$$m_{s} = -1\rangle \begin{array}{|c|c|c|c|}\hline NV & \mathrm{Spin} \ 2 \\\hline \Gamma_{\mathrm{las}} & \frac{1}{T_{1}} & \Gamma_{\mathrm{las}} \\\hline |m_{s} = 0\rangle & & & \\\hline \hline F_{1} = 1/T_{1} \\\hline |-1\rangle & & \\\hline \Gamma_{\mathrm{las}} & & \\\hline \Gamma_{1} = \frac{1}{T_{1}} & & \\\hline \Gamma_{\mathrm{las}} & & \\\hline \Gamma_{1} = \frac{1}{T_{1}} & & \\\hline \Gamma_{\mathrm{las}} & & \\\hline \hline \Gamma_{1} = \frac{1}{T_{1}} & & \\\hline \Gamma_{1} & & \\\hline \hline \end{array}$$

$$\text{Rate equation: } \rho_{00} = \frac{\Gamma_{1} + \Gamma_{\mathrm{las}}}{3\Gamma_{1} + \Gamma_{\mathrm{las}}}$$

$$\Gamma_{1} \nearrow \Rightarrow PL \searrow$$