m1[2, 2, 1]							
m1[2, 2, 1]							
m1[2, 3, 1]				m1[3, 3, 2] = m1[3, 3, 2]-h*(gamma*m1[3, 3, 2]%H1[3, 3, 2]+alpha*m1[3, 3, 2]%(m1[3, 3, 2]%H1[3, 3, 2]))	► m1[3, 3, 2]	m1[3, 3, 2] /= m1[3, 3, 2].abs()	m1[3, 3, 2]
m1[2, 2, 3] m1[2, 3, 2]	$H[3/3,2] = J*(m1[3, 3, 1]+m1[2, 3, 1]+m1[3, 2, 1]+m1[2, 2, 1]+m1[3, 3, 2]+m1[2, 3, 2]+m1[3, 2, 2]+m1[2, 2, 2])+H_ext$	H[3, 3, 2]	H1[3, 3, 2]				
m1[2, 3, 3]	H[3, 3, 3] = J*(m1[3, 3, 2]+m1[2, 3, 2]+m1[3, 2, 2]+m1[2, 2, 2]+m1[3, 3, 3]+m1[2, 3, 3]+m1[3, 2, 3]+m1[2, 2, 3])+H_ext	m[3, 3, 2] = m[3, 3, 2]-h*(gamma*m[3, 3, 2]%H[3, 3, 2]+alpha*m[3, 3, 2]%(m[3, 3, 2]%H[3, 3, 2]))	m[3, 3, 2]	m[3, 3, 2] /= m[3, 3, 2].abs()	m[3, 3, 2]		
m1[3, 2, 1]		H[3, 3, 3]  m[3, 3, 3]  m[3, 3, 3] = m[3, 3, 3]-h*(gamma*m[3, 3, 3]%H[3, 3, 3]+alpha*m[3, 3, 3]%(m[3, 3, 3]%H[3, 3, 3]))	m[3, 3, 3]	m[3, 3, 3] /= m[3, 3, 3].abs()	m[3, 3, 3]		
m1[3, 2, 2] m1[3, 2, 3]		m[3, 3, 3] = m[3, 3, 3]-h*(gamma*m[3, 3, 3]%H[3, 3, 3]+alpha*m[3, 3, 3]%(m[3, 3, 3]%H[3, 3, 3]))	111[3, 3, 3]			$m_1[2 \ 2 \ 2] /= m_1[2 \ 2 \ 2] abc()$	m1[2 2 2]
m1[3, 3, 2]			H1[2 2 2]	m1[3, 3, 3] = m1[3, 3, 3]-h*(gamma*m1[3, 3, 3]%H1[3, 3, 3]+alpha*m1[3, 3, 3]%(m1[3, 3, 3]%H1[3, 3, 3]))	▶ m1[3, 3, 3]	m1[3, 3, 3] /= m1[3, 3, 3].abs()	m1[3, 3, 3]
m1[3, 3, 3]	H[2/4 3] = 1*(m1[3 4 2]+m1[2 4 2]+m1[3 3 2]+m1[2 3 2]+m1[3 4 3]+m1[2 4 3]+m1[3 3 3]+m1[2 3 3])+H ext	m[3, 4, 2] $m[3, 4, 2] = m[3, 4, 2] - h*(gamma*m[3, 4, 2]%H[3, 4, 2] + alpha*m[3, 4, 2]%(m[3, 4, 2]%H[3, 4, 2]))$	m[3, 4, 2]	m[3, 4, 2] /= m[3, 4, 2].abs()	m[3, 4, 2]		
m1[2, 4, 3]	$H[3, 4, 2] = J*(m1[3, 4, 1]+m1[2, 4, 1]+m1[3, 3, 1]+m1[2, 3, 1]+m1[3, 4, 2]+m1[2, 4, 2]+m1[3, 3, 2]+m1[2, 3, 3])+H_ext$	H[3, 4, 3]					
