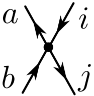
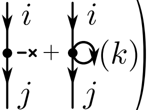
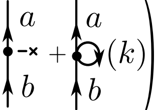
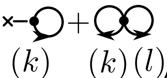
$\langle \Phi_i^a | \hat{H} | \Phi_j^b \rangle =$ 

$+\, \delta_{ab} \Bigg($ 

$\Bigg) + \delta_{ij} \Bigg($ 

$\Bigg) + \delta_{ab}\, \delta_{ij} \Bigg($ 

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