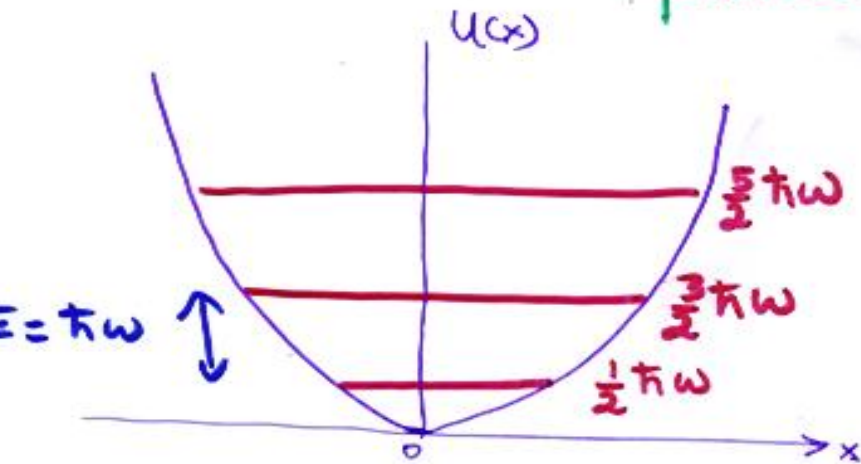


In general

$$E_n = \left(n + \frac{1}{2}\right) \hbar \omega \quad n=0, 1, 2, \dots$$

↑ Total energy of the particle.



Note that $\Delta E = \hbar \omega = hf$ just like the energy of blackbody oscillators (Planck).