Ge.loop.quench−sea−valence

term	Σm	Σ0	Σp	pr	ne	Ξm	Ξ0	Λ
u−quench	0.	−0.0280585	0.0623067	0.204588	0.102294	0.	0.0363481	0.0459101
d−quench	0.0623067	−0.0280585	0.	0.102294	0.204588	0.0363481	0.	0.0459101
s−quench	0.0311534	−0.0280585	0.0311534	0.	0.	0.0726962	0.0726962	0.0459101
u−di−valence	0.	0.255747	0.389515	0.318199	0.159099	0.	0.11438	0.154774
d−di−valence	0.389515	0.255747	0.	0.159099	0.318199	0.11438	0.	0.154774
s−di−valence	0.194757	0.255747	0.194757	0.	0.	0.228759	0.228759	0.154774
u−tot−valence	0.	0.227689	0.451822	0.522787	0.261394	0.	0.150728	0.200684
d−tot−valence	0.451822	0.227689	0.	0.261394	0.522787	0.150728	0.	0.200684
s−tot−valence	0.225911	0.227689	0.225911	0.	0.	0.301455	0.301455	0.200684
u−sea	0.	0.	0.	0.	0.	0.	0.	0.
d−sea	0.	0.	0.	0.	0.	0.	0.	0.
s−sea	0.	0.	0.	0.	0.	0.	0.	0.
u−loop.tot	0.	0.227689	0.451822	0.522787	0.261394	0.	0.150728	0.200684
d−loop.tot	0.451822	0.227689	0.	0.261394	0.522787	0.150728	0.	0.200684
s−loop.tot	0.225911	0.227689	0.225911	0.	0.	0.301455	0.301455	0.200684

Gm.loop.quench−sea−valence

term	Σm	Σ0	Σp	pr	ne	Ξm	Ξ0	Λ
u−quench	0.	−0.0103255	0.185202	0.505475	−0.382348	0.	−0.133034	−0.062035
d−quench	0.185202	−0.0103255	0.	−0.382348	0.505475	−0.133034	0.	−0.062035
s−quench	−0.0859219	−0.0874988	−0.0859219	0.	0.	0.185628	0.185628	0.21049
u−di−valence	0.	0.398998	0.928609	0.671745	−0.13033	0.	−0.103244	0.0832622
d−di−valence	0.928609	0.398998	0.	−0.13033	0.671745	−0.103244	0.	0.0832622
s−di−valence	−0.110174	−0.171246	−0.110174	0.	0.	0.410306	0.410306	0.298055
u−tot−valence	0.	0.388672	1.11381	1.17722	−0.512677	0.	−0.236278	0.0212272
d−tot−valence	1.11381	0.388672	0.	−0.512677	1.17722	−0.236278	0.	0.0212272
s−tot−valence	−0.196095	−0.258744	−0.196095	0.	0.	0.595934	0.595934	0.508545
u−sea	−0.477109	−0.162699	−0.198777	−0.118678	−0.255479	−0.0670167	−0.0782205	−0.140428
d−sea	−0.198777	−0.162699	−0.477109	−0.255479	−0.118678	−0.0782205	−0.0670167	−0.140428
s−sea	−0.0369431	0.01841	−0.0369431	−0.0197385	−0.0197385	−0.0253463	−0.0253463	−0.0251765
u−loop.tot	−0.477109	0.225974	0.915034	1.05854	−0.768157	−0.0670167	−0.314499	−0.119201
d−loop.tot	0.915034	0.225974	−0.477109	−0.768157	1.05854	−0.314499	−0.0670167	−0.119201
s−loop.tot	−0.233039	−0.240334	−0.233039	−0.0197385	−0.0197385	0.570588	0.570588	0.483368