

$$I \rightarrow \{I_1, I_2, I_3\}$$

$$\hat{j} \rightarrow \{\hat{j}_1, \hat{j}_2, \hat{j}_3\}$$

$$(\theta, \varphi) \rightarrow E(\theta, \varphi) = c_1 (I \sin \theta \cos \varphi - j_1)^2 + c_2 (I \sin \theta \sin \varphi - j_2)^2 + c_3 (I \cos \theta - j_3)^2$$

↑
polar angles / coordinates

$$\begin{aligned} I_1 &= I \sin \theta \cos \varphi \\ I_2 &= I \sin \theta \sin \varphi \\ I_3 &= I \cos \theta \end{aligned} \quad \{\theta, \varphi\}$$

$$\begin{aligned} c_1 &= \frac{1}{120} \\ c_2 &= \frac{1}{40} \\ c_3 &= \frac{1}{60} \end{aligned}$$