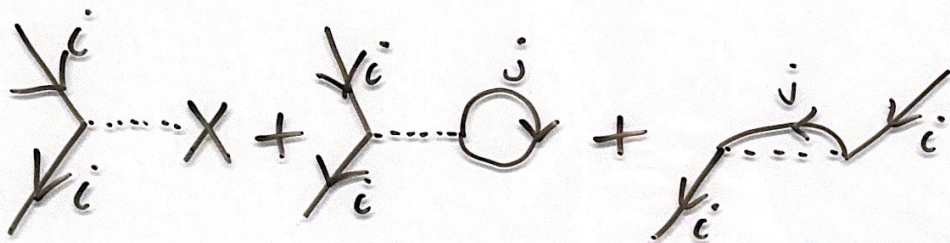


Hartree-Fock operator

$$\langle i | h^{\text{HF}} | i \rangle = \langle i | h_0 | i \rangle + \sum_j' \langle ij | v | ij \rangle_{\text{AS}}$$



$$\langle a | h^{\text{HF}} | a \rangle = \langle a | h_0 | a \rangle + \sum_j' \langle aj | v | aj \rangle$$

