2107



$$|210\rangle \stackrel{\circ}{=} \frac{1}{2\sqrt{11}} \left(\frac{1}{2a_0}\right)^{\frac{3}{2}} \frac{\Gamma}{a_0} e^{-r/2a_0}$$

 $\langle \Psi | J | \Psi \rangle = \langle \Psi | -e(xi + yj) + zk | \Psi \rangle$