

Asymmetry in Three-Site Relaxation-Exchange NMR

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10 Asymmetry of peak integrals in 2D relaxation maps of exchange between three sites
11 reports circular flow between the relaxation sites. This disagrees with detailed balance
12 according to which the exchange between any pair of sites must be balanced in
13 thermodynamic equilibrium. Confined diffusion of particles jumping randomly on a 2D
14 checkerboard grid to any of their eight neighbor positions and confined gas diffusion
15 were modelled in Monte Carlo simulations to explore the impact of topological
16 constraints on particle exchange between three pools. Both models produce density
17 variations across the pore and reveal that up to 1% of the molecules move in circular
18 paths between the relaxation pools. This motion is driven by different features of either
19 algorithm. It is silent in thermodynamic equilibrium, confirming that multisite exchange
20 maps are symmetric in this case. The coherent flux is argued to result from stochastic
21 pore resonance related to diffusion eigenmodes. If it can be driven experimentally by
22 external time-varying electric, magnetic or ultrasonic fields, this may be a way to
23 enhance heterogeneous catalysis.

24

1. Introduction

Exchange is an essential ingredient of diffusion and spreading phenomena, which are abundant in nature and govern the evolution of tangible and intangible objects and goods (Bunde et al., 2018) as well as the physics of living systems (Gnesotto et al., 2018; Lynn et al., 2021). Nuclear Magnetic Resonance provides particularly powerful methodologies to investigate molecular exchange processes (Ernst et al., 1987; Callaghan, 2011). Slow molecular exchange on the millisecond time scale is studied by e. g. two-dimensional exchange NMR, i. e. by chemical exchange spectroscopy for rotational motion (Jeener et al., 1979) and by exchange relaxometry for translational motion (Lee et al., 1993). In equilibrium the nature of the exchange processes is commonly understood to be random Brownian motion, and the associated 2D NMR exchange maps are expected to be symmetric with respect to their diagonal. On the other hand, exchange in non-equilibrium leads to asymmetry. This has been observed in NMR, for example, in 2D chemical exchange spectra for chemical reactions involving different sites (Lacabanne et al., 2022), for the spread of hyperpolarization by spin diffusion (Björgvinsdóttir et al., 2021), for slow flow across porous media in relaxation exchange maps (Olaru et al., 2012), as well as in position- and velocity-exchange NMR (Han and Blümich, 2000).

The kinetics of transitions or exchange between discrete states driven by random processes are described by (van Kampen, 1992)

$$\frac{dM_i(t)}{dt} = \sum_j \{k_{ij}M_j(t) - k_{ji}M_i(t)\}, \quad (1)$$

where M_i are populations represented in NMR by magnetization components collected in the vector \mathbf{M} , and k_{ij} are the exchange rates equivalent to the transition probabilities from state j to state i , which are collected in the kinetic exchange matrix \mathbf{k} . In equilibrium

$$\frac{dM_i(t)}{dt} = 0, \quad (2)$$

and the number of all particles arriving at site i from sites j is equal to the number of all particles leaving from site i to sites j so that the total mass is conserved.

As a result of mass balance, two-site exchange between states or sites A and B always leads to symmetric 2D NMR exchange maps in thermodynamic equilibrium as the number $k_{BA}M_A$ of particles populating site B by leaving site A per unit time is equal to the number of particles $k_{AB}M_B$ leaving site B and populating site A per unit of time. This number is the product of the rate k_{BA} for transitions from site A to site B

58 times the population M_A of site A. The relationship $k_{BA}M_A = k_{AB}M_B$ is known as the
 59 'principle of detailed balance'. In thermal equilibrium it is understood to also apply to
 60 rate processes involving more than two sites (Onsager 1931, Gnesotto et. al. 2018).

61 By example of mass-balanced equilibrium diffusion between three sites
 62 (Onsager 1931, Sandstrom, 1983), Eqn. (1) becomes

$$\begin{aligned} 63 \quad k_{21}M_1 + k_{31}M_1 &= k_{12}M_2 + k_{13}M_3, \\ 64 \quad k_{12}M_2 + k_{32}M_2 &= k_{21}M_1 + k_{23}M_3, \\ 65 \quad k_{13}M_3 + k_{23}M_3 &= k_{31}M_1 + k_{32}M_2, \end{aligned} \quad (3)$$

66 or equivalently, mass balance requires

$$67 \quad k_{31}M_1 - k_{13}M_3 = k_{12}M_2 - k_{21}M_1 = k_{23}M_3 - k_{32}M_2. \quad (4)$$

68 Normalization of this expression to the total number of exchanges per unit time defines
 69 the asymmetry parameter a_{sy} used below,

$$70 \quad (k_{23}M_3 - k_{32}M_2)/[(1,1,1) \mathbf{k} \mathbf{M}] \stackrel{\text{def}}{=} a_{sy}. \quad (5)$$

71 Here $k_{ij}M_j$ is the number of transitions from pool j to pool i , corresponding to the peak
 72 integral in an exchange map after correction for relaxation effects, so that the
 73 denominator corresponds to the integral over all peaks. The asymmetry parameter
 74 thus quantifies the imbalance of exchange between two sites in terms of the number
 75 of unbalanced exchanges normalized to the total number of exchanges. Therefore, it
 76 specifies the relative flux in the circular exchange process. While mass balance (4) is
 77 a necessary condition for dynamic equilibrium, detailed balance, on the other hand, is
 78 a stronger condition applicable to thermodynamic equilibrium. It requires

$$79 \quad a_{sy} = 0. \quad (6)$$

80 Detailed balance had been introduced by Maxwell in 1867 based on 'sufficient
 81 reason' in his derivation of the speed distribution of gas atoms considering the speed
 82 exchange between colliding gas atoms in thermodynamic equilibrium (Maxwell, 1867).
 83 An intriguing consequence of the exchange being balanced in detail between particles
 84 A and B amounts to the impossibility of assigning positive time to either velocity
 85 exchange from A to B or B to A on the particle scale of the exchange process, thus
 86 admitting negative time or time reversal. In 1872 Boltzmann showed in an elaborate
 87 treatment, that Maxwell's speed distribution also applies to polyatomic gas molecules
 88 (Boltzmann, 1872). Furthermore, in 1917 Einstein derived Planck's law of black-body
 89 radiation as a balanced energy exchange between quantized radiation and matter
 90 underlining the striking similarity to Maxwell's speed distribution of gas atoms (Einstein,
 91 1917). He concludes "Indem Energie und Impuls aufs engste miteinander verknüpft

92 sind, kann deshalb eine Theorie erst dann als berechtigt angesehen werden, wenn
93 gezeigt ist, daß die nach ihr von der Strahlung auf die Materie übertragenen Impulse
94 zu solchen Bewegungen führen, wie sie die Wärmetheorie verlangt," (Since energy
95 and momentum are intimately connected, a theory can only then be considered
96 justified, when it has been shown, that according to it the momenta of the radiation
97 transferred to the matter lead to such motions as demanded by the theory of heat.)

98 In his work extending Maxwell's speed distribution to polyatomic gas molecules
99 Boltzmann considered molecules in a container whereby the walls reflect the
100 molecules like elastic balls: "Bezüglich der Gefäßwände, welche das Gas
101 umschließen, will ich jedoch voraussetzen, dass die Moleküle an denselben wie
102 elastische Kugeln reflektiert werden. ... Die Wände stören nicht, da an ihnen die
103 Moleküle wie elastische Kugeln reflektiert werden; also geradeso von ihnen
104 zurücktreten, als ob der Raum jenseits der Wände von gleich beschaffinem Gase
105 erfüllt wäre." (Concerning the container walls which enclose the gas, I want to presume
106 that the molecules are reflected from them like elastic balls. The walls do not
107 interfere, because the molecules are reflected from them like elastic balls; that is,
108 recede from them just like that, as if the space beyond the walls would be filled with
109 similarly conditioned gas.) Moreover, the interaction between gas molecules can be of
110 any type. While Boltzmann states that any other interaction between walls and
111 molecules leads to the same result albeit at loss of simplicity, the perfectly elastic
112 reflections of the gas molecules at the walls eliminate the topological constraints of the
113 box on their motion. For confined particles, this means that the pressure across the
114 pore volume is constant, i. e. the time average of the particle density does not vary
115 with the location inside the pore. Boltzmann obtained the same speed distribution for
116 polyatomic molecules with internal degrees of freedom as Maxwell had for atoms
117 based on detailed balance of speed exchange. In the simulations reported below, the
118 motion of molecules is considered for which the interactions with the walls are the
119 same as those among the molecules. Understanding confined diffusion (Valiullin,
120 2017) is important from a general point of view because the motion of molecules
121 without topological constraints is an ideal limit which cannot perfectly be realized in
122 practice although it may be realized within experimental uncertainty.

