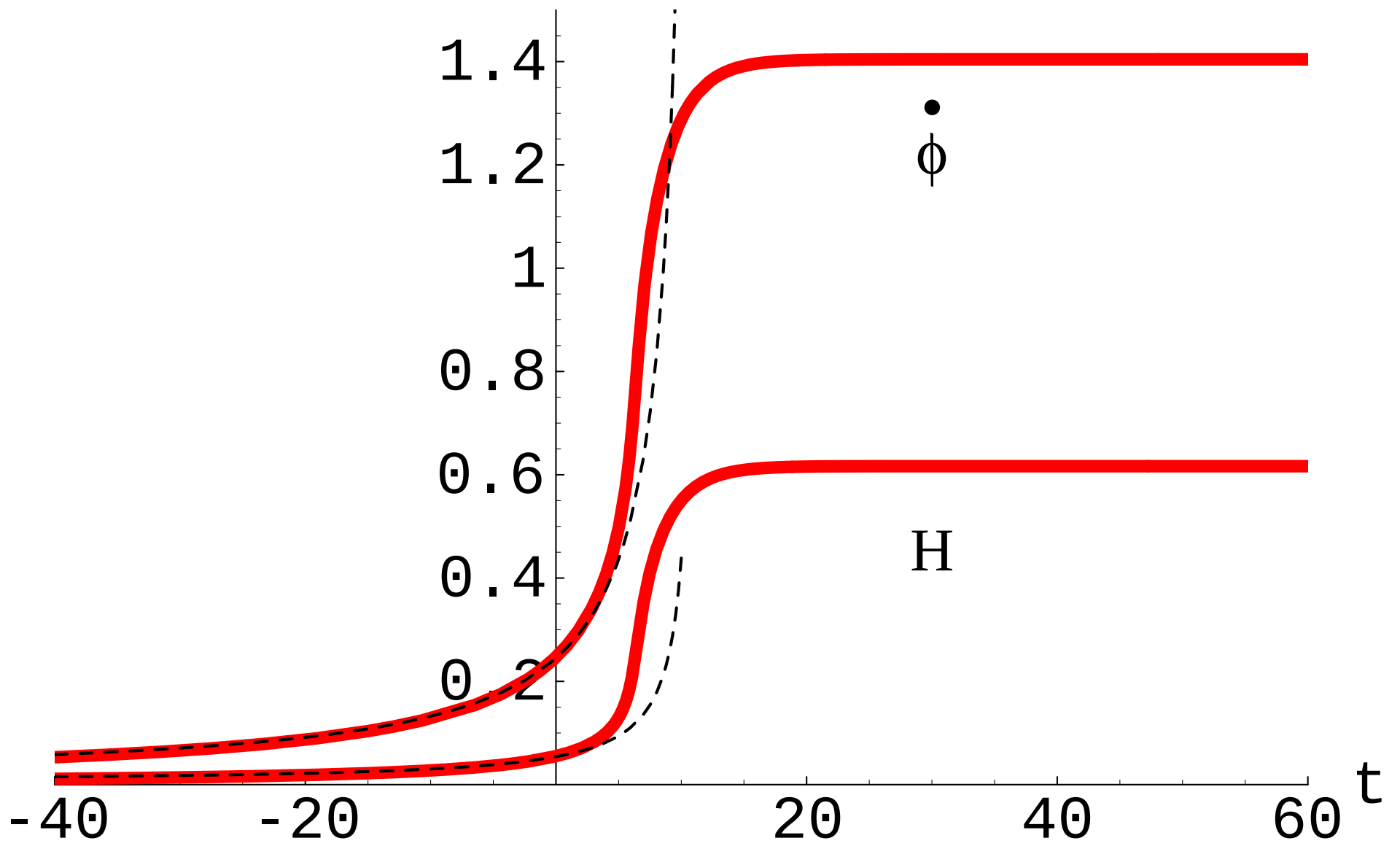
1.4
1.2
1
0.8
0.6
0.4
0.2
$\dot{\phi}$
H
-40
-20
20
40
60
t