CN 3D growth rate

$$G^{n+1} - G^n = \frac{c}{2} G^{n+1}\left[3e^{-ik_0\Delta x} + 3e^{ik_0\Delta x} - 6\right] + \frac{c}{2} G^n\left[3e^{-ik_0\Delta x} + 3e^{ik_0\Delta x} - 6\right]$$

$$G^{n+1}\left(1 - \frac{c}{2}\left(3\cdot 2\cos(k_0\Delta x) - 6\right)\right) = G^n\left(1 + \frac{c}{2}\left(3\cdot 2\cos(k_0\Delta x) - 6\right)\right)$$

$$\frac{G^{n+1}}{G^n} = \frac{1 + 3C\left(\cos(k_0\Delta x) - 1\right)}{1 - 3C\left(\cos(k_0\Delta x) - 1\right)}$$

rate goes from 1 to $\boxed{\frac{1-6C}{1+6C}}$, bounded by $-1, 1$ as usual.