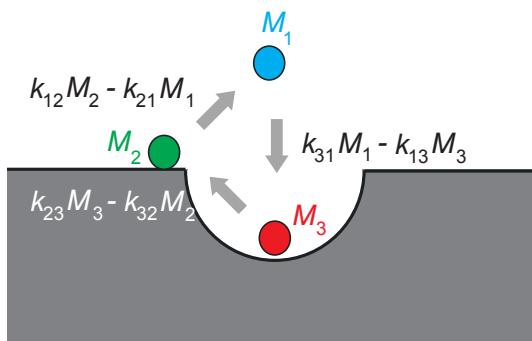
123 Two-site exchange processes will always be symmetric in equilibrium. This
124 situation has been evaluated analytically for NMR relaxation exchange of fluids in
125 porous media (McDonald, 2005). Yet multi-site relaxation-exchange NMR maps (Van

126 Landeghem, 2010) can formally be asymmetric in equilibrium. For example, the
 127 transverse magnetization $s(t_1, t_2)$ from a three-site T_2 - T_2 relaxation exchange NMR
 128 experiment (Gao and Blümich, 2020),

$$129 \quad s(t_1, t_2) = (1,1,1)e^{-(\mathbf{R}_2+\mathbf{k})t_2}e^{-(\mathbf{R}_1+\mathbf{k})t_m}e^{-(\mathbf{R}_2+\mathbf{k})t_1}\mathbf{M}(t_0), \quad (7)$$

130 has been simulated to model an experimentally observed asymmetric three-site T_2 - T_2
 131 NMR exchange map of water molecules saturating Al_2O_3 powder with the three
 132 relaxation sites corresponding to bulk water, water molecules on the surface of the
 133 powder particles and water molecules inside the surface pores (Fig. 1). Here $\mathbf{M}(t_0)$ is
 134 the initial vector of transverse magnetization components from relaxation sites 1, 2 and
 135 3 generated from longitudinal thermodynamic equilibrium magnetization with a 90°
 136 pulse at the beginning of the experiment at time t_0 , and t_1 , t_m , t_2 are the evolution,
 137 mixing, and detection time intervals of the 2D NMR experiment, respectively
 138 (Callaghan, 2011; Lee et al., 1993). Apart from the relaxation-rate matrices \mathbf{R}_1 and \mathbf{R}_2 ,
 139 and the kinetic matrix \mathbf{k} , the best match obtained by forward simulation returned the
 140 peak integrals revealing an asymmetry parameter of $a_{sy} = -1.2\%$. This asymmetry of
 141 the forward and backward particle jumps between two sites specifies the relative
 142 circular flux between the three sites (Fig. 1).

143



144

145 Figure 1. Asymmetry in three-site diffusion-mediated exchange indicates coherent
 146 circular motion in a model example of water molecules in contact with a porous surface.
 147 Three water populations M_j are identified by different NMR relaxation times and color.
 148 They are molecules in the bulk (1), molecules on the surface (2) and molecules in the
 149 pores (3). The exchange rate constants are k_{ij} . The net particle flux $k_{ij}M_j - k_{ji}M_i$
 150 between two sites differs from zero. The net mass of all molecules participating in the
 151 exchange is conserved. The figure illustrates positive a_{sy} .

152

153 The asymmetry observed in the experiment can be argued to result from the
 154 uncertainty of the measurement and the data processing by 2D inverse Laplace
 155 transformation (Song 2002). Also, asymmetric three-site exchange disagrees with

156 detailed balance of the exchange between any pair of sites in thermodynamic
157 equilibrium because it needs to be explained by circular diffusion on the pore scale,
158 and such motion resembles that of a ratchet which Feynman has argued to disagree
159 with the second law of thermodynamics (Feynman et al., 1966). Nevertheless, Monte
160 Carlo simulations were executed and are discussed below to investigate asymmetry in
161 three-site exchange.

162

163 **2. Modelling confined diffusion**

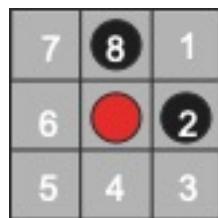
164 **2.1 Vacancy diffusion: Random particle jumps on a 2D checkerboard**

165 Random jumps of particles from occupied sites to vacant sites were simulated with a
166 Monte-Carlo algorithm (Metropolis et al., 1953; Grebenkov, 2011; Hughes, 1995;
167 Sabelfeld, 1991) in a confined space on a checkerboard. The algorithm models
168 vacancy diffusion (Seitz, 1948) encountered in metals and alloys but the particles
169 perform the jumps rather than the vacancies. To keep the simulation simple, it is limited
170 to jumps on a 2D 3×3 Moore lattice of range 1 (Wolf-Gladrow, 2000) following rules of
171 the game of life (Wolf-Gladrow, 2000; Bialnicki-Birula, 2004). Here the center particle
172 can jump to any of its 8 neighbors (Fig. 2). Different neighborhoods of range 1 were
173 tested (Fig. S1) (Bialnicki-Birula, 2004), but only the Moore neighborhood having the
174 highest symmetry of all neighborhoods, produced data consistent with Eqn. (4).
175 Topological constraints are introduced which set boundaries to the jump space.
176 Initially, the available cells inside the jump space on the grid are populated randomly
177 with particles up to a specified particle density. Particles in the bulk are indexed 1, and
178 two distinct boundary sections are indexed 2 and 3, giving three environments for the
179 particles to be exposed to and between which randomly selected particles can move.
180 A particle jumping from environment j to i is counted by incrementing the element ij of
181 a 3×3 jump matrix with elements $k_{ij}M_j$ by 1. If the particle environment does not
182 change with the jump, the respective diagonal element $k_{jj}M_j$ is incremented. The NMR
183 relaxation environments are indexed according to increasing relaxation rate. If a
184 particle is in contact with two different relaxation environments, it is assigned to the
185 relaxation environment with the higher index according to the higher relaxation rate.

186 Different rules governing jumps to a neighbor cell were explored. 1) In the
187 simplest case, one of the 8 destination cells was chosen at random without assigning
188 a jump probability. When destination cell was free, the jump was executed, and the
189 initial and final environments were compared to increment the corresponding entry in

190 the jump matrix accordingly. When the destination cell was occupied, the particle
191 remained at its source cell, and the respective diagonal element of the jump matrix
192 was incremented. In all other cases, jump probabilities were assigned. 2) As a subtle
193 variant of the random jumps to any of the 8 neighbor cells, jumps were randomly
194 selected to any of the *free* neighbor cells by assigning zero jump probability to occupied
195 neighbor cells and equal probability for jumps to the empty cells. This algorithm is
196 known to violate detailed balance (Metropolis et al., 1953; Reviewer, 2023). 3) With
197 reference to the Helmholtz free energy $A = U - TS$, where U is internal energy, T is
198 temperature, and S is entropy, a jump probability $p = \exp\left\{-\frac{\Delta A}{k_B T}\right\}$ was introduced,
199 where $\Delta A = \Delta U - T \Delta S$, T is the temperature, and k_B the Boltzmann constant. $\Delta U =$
200 $-\mathbf{F} \Delta \mathbf{R}$ and ΔS were estimated from the sum of distances to free or occupied neighbor
201 cells by crude empirical models as detailed in the supporting information. Here \mathbf{F} is the
202 force and $\Delta \mathbf{R}$ the distance vector between two particles. This allowed probing attractive
203 and repulsive interactions by changing the sign of ΔU in simulation runs and varying
204 temperature in addition to varying population density equivalent to pressure. It is noted
205 here that the force field on a randomly populated lattice is not conservative (Reviewer,
206 2023). In other words, the energy balance of a particle moving in a circle is different
207 from zero, and Monte Carlo simulations under these constraints probe a driven
208 equilibrium and not thermodynamic equilibrium (Michel et. al., 2014).

