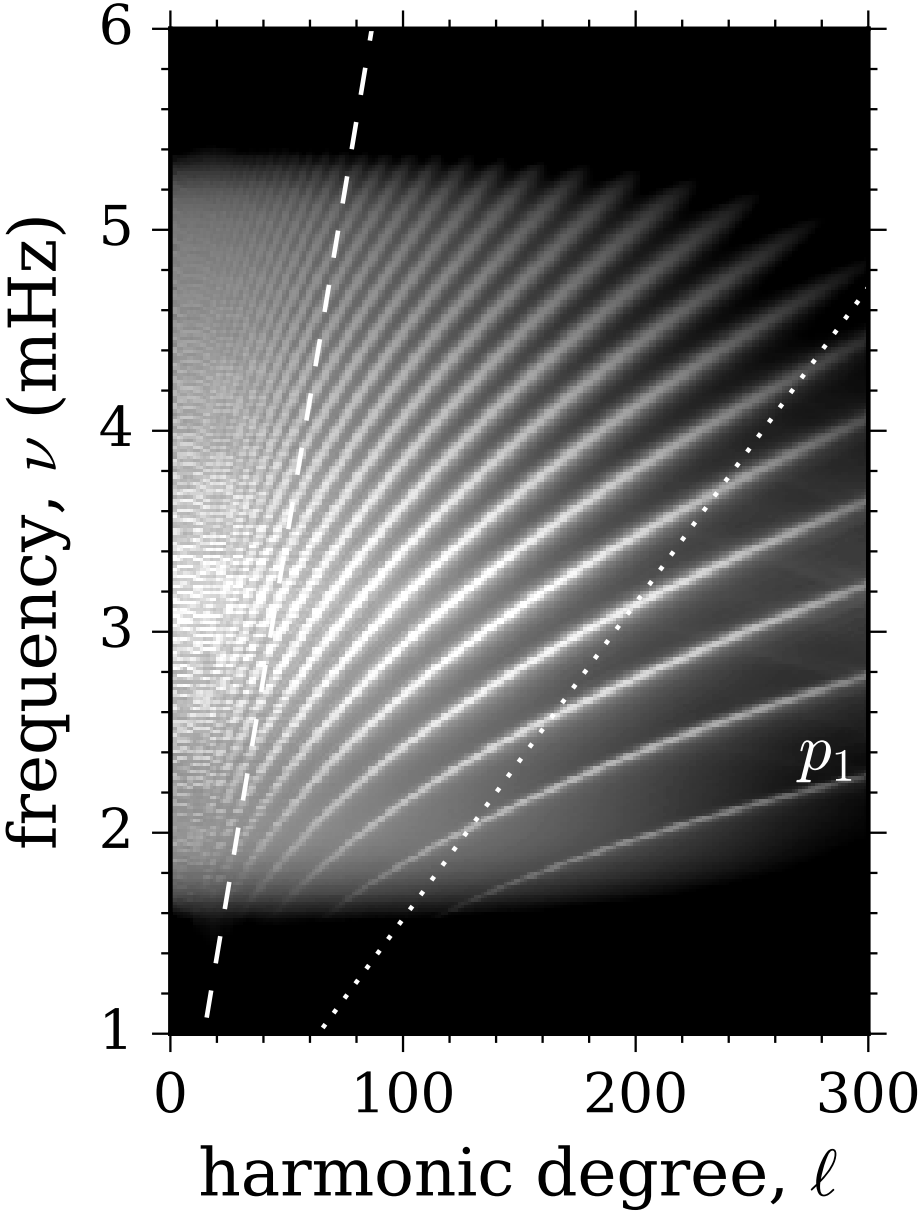
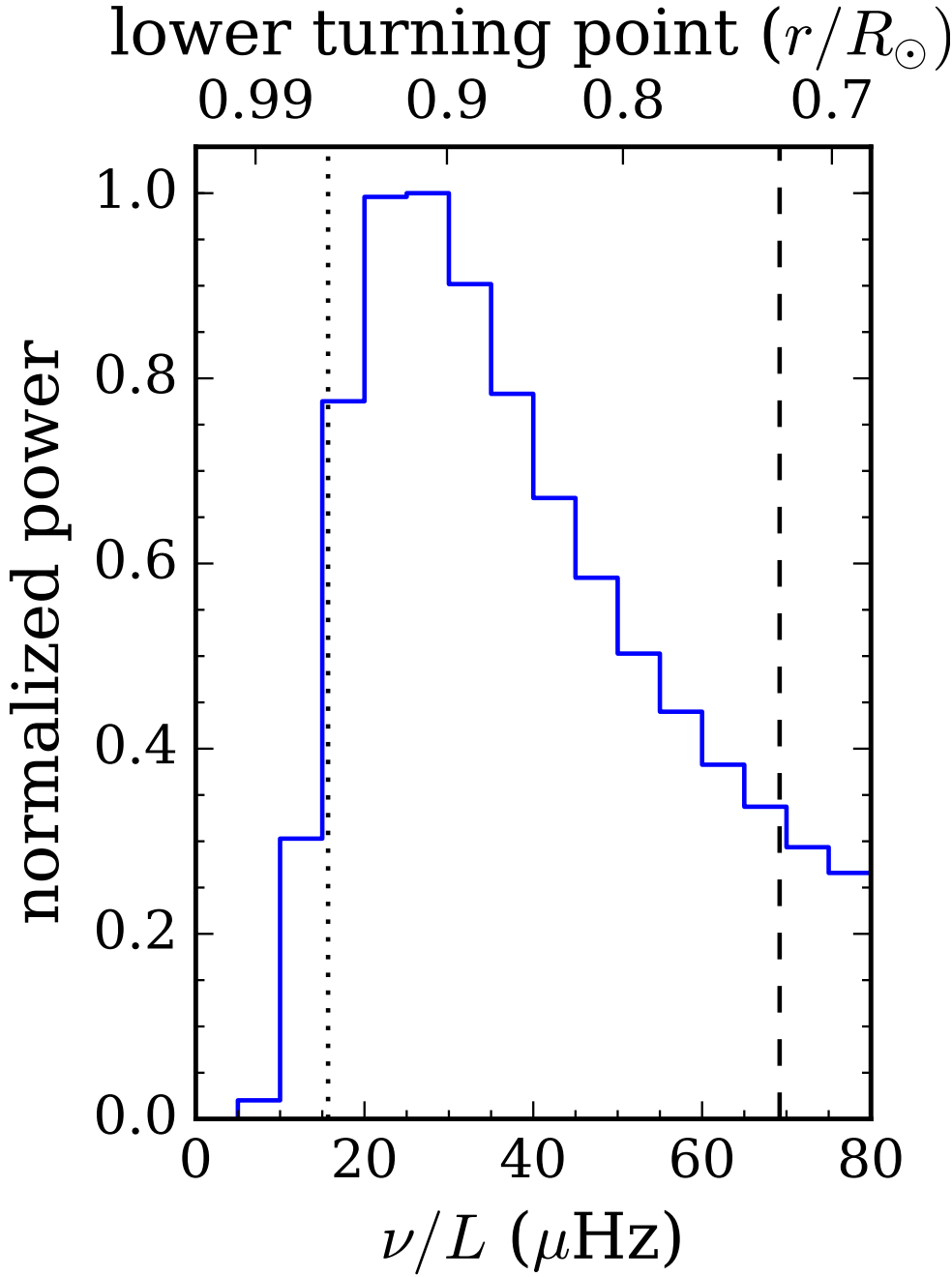

frequency, ν (mHz)
harmonic degree, ℓ
p_1
0
100
200
300
1
2
3
4
5
6


lower turning point ($r/R_\odot$)
0.99
0.9
0.8
0.7
normalized power
ν/L (μHz)
0.0
0.2
0.4
0.6
0.8
1.0
0
20
40
60
80