The following table for hydrogen is from "Atomic Transition Probabilities," 1966.

Transition	λ(Å)	$E_i(\mathrm{cm}^{-1})$	$E_k(\mathrm{cm}^{-1})$	gi	gk	$A_{ki}(\sec^{-1})$
1s-2p	1215.67	0	82259	2 2 2 2 2	6	$6.265 \times 10^{8}$
1s-3p	1025.72	0	97492	2	6	$1.672 \times 10^{8}$
1s-4p	972.537	0	102824	2	6	$6.818 \times 10^7$
1s-5p	949.743	0	105292	2	6	$3.437 \times 10^7$
1s-6p	937.804	0	106632	2	6	$1.973 \times 10^{7}$
2p-3s	6562.86	82259	97492	6	2	$6.313 \times 10^{6}$
2p-4s	4861.35	82259	102824	6	2 2 2 2	$2.578 \times 10^{6}$
2p-5s	4340.48	82259	105292	6	2	$1.289 \times 10^{6}$
2p-6s	4101.75	82259	106632	6	2	$7.350 \times 10^{5}$
2s-3p	6562.74	82259	97492	2	6	$2.245 \times 10^{3}$
2s-4p	4861.29	82259	102824	2 2 2 2	6	$9.668 \times 10^{6}$
2s-5p	4340.44	82259	105292	2	6	$4.948 \times 10^{6}$
2s-6p	4101.71	82259	106632	2	6	$2.858 \times 10^{6}$
2s - 6p	4101.71	02207	100032	_		2.656 \ 10
2p-3d	6562.81	82259	97492	6	10	$6.465 \times 10^{7}$
2p-4d	4861.33	82259	102824	6	10	$2.062 \times 10^{3}$
2p-5d	4340.47	82259	105292	6	10	$9.425 \times 10^6$
2p-6d	4101.74	82259	106632	6	10	$5.145 \times 10^{6}$

The 2-3 transitions correspond to the H- $\alpha$  line of the hydrogen spectrum.

Transition	$\lambda$ (Å)	$A_{ki} (\operatorname{second}^{-1})$
2p-3s	6562.86	$6.313 \times 10^6$
2s-3p	6562.74	$2.245 \times 10^{7}$
2p-3d	6562.81	$6.465 \times 10^7$

 $A_{ki}$  is the spontaneous emission rate for  $k \to i$ .

For H- $\alpha$  we have k=3 and i=2.

Let us compute  $A_{ki}$  for H- $\alpha$  and see if the results match the table.

The orbital names correspond to the following angular momenta.

Letter	Angular momentum $\ell$
s	0
p	1
d	2

Because of the magnetic quantum number  $m_{\ell}$  there are multiple ways for each orbital transition to occur.  $(m_{\ell} = 0, \pm 1, \dots, \pm \ell)$ 

There are three transitions for  $3s \to 2p$ .

$$\psi_{3,0,0} \to \psi_{2,1,1} \psi_{3,0,0} \to \psi_{2,1,0} \psi_{3,0,0} \to \psi_{2,1,-1}$$

There are three transitions for  $3p \rightarrow 2s$ .

$$\psi_{3,1,1} \to \psi_{2,0,0}$$

$$\psi_{3,1,0} \to \psi_{2,0,0}$$

$$\psi_{3,1,-1} \to \psi_{2,0,0}$$

Finally, there are fifteen transitions for  $3d \rightarrow 2p$ .

For each H- $\alpha$  line, an average  $A_{ki}$  is obtained by summing  $A_{ki}$  for individual transitions and dividing by the number of distinct initial states.

For example,  $3d \rightarrow 2p$  has five distinct initial states, so the divisor is five.

 $A_{ki}$  is computed from the following formula.

$$A_{ki} = \frac{e^2}{3\pi\varepsilon_0\hbar c^3} \,\omega_{ki}^3 \,|r_{ki}|^2$$

The transition frequency  $\omega_{ki}$  is given by Bohr's frequency condition.

$$\omega_{ki} = \frac{1}{\hbar} (E_k - E_i)$$

The transition probability (multiplied by a physical constant) is

$$|r_{ki}|^2 = |x_{ki}|^2 + |y_{ki}|^2 + |z_{ki}|^2$$

For wave functions  $\psi$  in spherical coordinates we have the following transition amplitudes.

$$x_{ki} = \int \psi_k^* (r \sin \theta \cos \phi) \, \psi_i \, dV$$
$$y_{ki} = \int \psi_k^* (r \sin \theta \sin \phi) \, \psi_i \, dV$$
$$z_{ki} = \int \psi_k^* (r \cos \theta) \, \psi_i \, dV$$

Using Eigenmath we obtain

$$A_{3s2p} = 6.31358 \times 10^6 \text{ second}^{-1}$$
  
 $A_{3p2s} = 2.24483 \times 10^7 \text{ second}^{-1}$   
 $A_{3d2p} = 6.4651 \times 10^7 \text{ second}^{-1}$ 

which is very close to the values shown in the table.

Some of the  $|r_{ki}|^2$  are zero, indicating forbidden transitions.

The following tables show  $|r_{ki}|^2$  for each transition (multiply all by  $a_0^2$ ).

Each row is an initial state  $\psi_i$  and each column is a final state  $\psi_k$ .

	$\psi_{2,1,1}$	$\psi_{2,1,0}$	$\psi_{2,1,-1}$
$\psi_{3,0,0}$	0.293534	0.293534	0.293534
		$\psi_{2,0,0}$	
	$\psi_{3,1,1}$	3.13103	
	$\psi_{3,1,0}$	3.13103	
	$\psi_{3,1,-1}$	3.13103	
	,	,	,
	$\psi_{2,1,1}$	$\psi_{2,1,0}$	$\psi_{2,1,-1}$
$\psi_{3,2,2}$	9.01737	0	0
$\psi_{3,2,1}$	4.50868	4.50868	0
$\psi_{3,2,0}$	1.50289	6.01158	1.50289
$\psi_{3,2,-1}$	0	4.50868	4.50868
$\psi_{3,2,-2}$	$_{2}$ 0	0	9.01737