Alfven turbulence rate in the CNM phase $n_{
m tot} = 20~{
m cm}^{-3}$ - $B = 6 {
m e} - 06~\mu{
m G}$ - $T = 50~{
m K}$ - ${
m grad}(P_{
m CR}) = 1 {
m e} - 29~{
m erg}~{
m cm}^{-4}$ 10⁻² 10⁻³ Alfven turbulence rate 10⁻⁴ 10⁻⁵ 10⁻⁶ 10⁻⁷ 10⁻² 10⁰ 10^{-1} 10² $\overline{10^5}$ 10¹ 10³ 10⁶ 10⁷ 10⁴ Mass normalised kinetic energy