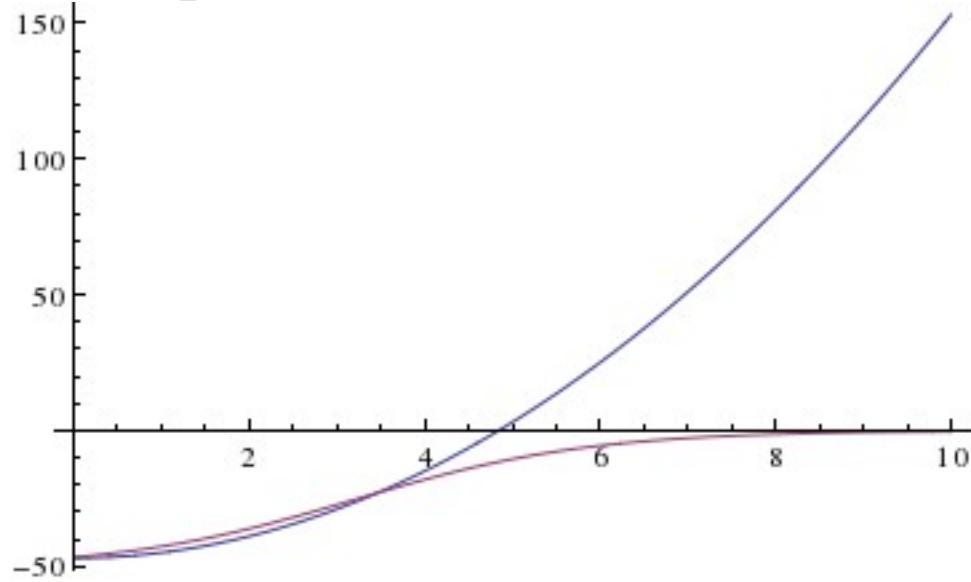


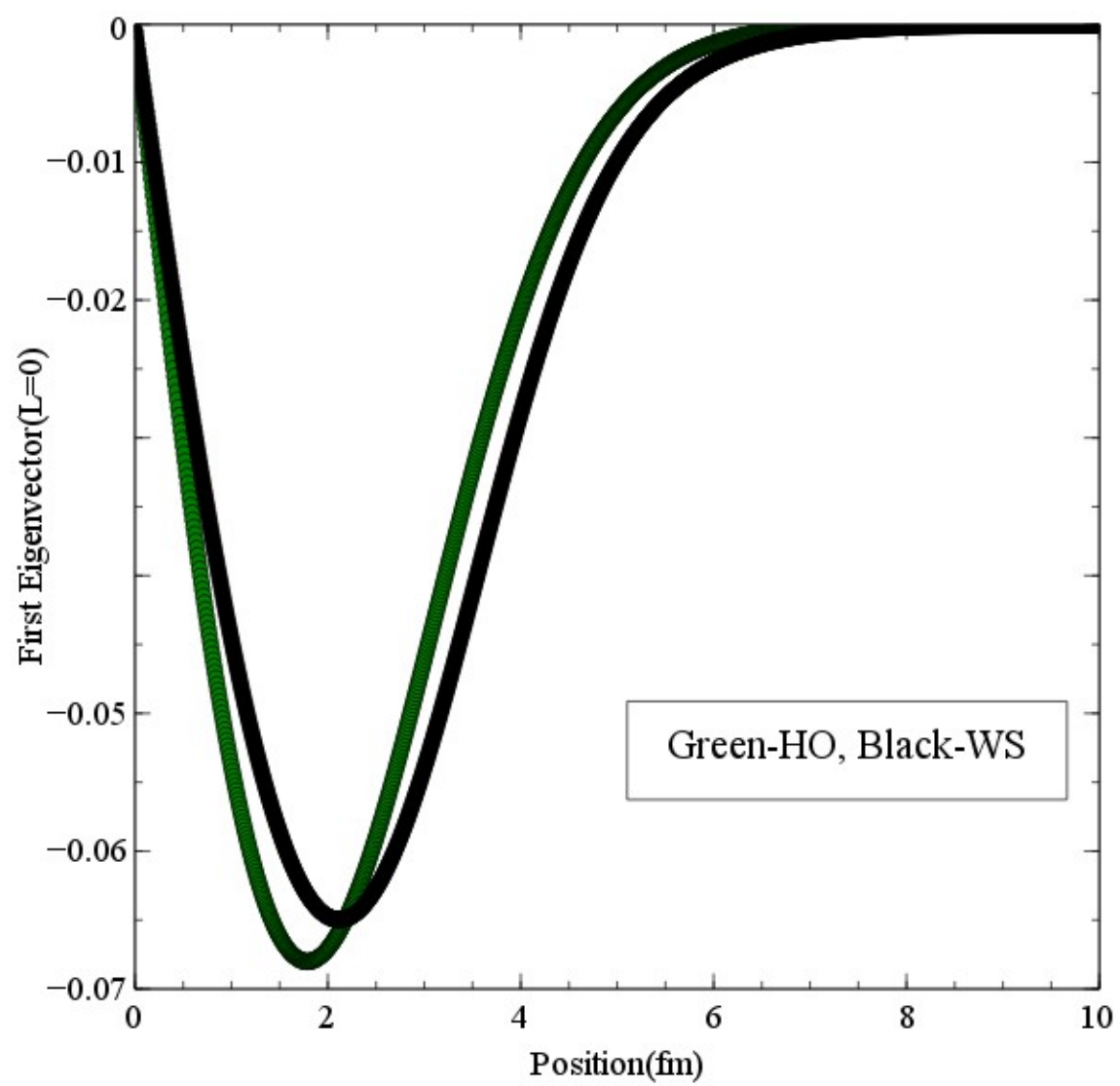
Potentials: HO is in blue: $V_{\text{HO}} = 2r^2 - 47$

