$$\langle \Phi_i^a | \hat{H} | \Phi_j^b \rangle = \sum_{b}^{a} \sum_{j}^{i} + \delta_{ab} \left(\begin{array}{c} i \\ -\mathbf{x} + \mathbf{y} \\ j \end{array} \right) + \delta_{ij} \left(\begin{array}{c} a \\ -\mathbf{x} + \mathbf{y} \\ b \end{array} \right) + \delta_{ab} \delta_{ij} \left(\begin{array}{c} \mathbf{x} - \mathbf{y} + \mathbf{y} \\ (k) \end{array} \right) + \delta_{ab} \delta_{ij} \left(\begin{array}{c} \mathbf{x} - \mathbf{y} + \mathbf{y} \\ (k) \end{array} \right)$$