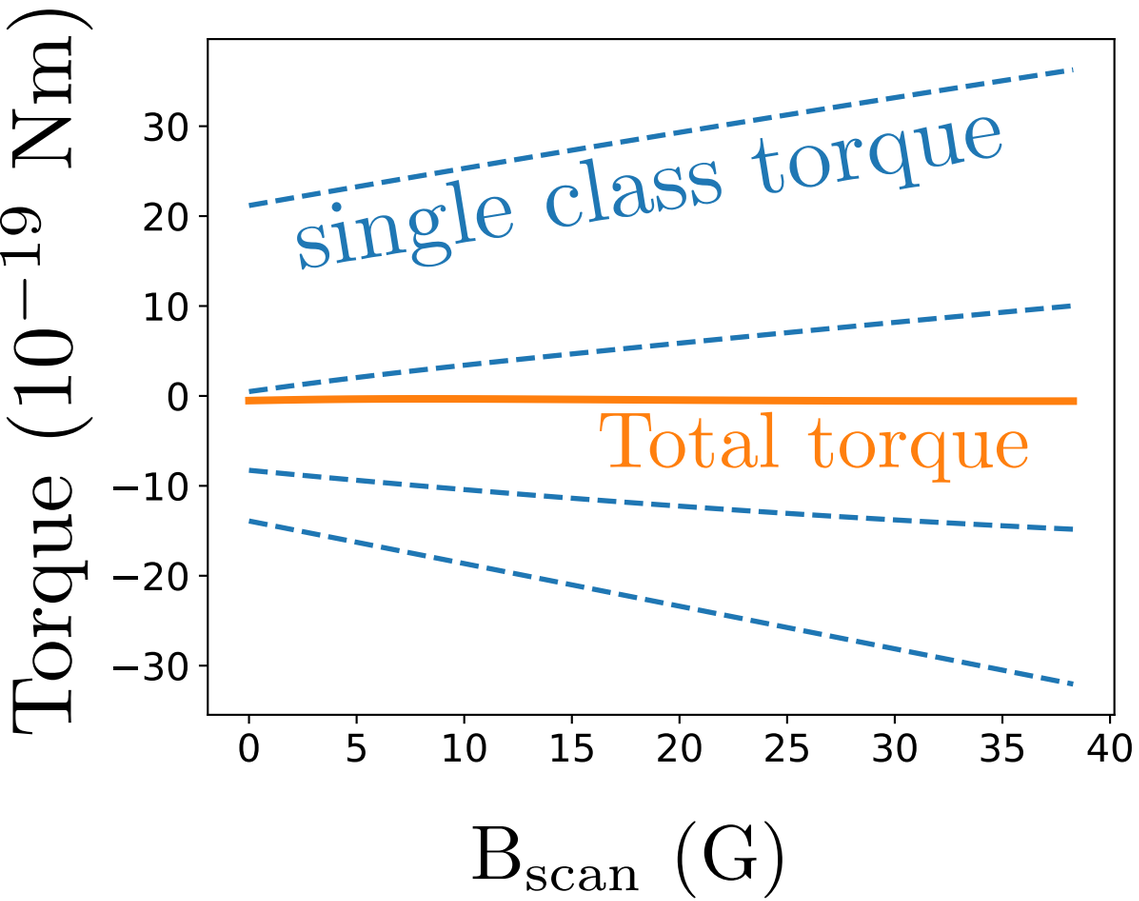
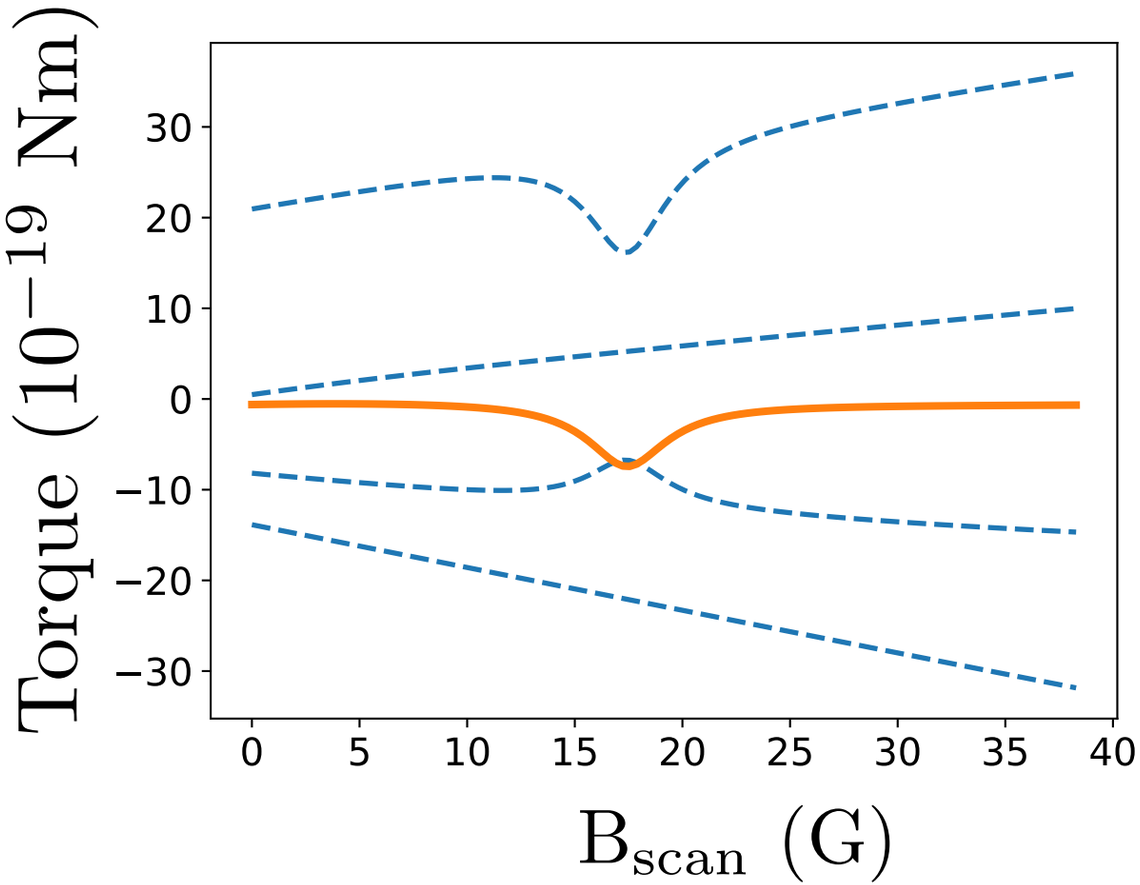
- Solve the master equation to get ρ (With or without modified T_1)
- Derive $\vec{S} = \mathrm{Tr}(\rho\hat{\vec{S}})$ for all four classes
- Derive $\Gamma_t = \sum_i \gamma_e \vec{S}_i \times \vec{B}$



Without Cross-Relaxations



With Cross-Relaxations