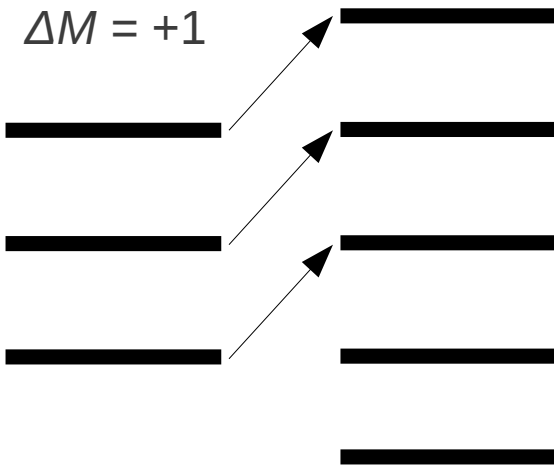


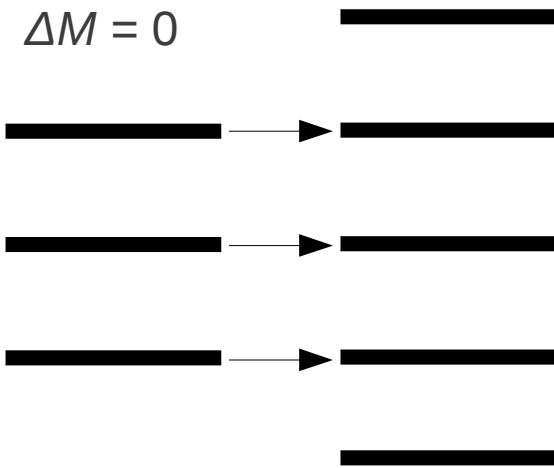
$$\Delta J = +1$$

Upper  $M$

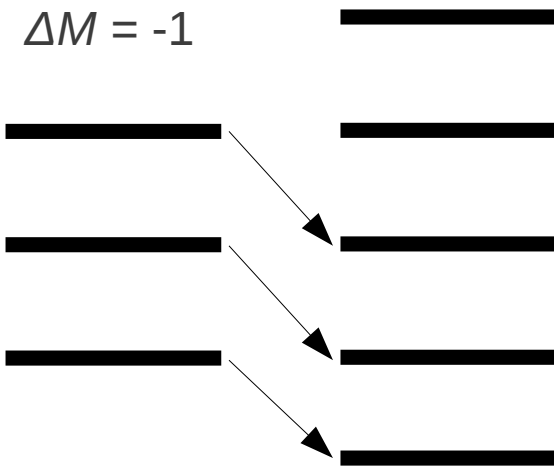
Lower  $M$



$$\Delta M = 0$$



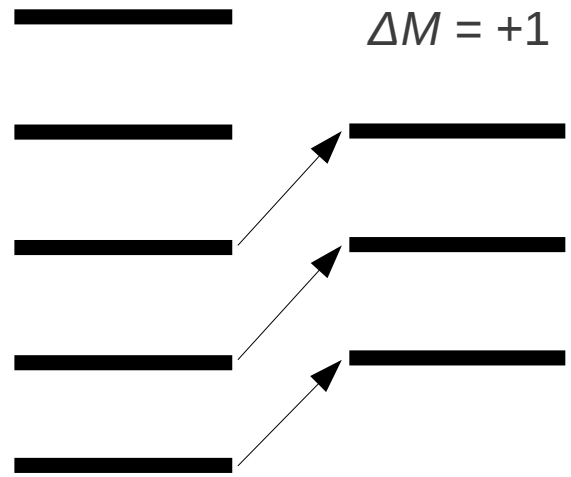
$$\Delta M = -1$$



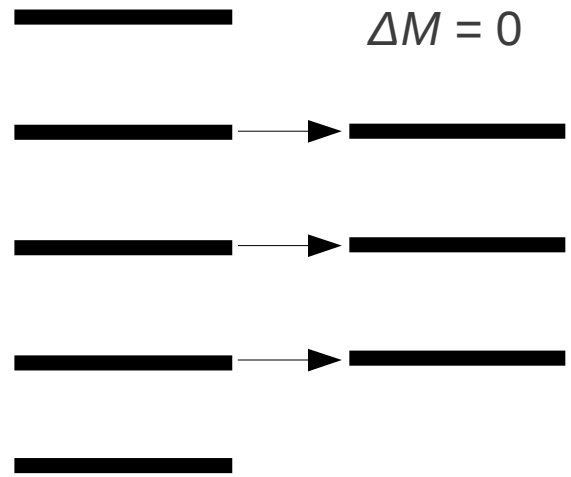
$$\Delta J = -1$$

Upper  $M$

Lower  $M$



$$\Delta M = 0$$



$$\Delta M = -1$$