209



210

211 Figure 2. Jumps on a checkerboard grid modelling vacancy diffusion. The center
212 particle can jump to any of its eight next nearest neighbor cells, which are numbered
213 clockwise from 1 to 8. Jump probabilities were introduced to account for particle
214 interaction between the center particle (red) and neighbor particles (black).

215

216 The vacancy-diffusion simulations were carried out with a program written in
217 Matlab R2020a by The MathWorks Inc. on an Apple MacBook Pro 2.4 GHz having an
218 Intel Quad-Core i5 processor. Unless indicated otherwise, 10^7 jumps were simulated
219 in one run taking 75 seconds.

220

221 **2.2 Gas diffusion**

222 The gas diffusion calculations explore similar pore size and occupancy. Here the
 223 motion of circular particles with diameter equal to the cell size was accomplished by
 224 propagating an initial distribution of particle speeds for random initial positions and
 225 directions in a Monte Carlo fashion based on instantaneous collisional forces. This
 226 distribution rapidly equilibrated to a Maxwell-Boltzmann distribution. Whereas in
 227 vacancy-diffusion simulations the distribution of particles in the pore is recorded after
 228 each jump it is recorded in the gas-phase simulations at constant time intervals. If the
 229 center of each particle was within one diameter of another, the particles are considered
 230 to have collided. Immediately after a collision the projection of the velocity vector along
 231 the collision axis is reversed prior to propagating to the next step. In this approach, the
 232 observation time interval must be sufficiently small, so that the new velocities are
 233 calculated with a small position uncertainty of the colliding particles (Reviewer 2023,
 234 Michel et al. 2014).

235 The collisions change both the direction and velocity of the particles at each of
 236 the 10^9 constant time increments used here. Following conservation of momentum and
 237 kinetic energy,

$$238 \quad \vec{v}_{1,\text{new}} = \vec{v}_{1,\text{old}} - \frac{2m_2}{(m_1+m_2)} \frac{\langle \vec{v}_{1,\text{old}} - \vec{v}_{2,\text{old}}, \vec{x}_1 - \vec{x}_2 \rangle}{\|\vec{x}_2 - \vec{x}_1\|^2} (\vec{x}_1 - \vec{x}_2), \quad (8)$$

$$239 \quad \vec{v}_{2,\text{new}} = \vec{v}_{2,\text{old}} - \frac{2m_1}{(m_1+m_2)} \frac{\langle \vec{v}_{2,\text{old}} - \vec{v}_{1,\text{old}}, \vec{x}_2 - \vec{x}_1 \rangle}{\|\vec{x}_2 - \vec{x}_1\|^2} (\vec{x}_2 - \vec{x}_1). \quad (9)$$

240 These collisions with other particles and the wall are mediated by the particle size,
 241 which is set to be a fraction of the pore-side length of one. This means that a square
 242 pore with a five-particle diameter side length is populated with particles having a
 243 diameter of 1/5. To compare the continuous positional output of this model to vacancy
 244 diffusion, a two-dimensional square grid with cell size set by the particle diameter is
 245 imposed on the entire pore. The quasi-continuous positional output is then binned into
 246 these cells and compared to the binned positions from the previous observation to
 247 determine if particles translated between the main pore volume, pore wall, and active
 248 site. The translational information is used to assign estimates of the jump-matrix
 249 elements and thus the asymmetry parameter a_{sy} .

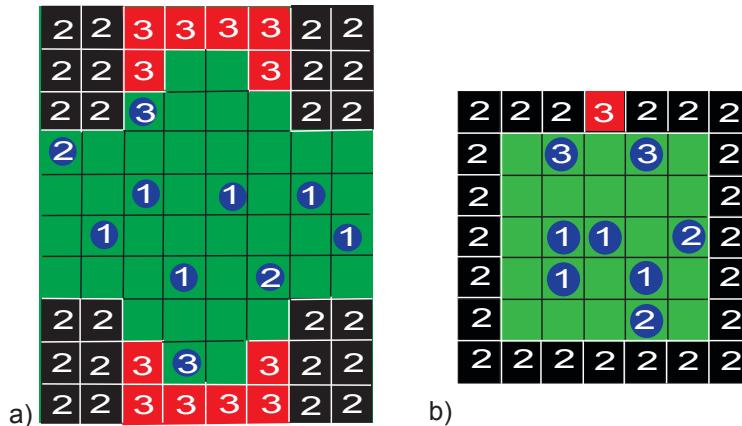
250 The gas-diffusion simulations were carried out with a program written in Matlab
 251 R2020a by The MathWorks Inc. on a home-built desktop computer possessing an
 252 AMD Ryzen 7 2700 processor. In most cases, 10^9 jumps were simulated in one
 253 run taking roughly 45 hours to complete.

254

255 **3. Results**

256 Two different pore geometries were analyzed. Initially, the simulation was executed for
 257 a pore geometry (Fig. 3a) which approximates the surface structure of Fig. 1, and
 258 which is hypothesized to explain the observed asymmetry of water diffusing in a porous
 259 Al_2O_3 grain pack (Gao and Blümich, 2020). The dented surface was mirrored
 260 horizontally to double the probability of particles entering the dent (relaxation site 3) in
 261 the otherwise straight surface (relaxation site 2). The bulk of the particles defines
 262 relaxation site 1. Periodic boundary conditions were employed right and left. A pore
 263 boundary has been treated just like an occupied cell with the same rules applying to
 264 the jump probability. The simulations of particle motion confined to this complex pore
 265 structure and constrained by jump probabilities revealed the existence of asymmetric
 266 exchange. To understand the essence of the asymmetry the pore geometry was
 267 simplified to a square with an active site in the wall to study particle motion in detail.
 268 Particles in the bulk, in contact with the walls, and with the active site are identified by
 269 different NMR relaxation properties (Fig. 3b).

