Eigen states of  $\mathcal{H}_0$   $----|e\rangle \approx |+\rangle$  when  $\vec{B} \parallel \vec{e}_x$ :

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

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

$$|\langle e|+\rangle|^2 \approx 1$$

$$|\langle e|+\rangle|^2 \approx 1$$

$$|\langle e|+\rangle|^2 \approx 1$$

$$|\langle e|+\rangle|^2$$

$$0.98$$

$$0.96$$

$$0.94$$

$$E_e - E_d = \Delta E$$

$$0.92$$

$$0.92$$

$$0.93$$

Magnetic Field (mT)

$$ar{\eta} \propto rac{\gamma_f^2}{(\Delta E)^2 + \gamma_f^2}$$

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