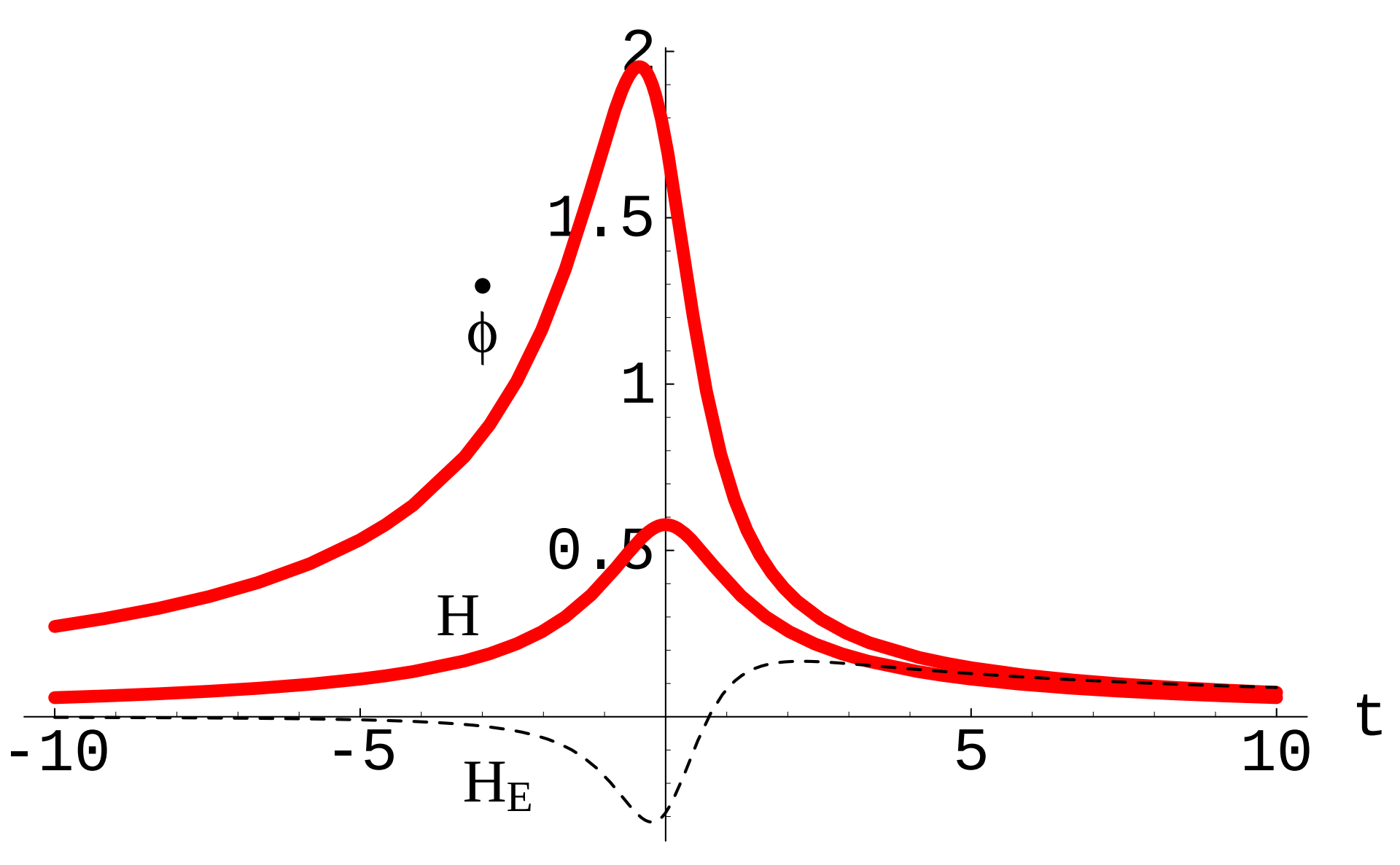
2
1.5
1
0.5
$\dot{\phi}$
H
$H_E$
-10
-5
5
10
t