



$$|0\rangle_\nu = |0\rangle + \alpha|(p, s)_{1-} \otimes 1^-; 0\rangle + \beta|(s, d)_{2+} \otimes 2^+; 0\rangle + \gamma|(p, d)_{3-} \otimes 3^-; 0\rangle$$

$$|0\rangle_\nu = a|s^2(0)\rangle + b|p^2(0)\rangle + c|d^2(0)\rangle$$

	$^{11}\text{Li}(\text{gs})$	$^{12}\text{Be}(\text{gs})$	$^{12}\text{Be}(\text{exc})$
α	0.7	0.10	0.08
β	0.1	0.30	-0.39
γ	—	0.37	-0.1
a	0.45	0.37	0.89
b	0.55	0.50	0.17
c	0.04	0.60	0.19