m1[2, 4, 1]		m[3, 4, 3] = m[3, 4, 3]-h*(gamma*m[3, 4, 3]%H[3, 4, 3]+alpha*m[3, 4, 3]%(m[3, 4, 3]%H[3, 4, 3]))	m[3, 4, 3]	m[3, 4, 3] /= m[3, 4, 3].abs()	m[3, 4, 3]		
m1[3, 3, 1]	H[4, 3, 2] = 1 (m1[4, 3, 1]+m1[3, 3, 1]+m1[4, 2, 1]+m1[3, 2, 1]+m1[4, 3, 2]+m1[3, 3, 2]+m1[4, 2, 2]+m1[3, 2, 2])+H_ext	H <sub>[4, 3, 2]</sub> H <sub>1</sub> [3, 3, 2] = J*(m[3, 3, 2]+m[4, 3, 2]+m[3, 3, 3]+m[4, 3, 3]+m[3, 4, 2]+m[4, 4, 2]+m[3, 4, 3]+m[4, 4, 3])+H_ext  m <sub>[4, 3, 2]</sub> m <sub>[4, 3, 2]</sub> m <sub>[4, 3, 2]</sub> = m <sub>[4, 3, 2]</sub> -h*(gamma*m[4, 3, 2]%H[4, 3, 2]+alpha*m[4, 3, 2]%(m[4, 3, 2]%H[4, 3, 2]))	m[4, 3, 2]	m[4, 3, 2] /= m[4, 3, 2].abs()	m[4, 3, 2]		
m1[4, 2, 1] m1[3, 4, 1]	H[4, 3, 3] = J*(m1[4, 3, 2]+m1[3, 3, 2]+m1[4, 2, 2]+m1[3, 2, 2]+m1[4, 3, 3]+m1[3, 3, 3]+m1[4, 2, 3]+m1[3, 2, 3])+H_ext	► H[4, 3, 3]					
m1[4, 2, 2]		m[4, 3, 3] $m[4, 3, 3] = m[4, 3, 3] + m[4$	m[4, 3, 3]	► m[4, 3, 3] /= m[4, 3, 3].abs()	m[4, 3, 3]		
m1[4, 2, 3] m1[3, 4, 2]		111[3, 3, 3] = J*(III[3, 3, 3]+III[4, 3, 4]+III[3, 4, 3]+III[4, 4, 4]+III[4, 4, 4])+II_ext		m1[3, 4, 2] = m1[3, 4, 2]-h*(gamma*m1[3, 4, 2]%H1[3, 4, 2]+alpha*m1[3, 4, 2]%(m1[3, 4, 2]%H1[3, 4, 2]))	m1[3, 4, 2]	$m_1[3, 4, 2] /= m_1[3, 4, 2] abs()$	m1[3, 4, 2]
771[4 2 1]	H[4, 4, 2] = J*(m1[4, 4, 1]+m1[3, 4, 1]+m1[4, 3, 1]+m1[3, 3, 1]+m1[4, 4, 2]+m1[3, 4, 2]+m1[4, 3, 2]+m1[3, 3, 2])+H_ext		11152 4 21		m1[3, 4, 2]	m1[3, 4, 2] /= m1[3, 4, 2].abs()	m1[3, 4, 2]
m1[4, 4, 1]	$\Pi[4, 4, 2] = J^*(\Pi[4, 4, 1] + \Pi[3, 4, 1] + \Pi[4, 3, 1] + \Pi[3, 3, 1] + \Pi[4, 4, 2] + \Pi[3, 4, 2] + \Pi[4, 3, 2] + \Pi[3, 3, 2]) + \Pi_{=}ext$	m[4, 4, 2] $m[4, 4, 2] = m[4, 4, 2] - h*(gamma*m[4, 4, 2]%H[4, 4, 2] + alpha*m[4, 4, 2]%(m[4, 4, 2]%H[4, 4, 2]))$	m[4, 4, 2]	► m[4, 4, 2] /= m[4, 4, 2].abs()	m[4, 4, 2]		
		m[3, 4, 4]					
