Computation of lapse and shift

Evolution equations for γ_{ij} and π^{ij}

$$\frac{1}{c}\partial_t \gamma_{ij} = \frac{N}{\sqrt{\gamma}}(2\pi_{ij} - \pi^k_k \gamma_{ij}) + 2D_{(i}N_{j)}$$

$$\frac{1}{c}\partial_t \pi^{ij} = -\sqrt{\gamma}\left[N\left(\mathrm{R}^{ij} - \frac{1}{2}\gamma^{ij}\mathrm{R}\right) - D^i D^j N + \gamma^{ij} D_m D^m N\right]$$

$$+\frac{N}{\sqrt{\gamma}}\left[\pi^{ij}\pi^k_k - 2\pi^i_k \pi^{kj} + \frac{1}{2}\gamma^{ij}\left(\pi^{kl}\pi_{kl} - \frac{1}{2}(\pi^k_k)^2\right)\right]$$

$$-\left[\pi^{kj} D_k N^i + \pi^{ki} D_k N^j - D_k(\pi^{ij} N^k)\right]$$

$$+\frac{8\pi G}{c^4} N \sum_{A=1}^{N} \frac{p_{Ak} p_{Al}}{m_A} \gamma^{ik}\gamma^{jl}\left(1 + \frac{p_{Am} p_{An}}{m_A^2 c^2}\gamma^{mn}\right)^{-\frac{1}{2}} \delta_A$$

Elliptic equations for N and N^i $\leftarrow$ $\gamma_{ij} = \frac{1}{3}\gamma_{kk}\delta_{ij}$ and $\pi^{ii} = 0$