$$\vec{\Gamma}_i = \vec{\mu} \times \vec{B} = \gamma_e \langle \hat{\vec{S}} \rangle \times \vec{B}$$

$$\vec{\Gamma_t} = \frac{\vec{\Gamma_1} + \vec{\Gamma_2} + \vec{\Gamma_3} + \vec{\Gamma_4}}{4}$$





