inductance: $\Phi_E = M I \quad \Phi_B = L I$

energy in $\vec{E}$ & $\vec{B}$: $\frac{du}{dt} = -\vec{\nabla} V \cdot \vec{J}$

Poynting's vector & thm: $\vec{S} = \frac{1}{\mu_0} (\vec{E} \times \vec{B})$