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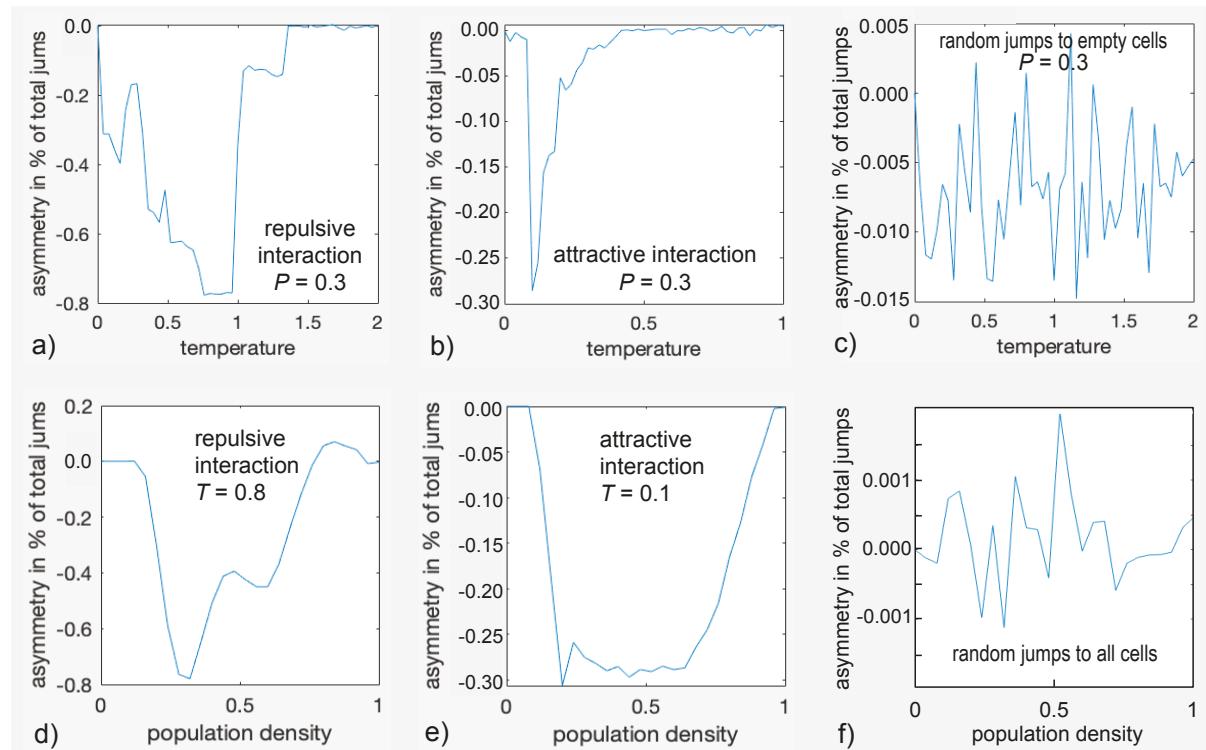
272 Figure 3. Examples of pore models for two-dimensional three-site exchange based on
 273 a checkerboard grid. Particles can occupy one cell and jump to a neighboring one
 274 following different realizations of the jump probability. a) Porous solid. The boundaries
 275 right and left are periodic. The boundaries top and bottom are rigid. Depending on their
 276 next neighbors in the first coordination shell, the particle-relaxation environments are
 277 identified as bulk (1), surface (2), and pore (3) with increasing relaxation rate. b) Small
 278 square pore with an active site. The bulk (1), the walls (2), and the active site (3) have
 279 different relaxation properties. If a particle is in contact with two different relaxation
 280 sites, it is counted to belong to the particle pool with the larger relaxation rate, i. e. the
 281 pool with the higher number.

282

283 Enabled by the interaction model, which, depending on the particle environment
 284 assigns different jump probabilities as a function of temperature, the asymmetry

285 parameter a_{sy} was evaluated for both pores with the vacancy-diffusion algorithm as a
 286 function of temperature T and pressure P . Pressure was varied in terms of the
 287 population density measured as the fraction of cells occupied in the pore. The results
 288 for the complex pore are reported in the supplementary material (Fig. S3), whereas
 289 those for the simple square pore are reported in the main text here (Fig. 4). At certain
 290 temperatures and pressures also the autocorrelation function of the occupation-time
 291 track of a particular cell and its Fourier transform were determined. Striking features
 292 observed in vacancy diffusion were subsequently modelled with the gas-diffusion
 293 algorithm in the square pore.

294



295

296 Figure 4. Asymmetry parameters a_{sy} for diffusion inside the small rectangular pore
 297 depicted in Fig. 3b as a function of temperature T (a-c) and pressure P (d-f). a) $a_{sy}(T)$
 298 for repulsive interaction at $P = 0.3$. b) $a_{sy}(T)$ for attractive interaction at $P = 0.3$.
 299 c) $a_{sy}(T)$ for jumps to randomly selected empty cells. d) $a_{sy}(P)$ for attractive interaction
 300 at $T = 0.8$. e) $a_{sy}(P)$ for attractive interaction at $T = 0.1$. f) $a_{sy}(P)$ for jumps to cells
 301 randomly selected from all eight neighbor cells.

302

303 Relevant results for the square pore (Fig. 3b) are summarized in six graphs in
 304 Fig. 4. The asymmetry parameter varies strongly with temperature T (Figs. 4a,b) and
 305 pressure corresponding to population density P (Figs. 4d,e). All parameters are relative
 306 quantities without units. The top three graphs a), b) and c) show the variation of a_{sy}
 307 with temperature for a population fraction of 0.3 corresponding that of a gas. The

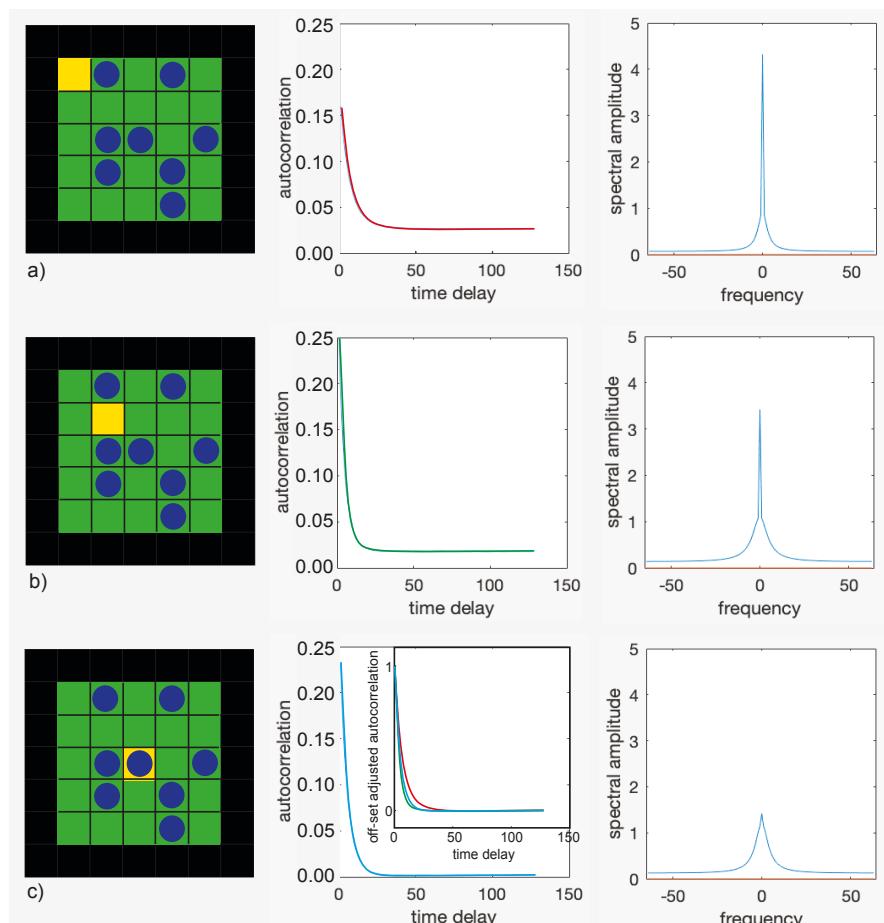
308 asymmetry parameter assumes only negative values in an abrupt but reproducible
309 manner in the range of $-0.8\% < a_{sy} < 0.0\%$ for repulsive interaction (Fig. 4a), i. e. for
310 the definition of the force between particles as illustrated in Fig. S2a. With reference to
311 Fig. 1, negative a_{sy} reports that the straight exit route from the active site towards the
312 center of the pore is preferred over the detour via the pore wall. When the interaction
313 is changed from repulsive to attractive by inverting the sign of ΔU in the expression for
314 the free energy, the asymmetry parameter varies as well, however, only between $-$
315 $0.3\% < a_{sy} < 0.0\%$ (Fig. 4b). In either case, the asymmetry parameter varies with
316 temperature and pressure. It is concluded, that for this small pore, up to about 1% of
317 all jumps on the checkerboard can proceed in an ordered circular fashion between the
318 three sites. Similar behavior is observed for the complex pore of Fig. 3a as illustrated
319 in Fig. S3 in the supplement.

