



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

$$\vec{\Gamma}_t = \frac{\vec{\Gamma}_1 + \vec{\Gamma}_2 + \vec{\Gamma}_3 + \vec{\Gamma}_4}{4}$$