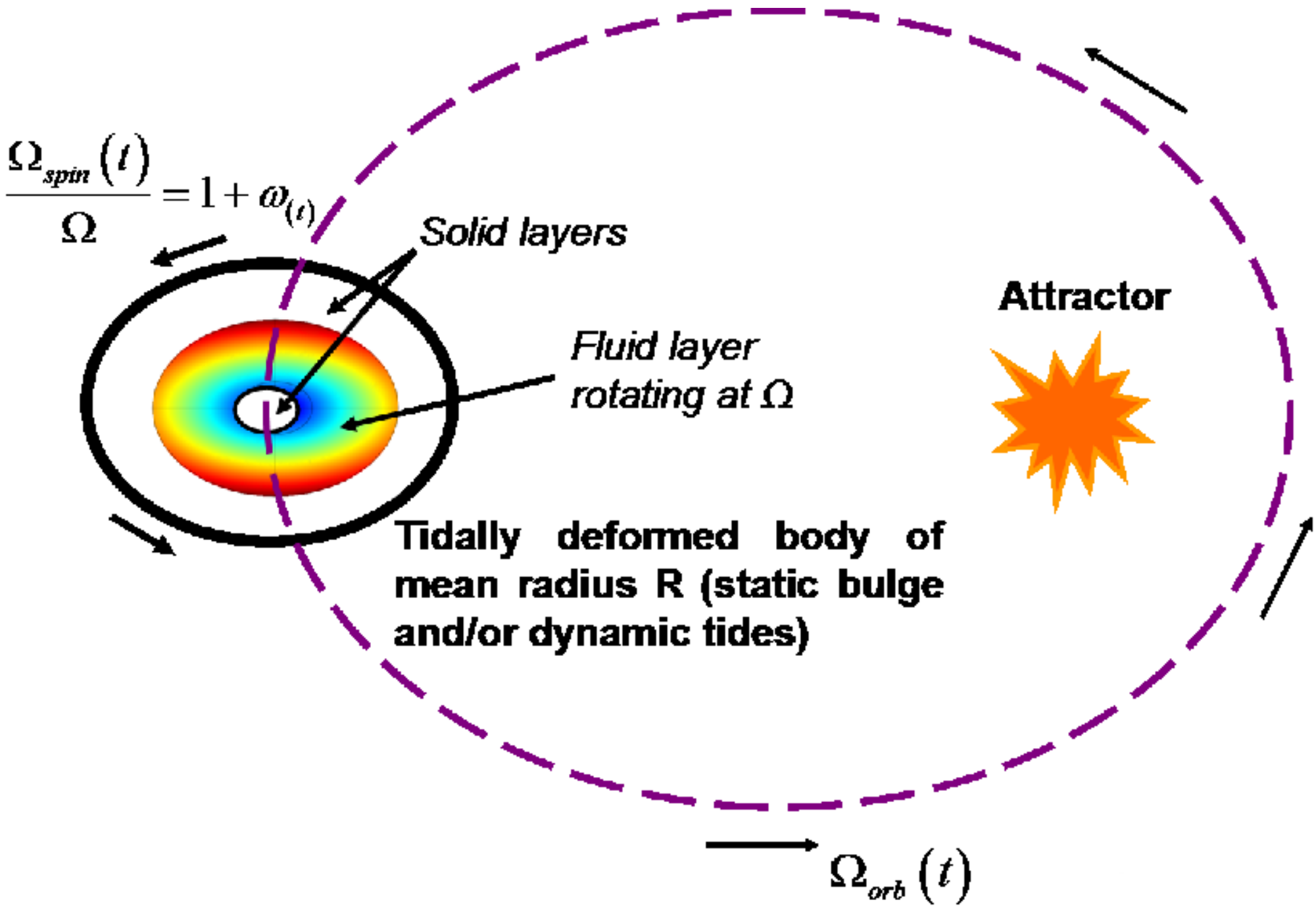
$\frac{\Omega_{spin}(t)}{\Omega} = 1 + \omega_{(t)}$
Solid layers
Fluid layer rotating at Ω
Attractor
Tidally deformed body of mean radius R (static bulge and/or dynamic tides)
$\Omega_{orb}(t)$

(a)