320 At the extrema of the $a_{sy}(T)$ curves in Figs. 4a,b the dependence of the
321 asymmetry parameters on population density was investigated (Figs. 4d,e). The
322 variations with population density are smoother than those with temperature.
323 Significant negative asymmetry results at intermediate pressure, while at low and high
324 pressure, the asymmetry is small (Fig. 4d,e). At higher temperature and high pressure,
325 small positive a_{sy} is observed (Fig. 4d, $T = 0.8$, $P = 0.8$). If the destination cell for a
326 jump is chosen at random without considering a hypothetical free jump energy A ,
327 essentially noise more than two orders of magnitude smaller is observed for the
328 exchange asymmetry determined from 10^7 jumps when varying T and P (Fig. 4c,f).
329 However, a small bias towards negative a_{sy} results if the destination cell is chosen at
330 random from all free neighbor cells (Figs. 4c), whereas no bias is detected if the
331 destination cell is chosen at random from all neighbor cells whether free or occupied
332 (Fig. 4f). This difference becomes more pronounced at higher number of jumps (see
333 below).

334 To shed further light on the origin of the asymmetry, autocorrelation functions of
335 the occupation-time tracks of selected cells in the pore were computed and Fourier
336 transformed (Fig. 5). The occupation-time track was calibrated to zero mean for purely
337 random occupation, i. e. it contained the negative population density when it was empty
338 and the complement of the population density to one when the cell was occupied. The
339 faster the autocorrelation function decays, the less coherent the cell population
340 fluctuates and the broader is its Fourier transform, i. e. the transfer function (Fig. 5b,c).
341 A constant offset of the autocorrelation function shows that the time-average

342 population in the cell differs from the mean population of the pore (Fig. 5a,b). This
 343 offset produces a spike at zero frequency in the transfer functions. Subtracting the
 344 offsets from the autocorrelation functions and scaling the resulting functions to the
 345 same amplitude reveals different decays in different cells and thus variations in particle
 346 dynamics across the pore (inset in Fig. 5c, middle). These dynamics cannot readily be
 347 measured for a single cell in the pore, although an average over all cells and pores in
 348 the measurement volume would be amenable to experiment by probing the particle
 349 dynamics with CPMG measurements in magnetic gradient fields at variable echo time.
 350 Such measurements provide the frequency-dependent diffusion coefficient in terms of
 351 the Fourier transform of the velocity autocorrelation function (Stepišnik et al., 2014,
 352 Callaghan and Stepišnik, 1995; Parsons et al., 2006).

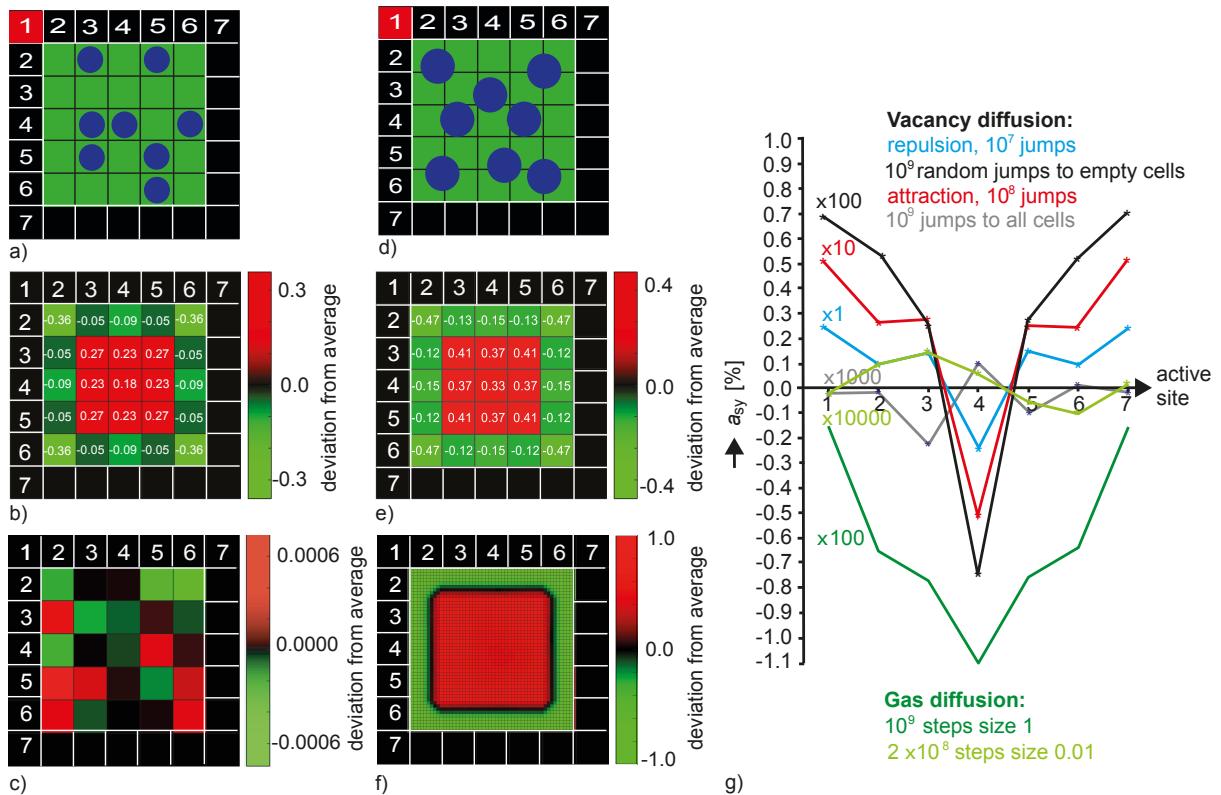
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355 Figure 5. Autocorrelation functions (center) of the occupancy of the yellow cells (left)
 356 and the real parts of their Fourier transforms (right) for repulsive interaction at $T = 0.1$
 357 and $P = 0.3$. a) Corner cell. b) Off-center cell. c) Center cell. The inset in the middle
 358 compares the decays of all three autocorrelation functions after subtraction of the
 359 offsets.

360



361
362 Figure 6. Population density distributions and dependences of the asymmetry
363 parameter a_{sy} on the position of the active relaxation site in the wall of a pore with $5 \times$
364 5 cells. a) Vacancy diffusion. Particles can jump one step on the grid in 8 directions.
365 b) Deviations from average relative density 1 for 10^9 jumps chosen at random to any
366 of the free neighbor cells. c) Deviations from average relative density 1 for 10^9 jumps
367 chosen at random to any of the 8 neighbor cells. d) Gas diffusion. The particle motion
368 is computed on a fine grid. e) Deviations from average relative density 1 for 10^9
369 observations of particle positions at observation intervals of duration 1. The particle
370 position at the time of observation is binned to the coarse vacancy-diffusion grid.
371 f) Deviations from average relative density 1 on a fine 50×50 grid of 0.1 particle
372 diameters for 10^9 observations of particle positions at observation intervals of duration
373 0.01. g) Variations of the asymmetry parameter with the position of the active site in
374 the cell wall for differently interacting particles for vacancy diffusion at $T = 0.2$, $P = 0.3$,
375 and different jump probabilities as well as for gas diffusion at long and short
376 observation intervals of 1 vs. 0.01. The mirror symmetry of each trace about the center
377 position reports high precision of the simulation.
378

379 While the autocorrelation function is difficult to probe experimentally, the
380 asymmetry parameter a_{sy} , on the other hand, probes the particle dynamics and could
381 be investigated experimentally directly by relaxation-exchange NMR experiments
382 provided the signal-to-noise ratio is good enough. The parameter depends on the
383 location of the relaxation center in the pore wall (Fig. 6). This dependence has been
384 verified to be identical for all walls of the square pore. Moreover, it exhibits mirror
385 symmetry about the center position (Fig. 6g), assuring that the simulation noise is
386 negligible. For vacancy diffusion in a 5×5 square pore with walls 7 cells wide (Fig.

