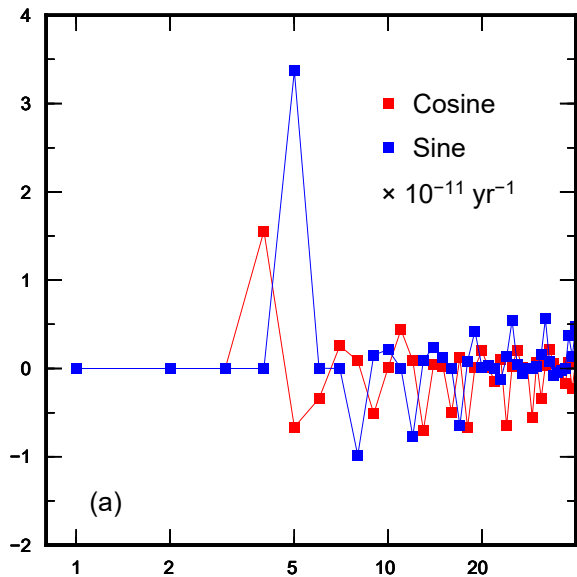
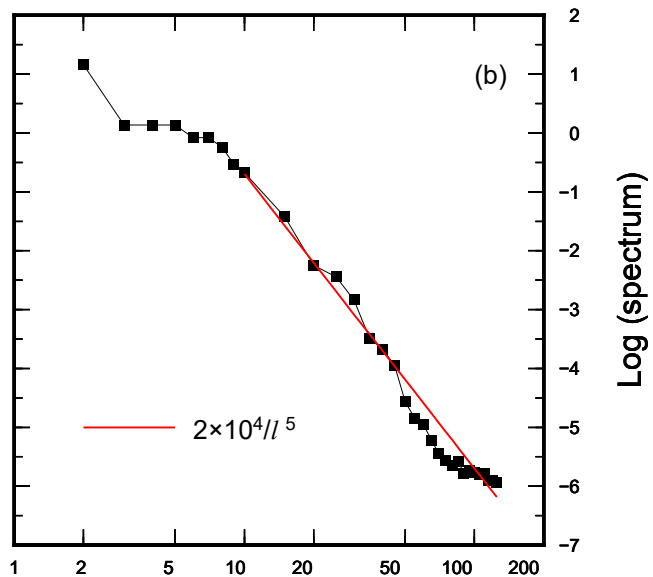


Rate of change of the SC



$$j = l(l+1)/2 + m + 1$$



Harmonic degree, l