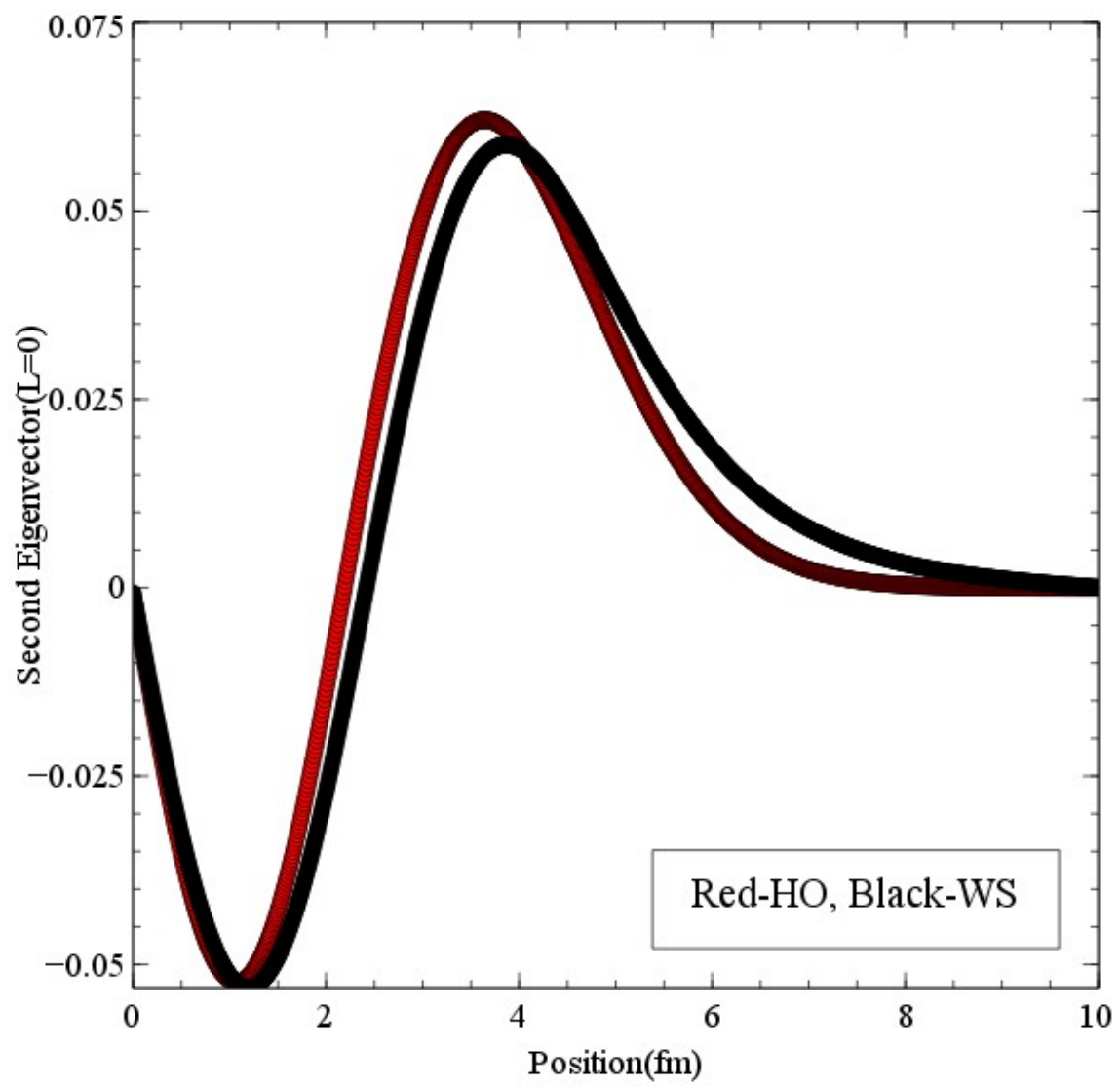


DIAGONALIZATION

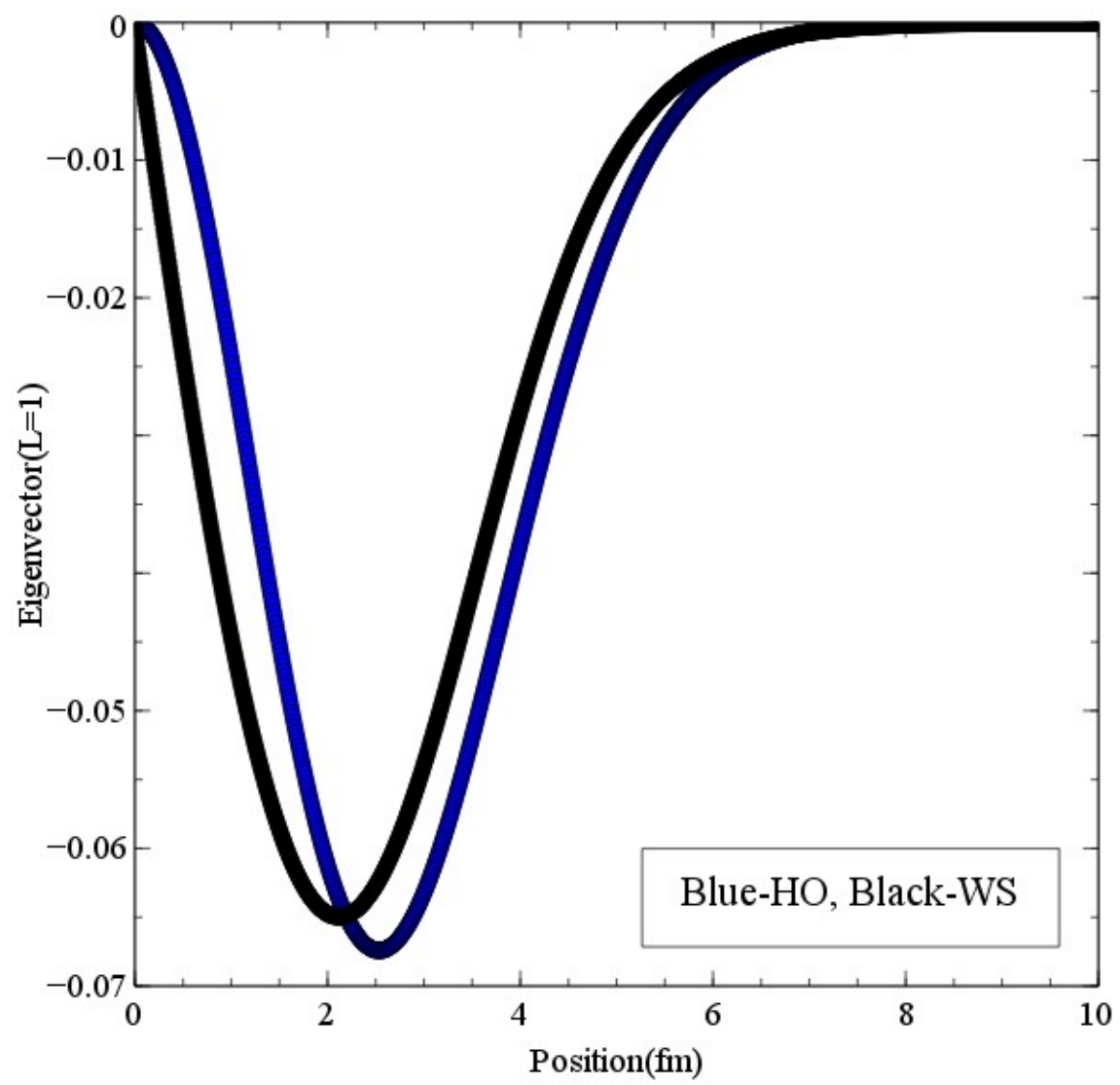
For $A=16$,

$L=0$, we get two bound states at energies $=-31.11$ and -4.02 MeV





For $L=1$, we get one bound state at -16.92 MeV



For $L=2$, we get one bound state at -3.22 MeV

