Special Topics on Precision Measurement in Atomic Physics: Lecture 9

Applications to states of high angular momentum

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We have already seen that a simple structure emerges for states of high angular momentum.

Variational energies for the n = 10 singlet and triplet states of helium.

State	Singlet	Triplet
10 S	-2.005142991747919(79)	-2.0053107949156113(11)
10 P	-2.0049879838022179(26)	-2.0050688054977067(30)
10 D	-2.00500207165425681(75)	-2.00500281808022884(53)
$10 \mathrm{F}$	-2.00500041756466880(11)	-2.00500042168660488(26)
$10 \mathrm{~G}$	-2.005000112764318746(22)	-2.005000112777003317(21)
$10 \mathrm{~H}$	-2.005000039214394532(17)	-2.005000039214417416(17)
10 I	-2.0050000160865161947(3)	-2.0050000160865162194(3)
10 K	-2.0050000073883758769(0)	-2.0050000073883758769(0)

 $-2.005\,000\cdots$ is the screened hydrogenic eigenvalue $E_{\rm SH} = -2 - 1/(2n^2)$ with n = 10. Note that for the K-states, the difference between the singlet and triplet energy is no longer visible. The correction to $E_{\rm SH}$ is then fully accounted for by a core-polarization model.

ASYMPTOTIC EXPANSIONS

Core Polarization Model (A. Dalgarno, R. Drachman)

- neglect exchange.
- Rydberg electron moves in the field generated by the polarizable core.

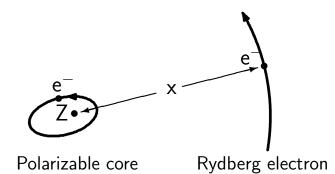


Illustration of the physical basis for the asymptotic expansion method in which the Rydberg electron moves in the field generated by the polarized core.

$$V(x) = -\frac{Z-1}{x} + \Delta V(x)$$

$$\Delta V(x) = -\frac{c_4}{x^4} - \frac{c_6}{x^6} - \frac{c_7}{x^7} - \frac{c_8}{x^8} - \frac{c_9}{x^9} - \frac{c_{10}}{x^{10}} + \cdots$$

For example, $c_4 = \frac{1}{2}\alpha_1$
 $c_6 = \frac{1}{2}(\alpha_2 - 6\beta_1)$
 $\alpha_1 = \frac{9}{2Z^4}$ is the dipole polarizability,
 $\alpha_2 = \frac{15}{Z^6}$ is the quadrupole polarizability,
 $\beta_1 = \frac{43}{8Z^6}$ is a nonadiabatic correction.

§10.17(i) Hankel's Expansions

Define $a_0(v) = 1$, Asymptotic expansions of Bessel functions

10.17.1
$$a_k(v) = \frac{(4v^2 - 1^2)(4v^2 - 3^2)\cdots(4v^2 - (2k - 1)^2)}{k!8^k},$$

10.17.2
$$\omega = z - \frac{1}{2}\nu\pi - \frac{1}{4}\pi,$$
 (2)

and let δ denote an arbitrary small positive constant. Then as $z \to \infty,$ with ν fixed,

10.17.3
$$J_{\nu}(z) \sim \left(\frac{2}{\pi z}\right)^{\frac{1}{2}} \left(\cos\omega \sum_{k=0}^{\infty} (-1)^{k} \frac{a_{2k}(\nu)}{z^{2k}} - \sin\omega \sum_{k=0}^{\infty} (-1)^{k} \frac{a_{2k+1}(\nu)}{z^{2k+1}}\right), \quad |\text{ph} z| \le \pi - \delta, \text{ (i)}$$

10.17.4
$$Y_{\nu}(z) \sim \left(\frac{2}{\pi z}\right)^{\frac{1}{2}} \left(\sin\omega\sum_{k=0}^{\infty} (-1)^{k} \frac{a_{2k}(\nu)}{z^{2k}} + \cos\omega\sum_{k=0}^{\infty} (-1)^{k} \frac{a_{2k+1}(\nu)}{z^{2k+1}}\right),$$

