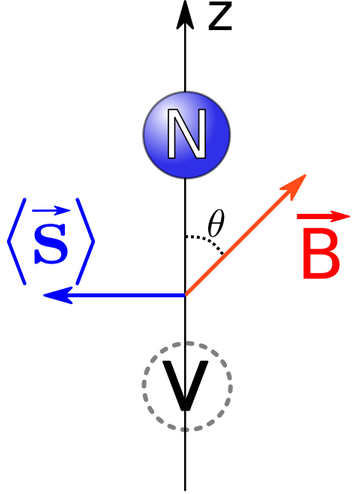
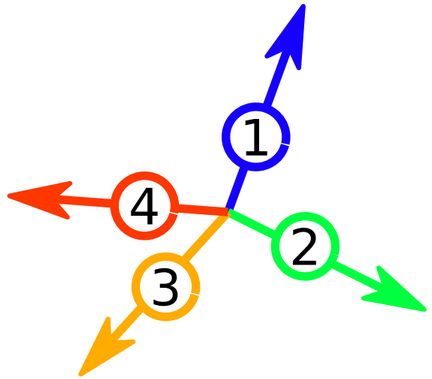
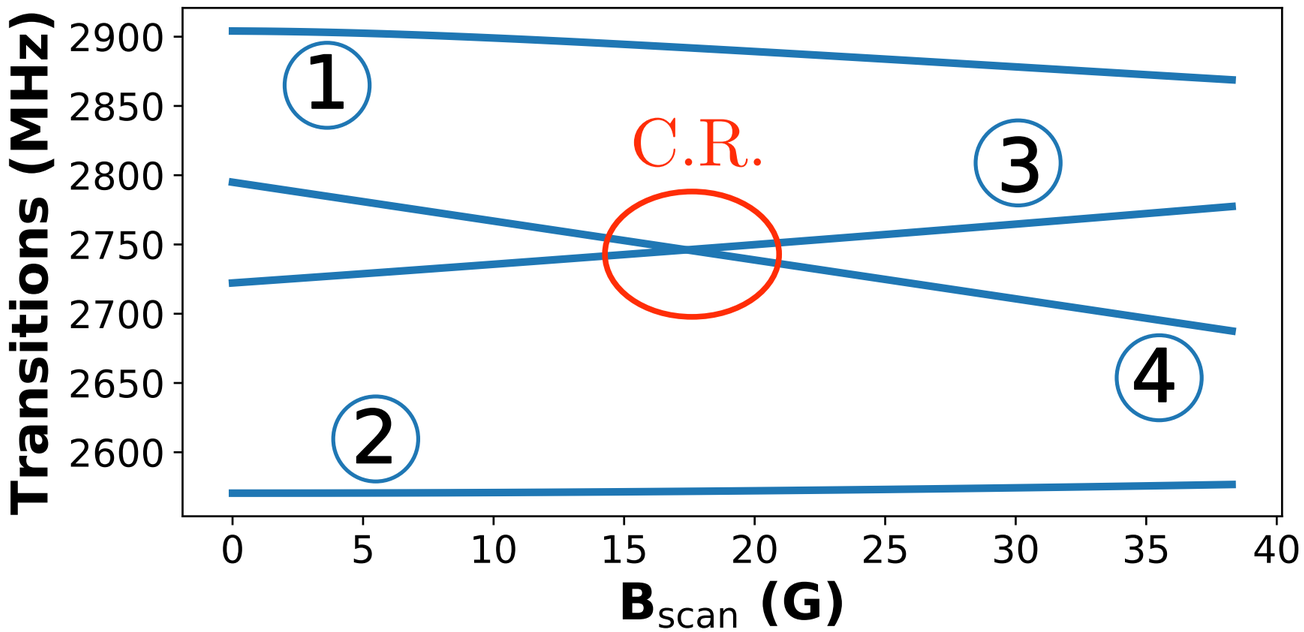


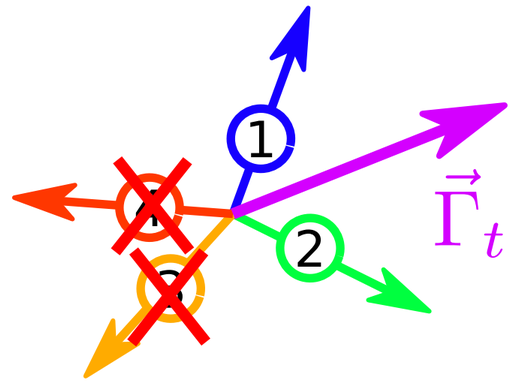
$$\vec{\Gamma}_i = \vec{\mu_i} \times \vec{B} = -\gamma_e \langle \hat{\vec{S}}_i \rangle \times \vec{B}$$

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



Outside of C.R. :
$\vec{\Gamma}_t \approx 0$
(for weak $\vec{B}$)





On C.R. :
$\vec{\Gamma}_t \neq 0$