$$m_{s} = -1\rangle \begin{array}{|c|c|c|c|}\hline NV^{-} & \mathrm{Spin} \ 2\\\hline \Gamma_{\mathrm{las}} & \frac{1}{T_{1}} & \frac{1}{T_{1}}\\\hline |m_{s} = 0\rangle \end{array} \begin{array}{|c|c|c|}\hline Rate \ equation: \\\hline \hline \Gamma_{1} & \frac{\Gamma_{1}}{3\Gamma_{1} + \Gamma_{1}}\\\hline \hline \Gamma_{1} & \frac{\Gamma_{1}}{3\Gamma_{1} + \Gamma_{1}}\\\hline \hline \Gamma_{2} & \frac{\Gamma_{1}}{3\Gamma_{1} + \Gamma_{1}}\\\hline \hline \Gamma_{3} & \frac{\Gamma_{1}}{3\Gamma_{1} + \Gamma_{1}}\\\hline \hline \Gamma_{4} & \frac{\Gamma_{1}}{3\Gamma_{1} + \Gamma_{1}}\\\hline \hline \Gamma_{5} & \frac{\Gamma_{1}}{3\Gamma_{1} + \Gamma_{1}}\\\hline \hline \Gamma_{1} & \frac{\Gamma_{1}}{3\Gamma_{1} + \Gamma_{1}}\\\hline \hline \Gamma_{1} & \frac{\Gamma_{1}}{3\Gamma_{1} + \Gamma_{1}}\\\hline \hline \Gamma_{2} & \frac{\Gamma_{1}}{3\Gamma_{1} + \Gamma_{1}}\\\hline \hline \Gamma_{3} & \frac{\Gamma_{1}}{3\Gamma_{1} + \Gamma_{1}}\\\hline \hline \Gamma_{1} & \frac{\Gamma_{1}}{3\Gamma_{1} + \Gamma_{1}}\\\hline \hline \Gamma_{1} & \frac{\Gamma_{1}}{3\Gamma_{1} + \Gamma_{1}}\\\hline \hline \Gamma_{2} & \frac{\Gamma_{1}}{3\Gamma_{1} + \Gamma_{1}}\\\hline \hline \end{array}$$

 $\Gamma_1 \nearrow \Rightarrow PL \searrow$