387 6a,b), a_{sy} varies consistently with position when the jumps are selected following a
388 *priori* defined probabilities, irrespective of the particle interaction being positive,
389 negative, or the destination cell having been chosen randomly from all free neighbor
390 cells. But the magnitude of a_{sy} depends strongly on the selection rule defined by the
391 jump probability as indicated in Fig. 6g by the scaling factors. It is highest at the corner
392 positions and lowest at the center position. For random jumps to empty cells, a_{sy} is
393 more than an order of magnitude smaller than for repulsive interaction, so that the
394 number of particle jumps had to be increased to 10^9 resulting in 3 h computation time
395 for each data point in the corresponding trace (black) Fig. 6e. Interestingly, for gas
396 diffusion (Fig. 6d) a_{sy} varies at long observation interval (green, Fig. 6g) in a fashion
397 similar to that for vacancy diffusion, is of magnitude comparable to that of vacancy
398 diffusion (black, Fig. 6g), but does not change sign with position of the active site in
399 the pore wall. In all these cases the precision of the asymmetry parameter a_{sy} obtained
400 in the simulations exceeds the second relevant digit. If the jumps in the vacancy
401 diffusion simulations are chosen without bias from a jump probability no exchange
402 asymmetry is detected, only noise nearly more than one order of magnitude lower than
403 for jumps selected at random to one of the free neighbor positions (grey, Fig. 6g).
404 Similarly, the asymmetry parameter decreases with the observation time becoming
405 shorter by more than two orders of magnitude as illustrated in Fig. 6g for a long time
406 step of 1 (dark green) versus a short time step of 0.01 (light green) in simulation units
407 of $(m s^2 / k_B T)^{1/2}$.

408 The particle dynamics manifested in a_{sy} are accompanied by variations of the
409 average population density across the pore which is depleted in the contact layer of
410 the particle with the pore wall, enhanced in the next layer, and tapers off towards the
411 pore center in both cases (Figs. 6b,e, Fig. S4). The densities vary in a similar fashion
412 across the pore for both types of diffusion albeit having somewhat different values as
413 can be verified by close inspection of the numbers in each cell in Figs. 6b,e. These
414 density variations disagree with Boltzmann's argument, that elastic collisions with the
415 walls effectively remove the impact of the walls to the effect, that the walls can be
416 neglected. Agreement, however, is reached, if the destination cells for particle jumps
417 in vacancy diffusion are chosen at random from all and not just the free neighbor cells
418 (Fig. 6c; Metropolis et al., 1953). Shortening the observation interval in the gas-
419 diffusion simulations, however, maintains the unphysical density distribution across the
420 pore and has no effect due to binning the particle positions to the vacancy-diffusion

421 grid at the time of observation, as the exact moment of a particle collision cannot be
422 determined on a discrete time axis. On a finer grid, however, the population density is
423 homogeneous except for the regions close to the walls, which the center of the circular
424 particles cannot approach (Fig. 6f). If, however, projected onto the coarse vacancy-
425 diffusion grid the population-density modulations (Fig. 6e) reappear, because the exact
426 locations of collisions cannot be determined in a simple way at finite observation-time
427 intervals. Nevertheless, for both algorithms, the asymmetry parameter approaches
428 zero for all positions along the wall of the square pore (Fig. 6g, light green), confirming
429 that detailed balance is observed.

430 The maps in Fig. 6b,c,e,f revealing the deviation of local population density from
431 average population density were calculated by summing the 2D maps of particle
432 locations after each jump or at each observation time, normalizing the resultant maps
433 to the number of jumps and the particle density and subtracting the average mean
434 expected for a constant particle density across all cells in the pore. Further maps of
435 population density variations for the two different pores of Fig. 3 with other sizes and
436 interaction parameters are summarized in Fig. S4 of the supplement. While the particle
437 density varies less with temperature for vacancy diffusion, different density patterns
438 are found at different pressures. The strongest density variations are near the pore
439 wall whether the interaction is repulsive, attractive, or based on prior knowledge that a
440 neighbor cell is occupied. This becomes particularly evident for larger pores (Figs.
441 S4b,d,e). Coincidentally, at low density the main features of the density maps are
442 strikingly similar for vacancy diffusion with destination cells chosen randomly from
443 among the free neighbor cells (Figs. S4b) and gas diffusion (Figs. S4d). The particle
444 density is strongly depleted at the pore corners and near the wall and significantly
445 increased in the next particle layer (Figs. S4e,f). For interacting particles, this
446 concentration variation is carried forward in vacancy diffusion with increasing distance
447 from the wall leading to concentration waves which taper off towards the center of the
448 pore and interfere with each other coming from different directions. For small pores
449 interference patterns dominate the density distribution across the pore (Figs. 6b,e and
450 Figs. S4a,c). For particles jumping randomly to empty neighbor cells, the decay of the
451 concentration wave towards the pore center is fast with few to no oscillations towards
452 the pore center, while the oscillations are enhanced by conditioning the jump
453 probability with a hypothetical free jump energy (Fig. S4d, $P = 0.2$). In particular, the

454 population density at the active site in the dent of the complex pore of Fig. 3a depends
455 on the parameters P and T (Figs. S4a,b).

456

457 **4. Discussion**

458 Confined two-dimensional diffusion has been modelled by two different algorithms to
459 investigate in how far the cross-peaks in 2D T_2 - T_2 exchange maps can be asymmetric.
460 The asymmetry is quantified by an asymmetry parameter a_{sy} which reports the relative
461 flux between two sites corresponding to the difference in the number of forward and
462 backward exchanges normalized to the total number of exchanges. The vacancy-
463 diffusion algorithm models particle jumps on a checkerboard grid to nearest neighbor
464 cells under the constraint of different jump probabilities and samples the population
465 map after each jump. The jump probability was determined from a Boltzmann
466 distribution with a heuristic free energy which depends on the populations of the
467 surrounding cells. The asymmetry parameters turned out to be equal to zero in the
468 case of equal jump probability to all neighbor cells (Metropolis et al., 1953), whether
469 occupied or not, confirming the validity of detailed balance (Fig. 6g). It was found to be
470 different from zero when different jump probabilities were assigned to different
471 neighbor cells, i. e. when the jump energy depended on the population pattern of the
472 neighbor cells. But with the statistical arrangement of the particles on a checkerboard
473 and the confinement of the interaction force to next nearest neighbors, energy is not
474 conserved with a particle move, so that each particle move either injects or extracts
475 energy from the system. Nevertheless, the equilibrium condition (3) is fulfilled, so that
476 the system is not in thermodynamical equilibrium but rather in an equilibrium that is
477 driven by the algorithm. The observed asymmetry parameter is, therefore, assigned to
478 a driven and not thermodynamic equilibrium.

479 The gas-diffusion algorithm models particles colliding with initial velocity vectors
480 and calculates new velocity vectors after a collision from conservation of energy and
481 momentum, whereby the instant of a collision is interrogated on a discrete time grid.
482 The smaller the observation time, the more precise the instant of a collision is
483 determined. Any deviation from the exact collision time leads to errors in the position
484 coordinates of the colliding particles and thus their velocities (Eqns. 7,8; Michel et al.
485 2014). While for large observation time a significant asymmetry parameter is observed
486 (Fig. 6g, dark green) its value shrinks drastically when the observation time is reduced
487 by a factor of 100 (Fig. 6g, light green). It is concluded that in the limit of infinitely short

488 observation time, also the gas-diffusion algorithm can produce vanishing asymmetry
489 parameter in three-site exchange in agreement with the principle of detailed balance
490 and with symmetry in the cross-peak intensities of exchange maps in thermodynamic
491 equilibtium. If, on the other hand, the velocities are calculated with a systematic error
492 in the gas-diffusion model due to a finite observation interval, the resultant velocities
493 disagree with the energy and momenta of elastic collisions, so that also here energy
494 is injected or extracted from the system and the observed asymmetry parameter can
495 be attributed to a driven and not a thermodynamic equilibrium.

