Eigen states of $\mathcal{H}_0$ when $\vec{B} \parallel \vec{e}_x$:

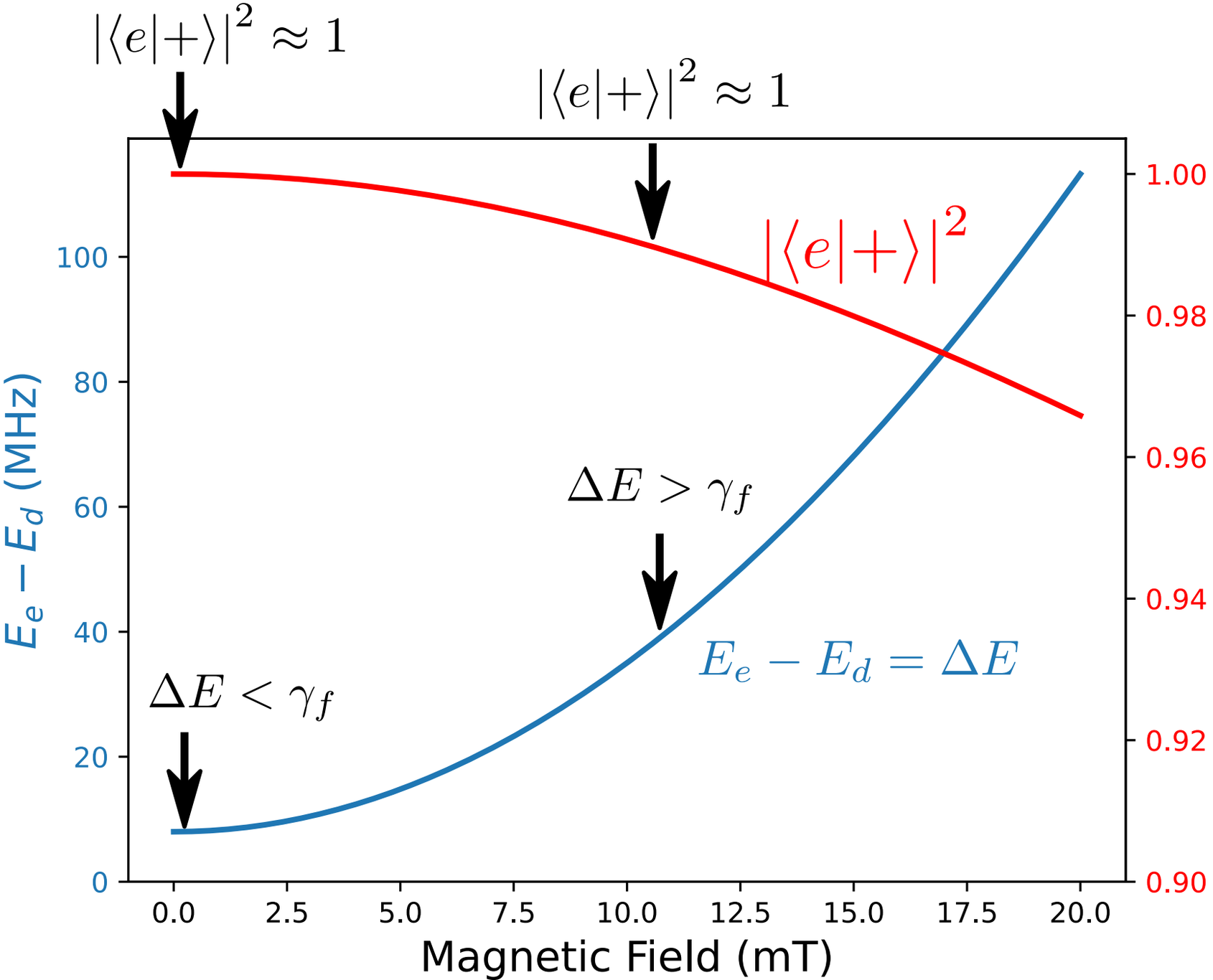
$$|e\rangle \approx |+\rangle$$

$$|d\rangle = |-\rangle$$

$$|g\rangle \approx |0\rangle$$

$$|+\rangle = \frac{|+1\rangle + |-1\rangle}{\sqrt{2}}$$

$$|-\rangle = \frac{|+1\rangle - |-1\rangle}{\sqrt{2}}$$



$$\bar{\eta} \propto \frac{\gamma_f^2}{(\Delta E)^2 + \gamma_f^2}$$

$$\gamma_f \approx 15 \text{ MHz}$$