Energy and Helicity on Eruptive case
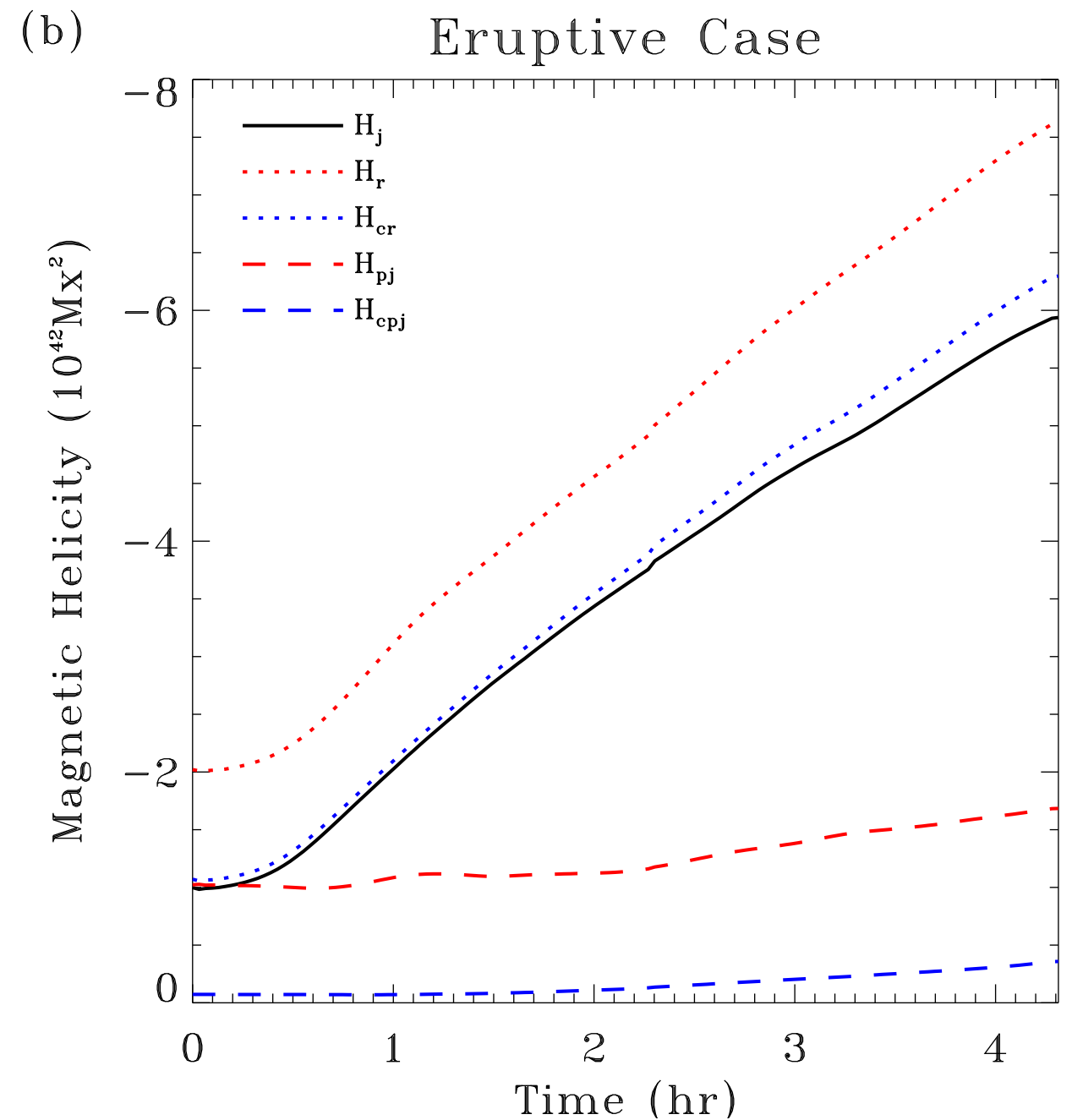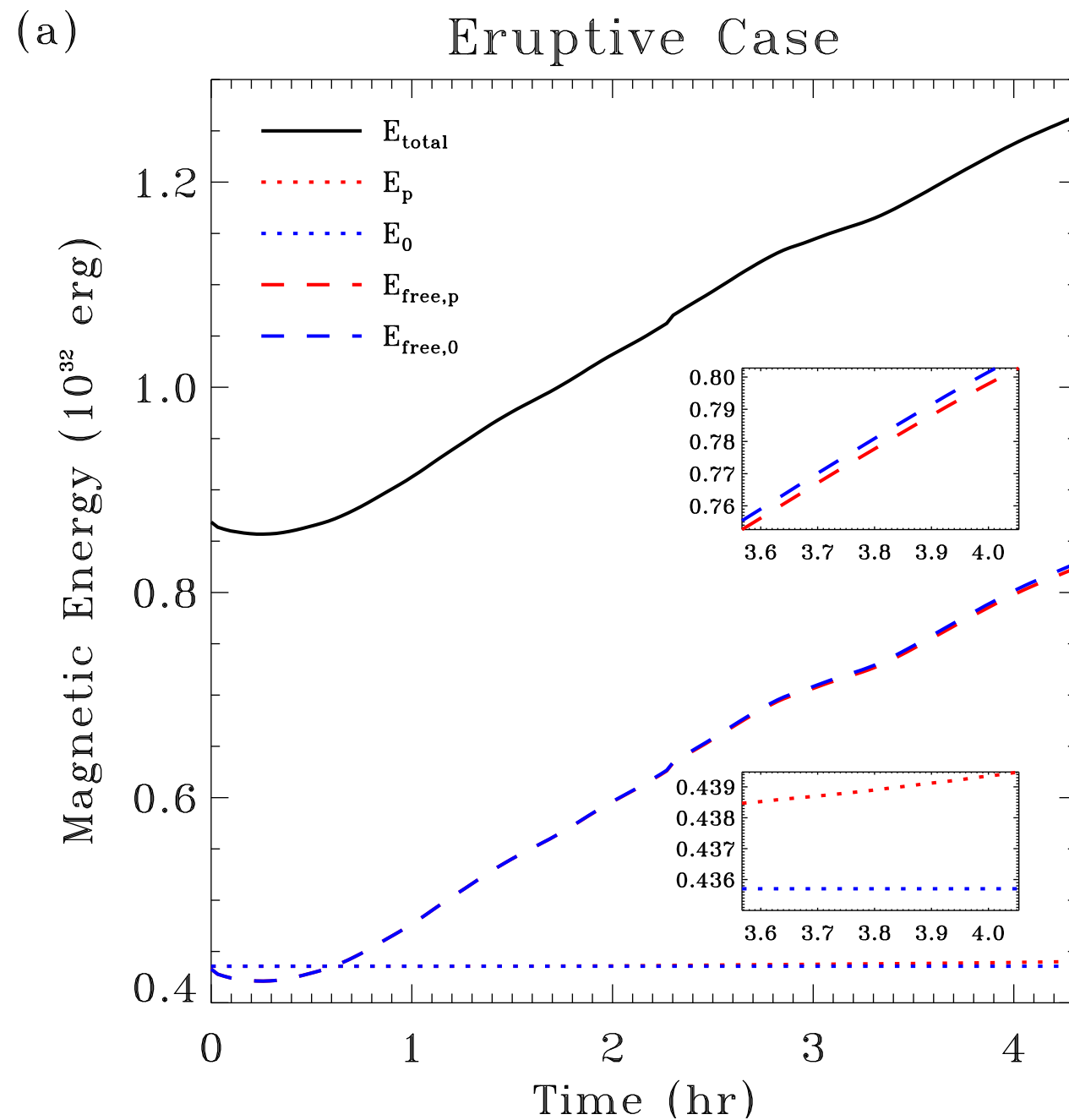
(a)

(b)

Helicity Density Distribution: H_j, H_r, H_{cr}

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