496 The asymmetry parameters observed for either of the two pore shapes (Fig. 3)
497 investigated with the vacancy-diffusion model vary in a range on the order of $-1\% < a_{sy} < 1\%$, i. e., up to 1% of all particles in the pore do not follow detailed balance
498 between all pairs of sites but move coherently in circles between the three sites. It is
499 emphasized that this circular exchange is between the pools of particles representing
500 the three sites, and it is not a motion followed by individual particles completing circular
501 jumps. Given repulsive or attractive interaction in the vacancy diffusion model with
502 heuristic temperature and pressure dependent jump probabilities, the variations of a_{sy}
503 with temperature T appear rapid, reminiscent of phase transitions (Figs. 4a,b, Figs.
504 S3a). The variations of a_{sy} with pressure corresponding to population density P are
505 smooth (Figs. 4d,e, Figs. S3b). Either positive or negative values of a_{sy} are observed
506 as T or P change. A sign change of a_{sy} reports a change in the sense of the circular
507 exchange (cf. Fig. 1).

509 For a simple square pore, the asymmetry parameter varies with the position of
510 the active site in the cell wall, exhibiting mirror symmetry with respect to the wall center
511 (Fig. 6g). The variation is the same for the different jump probabilities, referred to as
512 repulsive and attractive interaction or random jumps to empty cells albeit it differs
513 significantly in magnitude. A similar dependence is observed in the gas-phase diffusion
514 simulations at long observation time. Moreover, the autocorrelations functions and
515 their Fourier transforms have been determined for the occupancy time tracks of
516 selected cells at specific positions inside a small square pore for 10^7 jumps of all
517 particles in the pore (Fig. 5). The time-track function had been devised to have zero
518 mean for the average cell population. Depending on the position of the cell inside the
519 pore, the autocorrelations functions and their Fourier transforms vary. Specifically, the
520 autocorrelation function can exhibit a significant constant offset. At these positions
521 inside the pore, the particle densities are different from the pore average, and the cell

522 is on average emptier or more occupied than expected if the exchange between all
523 cells were the same. This conclusion is supported by the observed deviations of the
524 cell occupancies from the pore average (Figs. 6b,e, Fig. S4). Near the pore wall the
525 average population density is depleted and varies in an oscillatory manner along the
526 pore wall. Further towards the center of the pore the average population density
527 increases sharply and then tapers off towards the pore center to a value slightly above
528 the average density.

529 These observations for driven vacancy diffusion in a square pore with 5×5 cells
530 are compared to independent simulations of driven gas diffusion (long observation
531 time: step size 1) of non-interacting particles in a square pore with an edge length of 5
532 particle diameters also allowing 7 relaxation centers along the pore wall (Figs. 6a,d).
533 A similar variation of the asymmetry parameter is found as for vacancy diffusion, but
534 the asymmetry parameter is negative for all positions of the active site (Fig. 6g, dark
535 green). Moreover, the depletion of the average particle density at the pore wall and its
536 subsequent variation towards the center are similar with the exception, that oscillations
537 of the average particle density along the pore wall are weaker for gas diffusion for the
538 (Figs. 6b,e). These oscillations persist even at short observation times due to the
539 uncertainty of localizing the particle positions at the exact time of their collision on a
540 discrete time grid. The lack of a sign change in the asymmetry parameter with changing
541 position of the active site may be explained by destructive interference of particle
542 collisions from multiple sites with the wall within one discrete particle diameter and the
543 fact, that the free path length between collisions in gas diffusion is not limited to the
544 next cell as in vacancy diffusion but can range up to the pore diameter. Taken together,
545 the observed asymmetry in the three-site exchange in driven equilibrium and the
546 variation of the jump statistics with position inside the pore point at diffusive resonance
547 phenomena like standing waves of air in pipes as reported by Kundt (Kundt, 1866) or
548 of vibrating plates as reported by Chladni (Chladni, 1787).

549 Three-site exchange can be viewed as a finite difference approximation to the
550 Laplace operator (van Kampen, 1992; Kuprov, 2022) governing Fick's second law
551 (Fick, 1855). Considering some local site N with neighbor sites $N-1$ and $N+1$ right and
552 left, the mass flow to and from site N given by Eqn. (1) is

$$553 \frac{dm_N(t)}{dt} = k_{N,N-1}m_{N-1} - k_{N-1,N}m_N + k_{N,N+1}m_{N+1} - k_{N+1,N}m_N, \quad (10)$$

554 Taking the limit to infinitesimal small distance $\Delta r \rightarrow dr$ between the neighboring sites
 555 leads to $k_{j,i} = k$, revealing that (10) is a finite difference approximation of a second
 556 spatial derivative balanced by the temporal variations of m during infinitesimal time dt ,

$$557 \quad (k m_{N-1} - 2 k m_N + k m_{N+1})/\Delta r^2 \approx k \frac{d^2 m}{dr^2} = \frac{dm}{dt} / \Delta r^2. \quad (11)$$

558 In this limit, Eqn. (11) becomes Fick's second law with the diffusion coefficient $D =$
 559 $k \Delta r^2$. This back-of-the-envelope argument suggests that the observed asymmetry of
 560 three-site exchange is a property of Fick's second law and relates to eigenmodes of the
 561 Laplace operator (Hoop and Prange 2007, Grebenkov and Nguyen 2013).

562 The diffusion equation applicable to longitudinal magnetization in NMR instead of
 563 particle masses m is the Bloch-Torrey equation (Torrey, 1956),

$$564 \quad \frac{\partial}{\partial t} m(\mathbf{r}, t) = D \nabla^2 m(\mathbf{r}, t) - \mu m(\mathbf{r}, t), \quad (12)$$

565 where m now is the magnetization deviation from thermal equilibrium and μ is the bulk
 566 relaxation rate. $m(\mathbf{r}, t)$ solves this equation in terms of an expansion into normalized
 567 eigenfunctions $\phi_n(\mathbf{r})$ with amplitudes A_n and eigenvalues τ_n (Brownstein and Tarr,
 568 1977; Song, 2000)

$$569 \quad m(\mathbf{r}, t) = e^{-\mu t} \sum_{n=0}^{\infty} A_n \phi_n(\mathbf{r}) e^{-\frac{t}{\tau_n}}. \quad (13)$$

570 The eigenvalues are determined by the boundary condition

$$571 \quad D \mathbf{n} \cdot \nabla \phi_n(\mathbf{r}) = \rho \phi_n(\mathbf{r}), \quad (14)$$

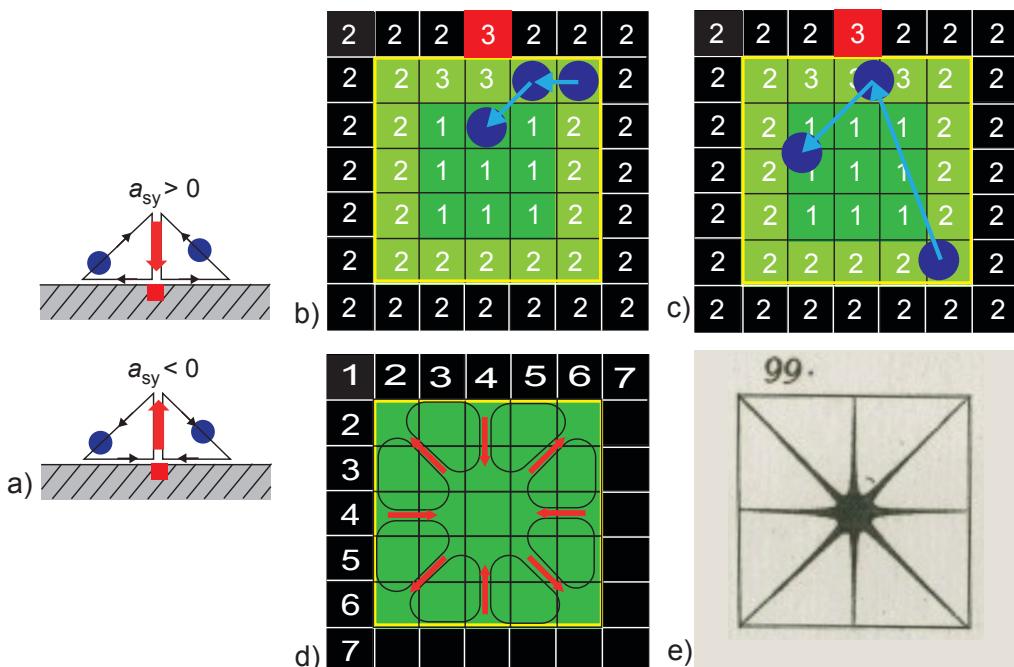
572 where ρ is the surface relaxivity and \mathbf{n} is the unit vector normal to the surface. They
 573 depend on the diffusion coefficient and determine the NMR relaxation time in different
 574 ways according to the pore geometry. The population ϕ_0 of the lowest normal mode
 575 has no nodes. The higher normal modes ϕ_n possess nodal surfaces. The higher
 576 diffusion eigenmodes have been detected by NMR with selective excitation of partial
 577 pore volumes making use of field gradients internal to the pore (Song, 2000). These
 578 experimental results reported by Song agree with the Monte Carlo simulations of driven
 579 diffusive translational motion in pores reported here, in that the population density
 580 varies across the pore and that the offset of the autocorrelation function of the local
 581 pore occupancy depends on the position of the cell in the pore. It needs to be
 582 investigated further how much the NMR relaxation times and the associated particle
 583 dynamics vary with the position from the pore wall to the center in the driven
 584 concentration wave (Bytchenkoff and Rodts, 2011). On the other hand, stochastic
 585 resonance in thermodynamic equilibrium has been observed with NMR first by Sleator,
 586 Hahn et al. (Sleator et al., 1985) and subsequently studied in detail by Müller,

