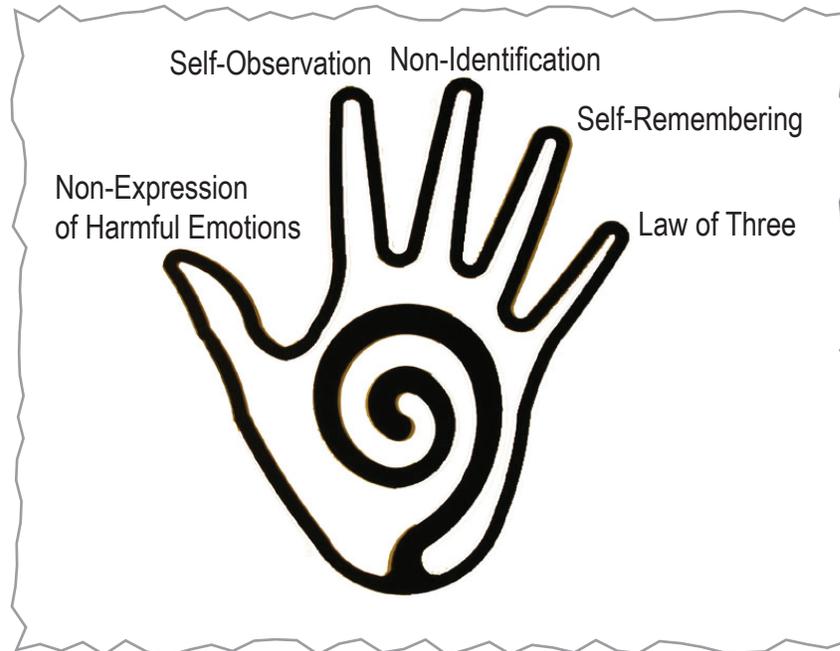


# Right Effort in Self-Work (or advanced decision making) by Graham



Each finger is a theory, philosophy, and practice. They go finger and finger in right effort. For ease of reference, I will just call these three fingers, keys, and practices.

**Thumb:** Non-Expression of Harmful Emotions

**Key:** The key is to give harmful emotions up sooner and sooner in the chain of reactivity until they have been passified. Harmful emotions eat up your energy whether you realize it or not.

**Practice:** Practice loving God, which includes your friends, family, and fans. This also includes loving foes, fools, and flickers as you would love your neighbor. In other words, love everything, ALL of it.

**Pointer:** Self-Observation

**Key:** The key is to observe yourself impartially and objectively. Without judgement and with love, the witness can stand back and say "this is this" and "that is that". Can you know yourself otherwise?

**Practice:** Practice includes two different aspects. At first, you just record what you observe in memory, taking snapshots and making memory albums of yourself in different moments. Later comes analysis.

**Middle:** Non-Identification

**Key:** The key is to not identify with the passing show of our observations. This is psychological identification. You are not your thoughts, emotions, etc. They come about, they are not "yourself".

**Practice:** Practice means realizing one's nothingness in the face of the Almighty. It is seeing that the flesh is made from dust and will return to dust, and the objects of your identifications are the first things to go.

**Ring:** Self-Remembering

**Key:** The key is to collect your many "selves" into one cohesive whole. We all play roles in life, and these roles have a tendency to take our real selves over. This is where you put it all together!

**Practice:** Practice remembering God. Remembering yourself is remembering God, because all the observations you have made were God coming through to you as long as there was no identification.

**Pinkie:** Law of Three

**Key:** The key is to realize the medium of any two poles. When we observe a stopping or a blockage in some point of ourselves, it is the lack of the third aspect, or force; or the neutral, the reconciling.

**Practice:** Practicing the rest of the hand is really a formulation of the Law of Three (see other page for more practical devices)