$$4 j^2 - \frac{1}{3} + \frac{1}{36}$$
$$4 i^2 + \frac{2j}{3} + \frac{1}{36}$$

$$4 j^{2} + \frac{2j}{3} + \frac{1}{36}$$
$$4 j^{2} - \frac{2j}{3} + \frac{1}{36}$$

$$4 j^2 - \frac{2j}{3} + \frac{1}{36}$$
$$4 j^2 + \frac{j}{3} - \frac{1}{36}$$

$$(2j-\frac{1}{6})^2 = (2j)^2-2(2j)(\frac{1}{6})+(\frac{1}{6})^2$$

= $4j^2-\frac{2j}{3}+\frac{1}{36}$)