587 Jerschow, et al. in different scenarios (Müller and Jerschow, 2005; Schlagnitweit and
588 Müller, 2012). There, the magnetization fluctuating with the thermal motion of the
589 nuclear spins assumes the role of the particles and the resonance circuit assumes the
590 role of the pore. Diffusion eigenmodes are expected to be unobservable with this
591 method unless a subset of modes is driven by an external stimulus, because they may
592 be silent in thermodynamic equilibrium.

593 From the exchange asymmetry of the particles in the square pore investigated in
594 Fig. 6 a suggestive picture emerges for driven confined vacancy diffusion (Fig. 7),
595 where the diffusion lengths are confined to the distances from the particle to the direct
596 neighbor cells. Depending on the sign of the asymmetry parameter (Fig. 7a), a small
597 fraction of the particles (blue circles) prefers the direct path towards or away from the
598 active site (red square) at the pore boundary over the path along the boundary to or
599 from the active site. In the center of the wall, the direct path away from the active site
600 to the bulk is preferred over the path along the pore wall when leaving the contact
601 region with the active site (Fig. 7b). But because jumps are allowed in vacancy diffusion
602 only to neighboring cells, the cells belonging to relaxation pool 2 at the wall right and
603 left of the active site 3 must be populated from the bulk 1 by direct jumps from the bulk
604 to the wall. For these jumps, the asymmetry parameter is indeed positive, as observed
605 for the off-center positions of the active site (Fig. 6g). Given the symmetry of the square
606 pore, the in-plane translational diffusion paths resulting from the variation of the
607 asymmetry parameters with the position of the active site on the pore wall demand the
608 existence of eight diffusion vortices inside the planar pore (Fig. 7d). The symmetry of
609 this in-plane translational diffusion pattern matches the symmetry of one of the node
610 patterns of the out-of-plane vibrational modes of a square plate observed by Chladni
611 (Fig. 7e) about a quarter of a millennium earlier (Chladni, 1787). This also suggests
612 that the dynamic of driven vacancy diffusion observed in the computer model reported
613 here is a resonance feature of the pore and thus relates to diffusion eigenmodes. The
614 resonance effect is less pronounced for gas diffusion (Fig. 7c) where the free paths
615 between collisions can span the entire cell. Because the mass flow from relaxation site
616 2 to the active site 3 can be sustained from any position at the pore wall the asymmetry
617 parameter does not need to change sign when the active site moves along the pore
618 wall (Fig. 7e), and the circular paths can have various shapes and can extend across
619 the entire pore, so that the vortex pattern is largely washed out.

Given the technological importance of fluid motion in small pores in heterogeneous catalysis (Kärger et al., 2012), it will be interesting to explore, if such correlated motion resulting from standing longitudinal particle-concentration wave patterns near pore walls can be driven by external stimuli like ultrasound, electric or magnetic fields. The standing waves could be enhanced by tuning the driver frequency to the pore resonance like a musician enforces resonance modes on a flute when playing. To enhance the resonance modes, also low-power broad-band, forced oscillations can be considered such as in Fourier transform infrared spectroscopy (Michelson, 1903) and stochastic NMR spectroscopy (Ernst, 1970), while triggering free oscillations by high-power impulses may destroy the porous medium under study.

630



631

Figure 7. Illustration of the exchange asymmetry in driven equilibrium for the square pore of Fig. 6a. a) Depending on the sign of the asymmetry parameter, a small fraction of diffusing particles (blue circles) prefers the direct path towards or away from the active site (red square) at the pore boundary over the path along the boundary from the active site. b) Vacancy diffusion for negative asymmetry parameter and the active site 3 in the center of the pore wall. Jumps are limited to the next nearest cells. The direct path away from the active site to the bulk 1 in the center is preferred over the path along the pore wall 2 when leaving the contact region with the active site. c) Gas diffusion for negative asymmetry parameter and the active site 3 in the center of the pore wall. The free paths between collisions can span the entire cell. d) In-plane translational vacancy-diffusion paths resulting from the variation of the asymmetry parameters with the position of the active site on the pore wall depicted in Fig. 6g. e) Out-of-plane vibrational mode of a square plate observed by Chladni (Chladni, 1787).

645

646 **5. Summary**

647 The evidence provided by Monte Carlo simulations of random particle jumps on a 2D
648 checkerboard and by simulations of 2D gas diffusion with topological confinements
649 supports the notion, that asymmetry in three-site exchange maps reports the non-
650 Brownian diffusion dynamics of confined particles in driven equilibrium. Depending on
651 the sign of the asymmetry parameter, a small fraction of all particles prefers the direct
652 path towards or away from the active site at the pore boundary over the path along the
653 boundary to or from the active site resulting in a circular flux (Fig. 7). Both, driven
654 vacancy diffusion and driven gas diffusion produce congruent results. These are:
655 1) Circular exchange is a manifestation of driven equilibrium and leads to asymmetry
656 of exchange peaks, while thermodynamic equilibrium manifests itself in detailed
657 balance and symmetry of exchange peaks. 2) The circular exchange in driven
658 equilibrium appears to be a resonance phenomenon which can potentially be driven
659 by external stimuli. Yet, the reported simulations are limited to two dimensions, and it
660 may be argued that the asymmetry of exchange vanishes in the more common pores
661 with three spatial dimensions. But two-dimensional diffusion is not an abstract model
662 and arises for gas atoms adsorbed to metal surfaces (Oura et al., 2013), so that the
663 driven coherent particle diffusion indicated by the non-zero asymmetry parameter may
664 be observed there. Given the congruent simulation evidence for driven vacancy
665 diffusion and gas diffusion in two-dimensional confinements it is hypothesized, that
666 confined diffusion can be partially converted to coherent motion by external excitation
667 so that detailed balance will be violated as observed in nonequilibrium phenomena
668 (Gnesotto et al. 2018, Lynn et al. 2021).

669

670 **Author Contributions**

671 BB posed the question, executed the simulations of confined vacancy diffusion, and
672 wrote the manuscript. MA worked out the algorithm for vacancy diffusion along with
673 BB and supervised MP. MP programmed the algorithm for confined gas diffusion and
674 executed the gas-diffusion simulations.

675

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683 Blümich, 2020), that asymmetry in three-site exchange violates the principle of detailed
684 balance and to the anonymous reviewer of this manuscript who educated the authors
685 on the intricacies of Monte Carlo simulations.

686

687 **Code availability**

688 The codes for simulating confined 2D vacancy diffusion and confined 2D gas diffusion
689 are reported in the supplement.

690

691 **Conflict of Interest statement**

692 Other than that BB is on the advisory board of Magnetic Resonance the authors
693 declare no conflict of interest.

694

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