m1[2, 2, 1] m1[2, 2, 2]							
m1[2, 3, 1]							
m1[2, 2, 3]				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, 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]	$H[3, 3, 3] = \int^* (m1[3, 3, 2] + m1[2, 3, 2] + m1[3, 2, 2] + m1[2, 2, 2] + m1[3, 3, 3] + m1[2, 3, 3] + m1[3, 2, 3] + m1[2, 2, 3]) + H_ext$	m[3, 3, 2] $m[3, 3, 2] = m[3, 3, 2]-h*(gamma*m[3, 3, 2]%H[3, 3, 2]+alpha*m[3, 3, 2]%(m[3, 3, 2]%H[3, 3, 2]))$	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]					
m1[3, 2, 2]		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, 3]				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, 2]							
m1[3, 3, 3]		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]))	H1[3, 3, 3]	m[3, 4, 2] /= m[3, 4, 2].abs()	2 (21		
	$H[3, 4, 3] = J*(m1[3, 4, 2]+m1[2, 4, 2]+m1[3, 3, 2]+m1[2, 3, 2]+m1[3, 4, 3]+m1[2, 4, 3]+m1[3, 3, 3]+m1[2, 3, 3])+H_ext$	m[3, 4, 2] = m[3, 4, 2]-h*(gamma*m[3, 4, 2]%H[3, 4, 2]+alpha*m[3, 4, 2]%(m[3, 4, 2]%H[3, 4, 2])) H[3, 4, 3]	m[3, 4, 2]	III[3, 4, 2]/— III[3, 4, 2].abs()	m[3, 4, 2]		
m1[2, 4, 2]	$H[3,4,2] = J*(m1[3,4,1]+m1[2,4,1]+m1[3,3,1]+m1[2,3,1]+m1[3,4,2]+m1[2,4,2]+m1[3,3,2]+m1[2,3,2])+H_ext$	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[2, 4, 1]		H1[3,3] = *(m[3,3,2]+m[4,3,2]+m[4,3,2]+m[4,3,2]+m[4,4,2]+m[4,4,2]+m[3,4,2]+m[4,4,					
		m[4, 3, 2] = m[4, 3, 2]-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]	H[4, 3, 3]						
m1[3, 4, 1]		m[4, 3, 3] $m[4, 3, 3] = m[4, 3, 3]-h*(gamma*m[4, 3, 3]%H[4, 3, 3]+alpha*m[4, 3, 3]%(m[4, 3, 3]%H[4, 3, 3]))$	m[4, 3, 3]	m[4, 3, 3] /= m[4, 3, 3].abs()	m[4, 3, 3]		
m1[4, 2, 2]		$m[3, 3, 4]$ $H1[3, 3, 3] = J*(m[3, 3, 3]+m[4, 3, 3]+m[3, 3, 4]+m[4, 3, 4]+m[3, 4, 3]+m[4, 4, 3]+m[3, 4, 4]+m[4, 4, 4])+H_ext$					
m1[4, 2, 3] m1[3, 4, 2]				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]	m1[3, 4, 2] /= m1[3, 4, 2].abs()	m1[3, 4, 2]
m1[4, 4, 1]	$H[4, 4, 2] = J*(m1[4, 4, 1]+m1[3, 4, 1]+m1[4, 3, 1]+m1[3, 3, 1]+m1[4, 4, 2]+m1[3, 4, 2]+m1[4, 3, 2]+m1[3, 3, 2])+H_ext$		H1[3, 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] $m[3, 5, 2]$					
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]					
		$m[5, 3, 2] + m[5, 3, 2] = J*(m[4, 3, 2]+m[5, 3, 2]+m[4, 3, 3]+m[5, 3, 3]+m[4, 4, 2]+m[5, 4, 2]+m[4, 4, 3]+m[5, 4, 3])+H_ext$					
		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]		
	$H[4, 4, 3] = J^*(m1[4, 4, 2]+m1[3, 4, 2]+m1[4, 3, 2]+m1[3, 3, 2]+m1[4, 4, 3]+m1[3, 4, 3]+m1[4, 3, 3]+m1[3, 3, 3])+H_ext$	► H[4, 4, 3]					
		m[5, 3, 3]					
		m[4,5,2]					
		$m[4, 4, 4] \longrightarrow H1(4, 3, 3) = J^*(m[4, 3, 3] + m[5, 3, 4] + m[5, 3, 4] + m[5, 4, 3] + m[5, 4, 3] + m[5, 4, 4] $					
		m[5, 3, 4]					
		m[4, 5, 3] $H1[4, 4, 2] = *(m[4, 4, 2]+m[5, 4, 2]+m[4, 4, 3]+m[5, 4, 3]+m[4, 5, 2]+m[5, 5, 2]+m[4, 5, 3]+m[5, 5, 3])+H ext$					
		m[5, 4, 3]					
		m[4, 5, 4]					
		m[5, 5, 2]					
		m[5, 4, 4]					
		m[5, 5, 3]	H1[3, 4, 3]				
		m[5, 5, 4]		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]
m1[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]