

$$(\delta R_{0i0j}^{\text{T}}) = \frac{\omega_{\text{T}}^2}{2} \begin{pmatrix} H_{+} & H_{\times} & 0 \\ H_{\times} & -H_{+} & 0 \\ 0 & 0 & 0 \end{pmatrix} e^{\text{i}w}$$