In[107]:=
```
j1 = 13.5 Sin[Pi/4] Cos[Pi/4]
j2 = 13.5 Sin[Pi/4] Sin[Pi/4]
j3 = 13/2 Cos[Pi/4]
II = 35/2
Ene[th_, fi_] := 1/120 (II Sin[th] Cos[fi] - j1)^2 +
   1/40 (II Sin[th] Sin[fi] - j2)^2 + 1/60 (II Cos[th] - j3)^2
ContourPlot[Ene[th, fi], {fi, -Pi, Pi}, {th, 0, Pi}, AspectRatio → 1/2]
ContourPlot[Ene[th, fi], {fi, 0.4, 0.6}, {th, 1.1, 1.3}, Contours → 100]
```

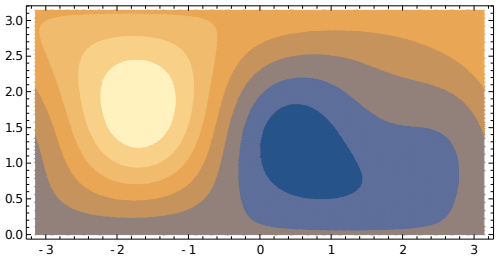
Out[107]= 6.75

Out[108]= 6.75

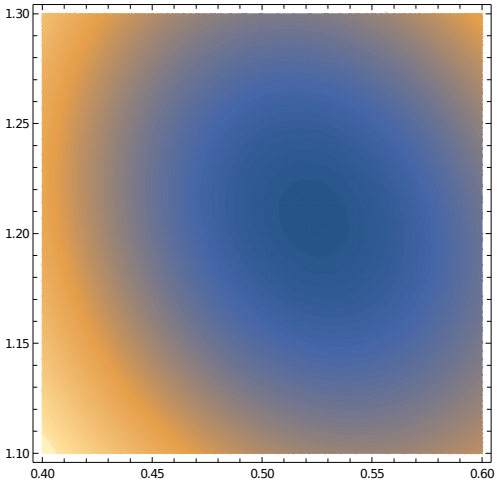
Out[109]= $\frac{13}{2\sqrt{2}}$

Out[110]= $\frac{35}{2}$

Out[112]=



Out[113]=



In[ ]:=
```
th = 1.21
fi = 0.53
ll1 = ll Sin[th] Cos[fi]
ll2 = ll Sin[th] Sin[fi]
ll3 = ll Cos[th]
```

Out[ ]= 1.21

Out[ ]= 0.53

Out[ ]= 14.127

Out[ ]= 8.27724

Out[ ]= 6.17784