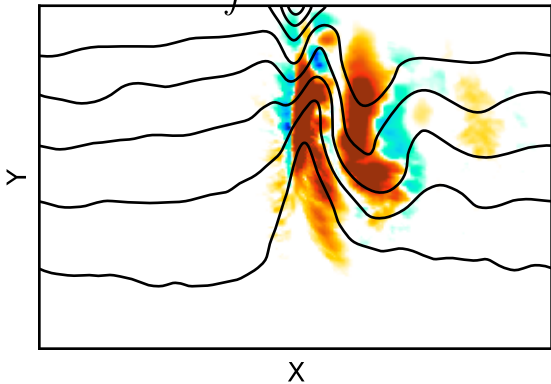


$$H^{-1} \int \theta^\dagger \nabla \cdot (\mathbf{u}' \theta') dz$$



$$H^{-1} \int \gamma \theta^{\dagger 2} dz$$

