**ENERGY DENSITIES (reflective zBCs)** E<sub>total</sub> 0.5  $E_{\rm kin,\,x}=(1/2)\rho u_x^2$ energy density  $(\rho_0c_{s0}^2)$ ---  $E_{\text{kin, pert, y}} = (1/2)\rho(u_y - u_{y0})^2$  $E_{\text{kin, z}} = (1/2)\rho u_z^2$ 0.4 ---  $E_{\text{kin, pert, z}} = (1/2)\rho(u_z - \langle u_z \rangle_{xy})^2$ ---  $E_{\text{Helm}} = c_s^2 \rho \ln \rho$ 0.3 0.2 0.1 0.0 9.6 9.4 10.0 9.8 orbits