

$$\mathbf{H}_{sr}^{(3)} = \gamma_s \frac{10}{\sqrt{6}} \frac{\mathbf{T}^3(\mathbf{L}^2, \mathbf{J}) \cdot \mathbf{T}^3(\mathbf{S}, \mathbf{S}, \mathbf{S})}{\langle \Lambda | \mathbf{T}_{q=0}^2(\mathbf{L}^2) | \Lambda \rangle}$$