m1[4, 3, 2]				m1[4, 3, 2] = m1[4, 3, 2]-h*(gamma*m1[4, 3, 2]%H1[4, 3, 2]+alpha*m1[4, 3, 2]%(m1[4, 3, 2]%H1[4, 3, 2]))	m1[4, 3, 2]	m1[4, 3, 2] /= m1[4, 3, 2].abs()	m1[4, 3, 2]
		m[4, 3, 4]	H1[4, 3, 2]				
		m[3, 5, 3] $m[5, 3, 2]$					
		m[4, 4, 3] $m[4, 4, 3] = m[4, 4, 3] - h*(gamma*m[4, 4, 3]%H[4, 4, 3] + alpha*m[4, 4, 3]%(m[4, 4, 3]%H[4, 4, 3]))$	m[4, 4, 3]	m[4, 4, 3] /= m[4, 4, 3].abs()	m[4, 4, 3]		
	$H[4, 4, 3] = J*(m1[4, 4, 2]+m1[3, 4, 2]+m1[4, 3, 2]+m1[3, 3, 2]+m1[4, 4, 3]+m1[3, 4, 3]+m1[4, 3, 3]+m1[3, 3, 3])+H_ext$						
		m[5, 3, 3] m[4, 5, 2]					
		m[4, 4, 4] H1(4, 3, 3] = J*(m[4, 3, 3]+m[5, 3, 3]+m[4, 3, 4]+m[5, 3, 4]+m[4, 4, 3]+m[5, 4, 3]+m[4, 4, 4]+m[5, 4, 4])+H_ext					
		m[5, 4, 2] $m[5, 3, 4]$					
		$m[4, 5, 3] + H1[4, 4, 2] = J*(m[4, 4, 2]+m[5, 4, 2]+m[4, 4, 3]+m[5, 4, 3]+m[4, 5, 2]+m[5, 5, 2]+m[4, 5, 3]+m[5, 5, 3])+H_ext$					
		m[5, 4, 3]					
		$ \begin{array}{c} m[4,5,4] \\ m[5,5,2] \\ \end{array} $					
		m[5,4,4]					
		m[5, 5, 3]	H1[3, 4, 3]				
				m1[3, 4, 3] = m1[3, 4, 3]-h*(gamma*m1[3, 4, 3]%H1[3, 4, 3]+alpha*m1[3, 4, 3]%(m1[3, 4, 3]%H1[3, 4, 3]))	m1[3, 4, 3]	m1[3, 4, 3] /= m1[3, 4, 3].abs()	m1[3, 4, 3]
m1[3, 4, 3]			H1[4, 3, 3]				
m1[4, 3, 3]				m1[4, 3, 3] = m1[4, 3, 3]-h*(gamma*m1[4, 3, 3]%H1[4, 3, 3]+alpha*m1[4, 3, 3]%(m1[4, 3, 3]%H1[4, 3, 3]))	m1[4, 3, 3]	m1[4, 3, 3] /= m1[4, 3, 3].abs()	m1[4, 3, 3]
			H1[4, 4, 2]				
m1[4, 4, 2]				m1[4, 4, 2] = m1[4, 4, 2]-h*(gamma*m1[4, 4, 2]%H1[4, 4, 2]+alpha*m1[4, 4, 2]%(m1[4, 4, 2]%H1[4, 4, 2]))	m1[4, 4, 2]	m1[4, 4, 2] /= m1[4, 4, 2].abs()	m1[4, 4, 2]
			H1[4, 4, 3]				
m1[4, 4, 3]				m1[4, 4, 3] = m1[4, 4, 3]-h*(gamma*m1[4, 4, 3]%H1[4, 4, 3]+alpha*m1[4, 4, 3]%(m1[4, 4, 3]%H1[4, 4, 3]))	m1[4, 4, 3]	m1[4, 4, 3] /= m1[4, 4, 3].abs()	m1[4, 4, 3]