlling the shape of the graphical hand in relation to the movement of a second finger of the user.

**25.** A method according to claim 20 wherein the mouse is movable in three dimensions.

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