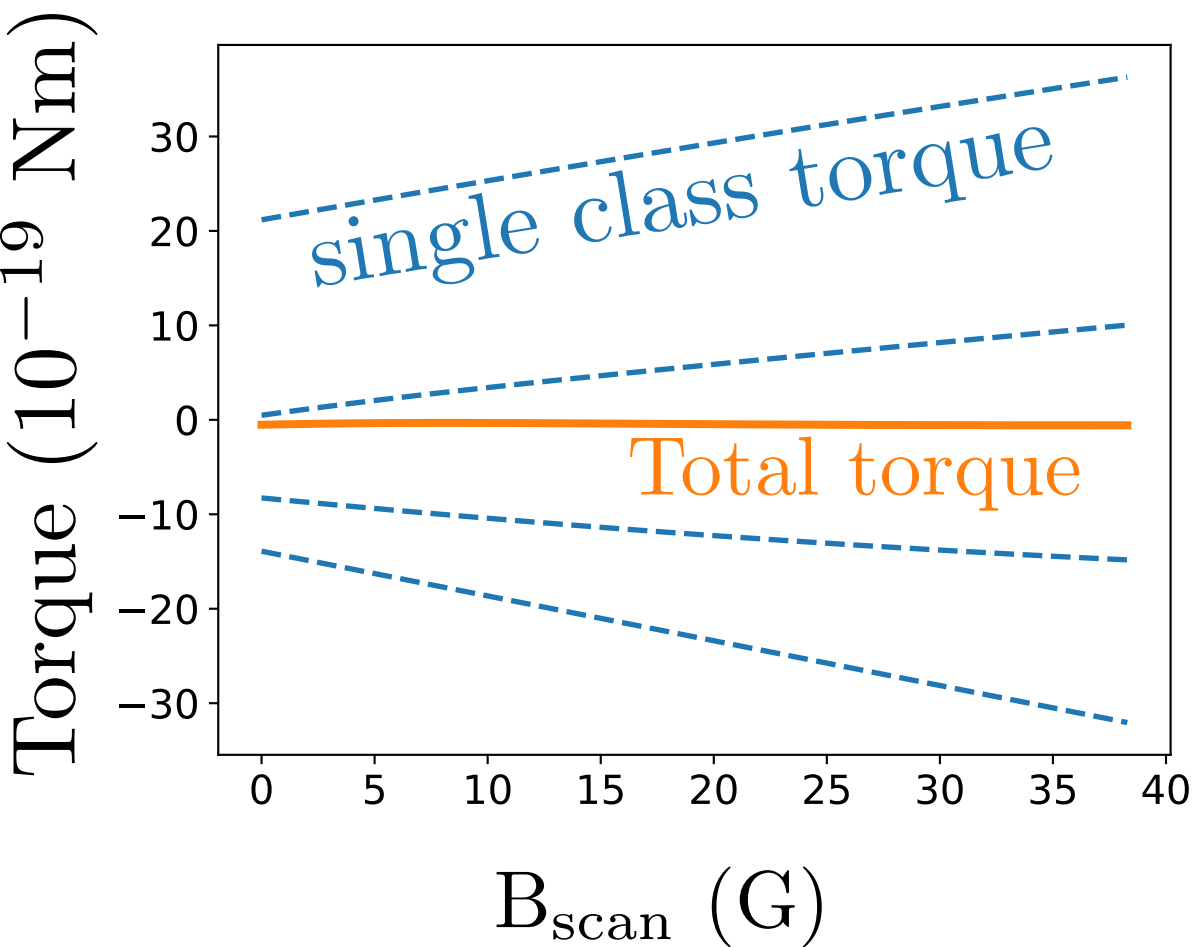
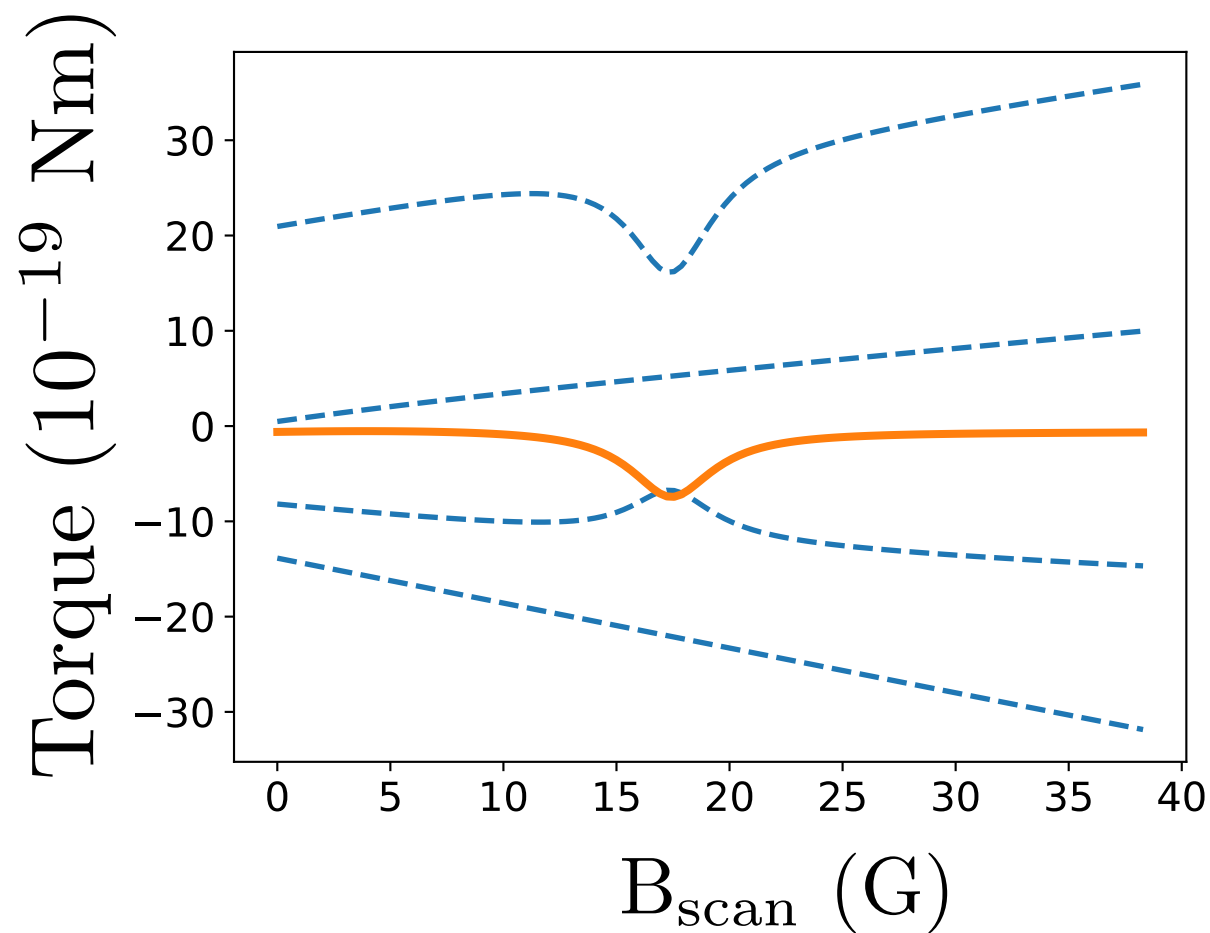


$$\vec{\Gamma} = \vec{\mu} \times \vec{B} = \gamma_e \langle \hat{\vec{S}} \rangle \times \vec{B}$$



Without Cross-Relaxations



With Cross-Relaxations