The following table of hydrogen transition data is from "Atomic Transition Probabilities," 1966.

Transition	λ(Å)	$E_i(\text{cm}^{-1})$	$E_k(\text{cm}^{-1})$	gi	g_k	$A_{ki}({ m sec}^{-1})$	fik
1s-2p $1s-3p$ $1s-4p$ $1s-5p$ $1s-6p$ $2p-3s$ $2p-4s$	1215.67 1025.72 972.537 949.743 937.804 6562.86 4861.35	0 0 0 0 0 0 82259 82259	82259 97492 102824 105292 106632 97492 102824	2 2 2 2 6 6 6	6 6 6 6 6 2 2 2 2	$\begin{array}{c} 6.265 \times 10^{8} \\ 1.672 \times 10^{8} \\ 6.818 \times 10^{7} \\ 3.437 \times 10^{7} \\ 1.973 \times 10^{7} \\ 6.313 \times 10^{6} \\ 2.578 \times 10^{6} \end{array}$	$\begin{array}{c} 0.4162 \\ 7.910 \times 10^{-2} \\ 2.899 \times 10^{-2} \\ 1.394 \times 10^{-2} \\ 7.800 \times 10^{-3} \\ 1.359 \times 10^{-2} \\ 3.045 \times 10^{-3} \end{array}$
$ \begin{array}{c} 2p - 5s \\ 2p - 6s \end{array} $	4340.48 4101.75	82259 82259	105292 106632	6	2 2	$\begin{array}{c} 1.289 \times 10^6 \\ 7.350 \times 10^5 \end{array}$	$\begin{array}{c} 1.213 \times 10^{-3} \\ 6.180 \times 10^{-4} \end{array}$
2s - 3p $ 2s - 4p $ $ 2s - 5p $ $ 2s - 6p$	6562.74 4861.29 4340.44 4101.71	82259 82259 82259 82259	97492 102824 105292 106632	2 2 2 2	6 6 6	$\begin{array}{c} 2.245 \times 10^{7} \\ 9.668 \times 10^{6} \\ 4.948 \times 10^{6} \\ 2.858 \times 10^{6} \end{array}$	$\begin{array}{c} 0.4349 \\ 0.1028 \\ 4.193 \times 10^{-2} \\ 2.163 \times 10^{-2} \end{array}$
2p-3d $2p-4d$ $2p-5d$ $2p-6d$	6562.81 4861.33 4340.47 4101.74	82259 82259 82259 82259	97492 102824 105292 106632	6 6 6	10 10 10 10	$\begin{array}{c} 6.465 \times 10^{7} \\ 2.062 \times 10^{7} \\ 9.425 \times 10^{6} \\ 5.145 \times 10^{6} \end{array}$	$\begin{array}{c} 0.6958 \\ 0.1218 \\ 4.437 \times 10^{-2} \\ 2.163 \times 10^{-2} \end{array}$

The $3 \to 2$ transitions emit the bright red H- α line.

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

Let us compute the spontaneous emission coefficients A_{ki} for H- α and see if the results match the table.

The orbital names correspond to the following angular momenta.

Letter	Angular momentum ℓ
s	0
p	1
d	2

Because of the magnetic quantum number m_{ℓ} there are multiple processes for each transition.

There are three processes for the transition $3s \to 2p$.

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

There are three processes for the transition $3p \rightarrow 2s$.

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

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

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

Finally, there are fifteen processes for the transition $3d \rightarrow 2p$.

For each process, A_{ki} can be computed using the following Heisenberg formula.

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

The transition frequency ω_{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 ψ in spherical coordinates we have the following transition amplitudes.

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

The average A_{ki} is obtained by summing over m_{ℓ} states and dividing by the number of distinct initial states.

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.