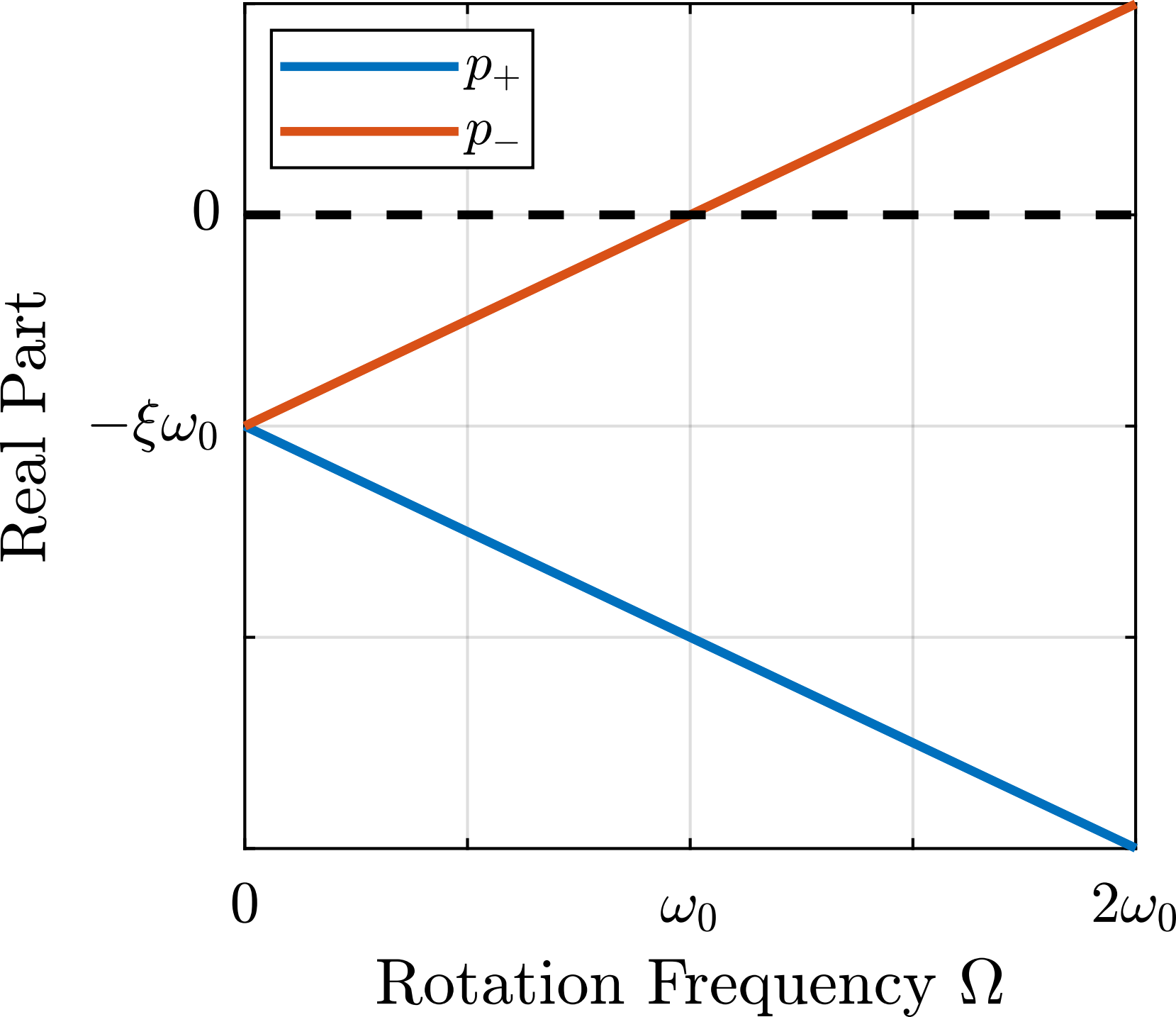
p_+
p_-
0
$-\xi\omega_0$
Real Part
0
ω_0
$2\omega_0$
Rotation Frequency Ω