10.17.5
$$H_{\nu}^{(1)}(z) \sim \left(\frac{2}{\pi z}\right)^{\frac{1}{2}} e^{i\omega} \sum_{k=0}^{\infty} i^k \frac{a_k(\nu)}{z^k},$$

$$-\pi + \delta \leq \operatorname{ph} z \leq 2\pi - \delta,$$

 $|\mathrm{ph}\,z| \leq \pi - \delta, \widehat{\mathcal{O}}$

10.17.6
$$H_{\nu}^{(2)}(z) \sim \left(\frac{2}{\pi z}\right)^{\frac{1}{2}} e^{-i\omega} \sum_{k=0}^{\infty} (-i)^{k} \frac{a_{k}(\nu)}{z^{k}}$$

 $-2\pi + \delta \leq \operatorname{ph} z \leq \pi - \delta$, o

From https://dlmf.nist.gov/10.17

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Then

$$\Delta E_{nL} = -\frac{(Z-1)^2}{2n^2} + \langle \chi_0 \mid \Delta V(x) \mid \chi_0 \rangle + \langle \chi_0 \mid \Delta V(x) \mid \chi_1 \rangle$$

where $|\chi_0\rangle =$ unperturbed wave function for the Rydberg electron, and $|\chi_1\rangle =$ first-order perturbation correction to $|\chi_0\rangle$ due to $\Delta V(x)$; i.e.

$$[h_0(x) - e_0] \mid \chi_1 \rangle + \Delta V(x) \mid \chi_0 \rangle = \mid \chi_0 \rangle \langle \chi_0 \mid \Delta V(x) \mid \chi_0 \rangle$$

All calculations can be done analytically, using methods of Dalgarno and Stewart (1956-60) and Cohen and Dalgarno (1961-66), especially the "Dalgarno Interchange Theorem."

See G.W.F. Drake, Adv. At. Mol. Opt. Phys. **31**, 1 (1993).

MATHEMATICAL FORMULATION

(See G.W.F. Drake, Adv. At. Mol. Opt. Phys. **31**, 1(1993). Treat the inner and outer electrons as *distinguishable* particles and ignore exchange. We can then write the Hamiltonian in the form

$$H = \underbrace{-\frac{1}{2}\nabla_{r}^{2} - \frac{Z}{r}}_{h_{0}(r,Z)} \underbrace{-\frac{1}{2}\nabla_{x}^{2} - \frac{Z-1}{x}}_{h_{0}(x,Z-1)} + \underbrace{\left(\frac{1}{|\mathbf{r} - \mathbf{x}|} - \frac{1}{x}\right)}_{\Delta V(\mathbf{r},\mathbf{x})}$$
(1)

Assume that x >> r and expand

$$\Delta V(\mathbf{r}, \mathbf{x}) = \frac{1}{|\mathbf{r} - \mathbf{x}|} - \frac{1}{x} = \sum_{l=1}^{\infty} \frac{r^l}{x^{l+1}} P_l(\mathbf{\hat{r}} \cdot \mathbf{\hat{x}})$$
(2)

Note that the l = 0 term cancels. Consider first the l = 1 term as a small perturbation. Then $\Delta V = r \cos \theta / x^2$. The unperturbed problem is

$$[h_0(r,Z) + h_0(x,Z-1) - E_{\rm SH}]\Psi(r,x) = 0$$
(3)

where $\Psi(r, x)$ has the separable product form

$$\Psi(r,x) = \varphi_{1s}(r)\chi_{nl}(x) \tag{4}$$

The first-order energy vanishes, and second-order energy is

$$\Delta E_{2} = \sum_{K,k} \frac{\langle \varphi_{1s}(r)\chi_{nl}(x) \mid \frac{r\cos\theta}{x^{2}} \mid \varphi_{K}(r)\chi_{k}(x) \rangle \langle \varphi_{K}(r)\chi_{k}(x) \mid \frac{r\cos\theta}{x^{2}} \mid \langle \varphi_{1s}(r)\chi_{nl}(x) \rangle}{D_{K} + d_{k}}$$
(5)

where

$$D_K = E_{1s} - E_K$$
$$d_k = e_{nl} - e_k$$

Now expand the denominator is a power series

$$\frac{1}{D_K + d_k} = \frac{1}{D_K} \left[1 - \frac{d_k}{D_K} + \left(\frac{d_k}{D_K}\right)^2 + \cdots \right]$$
(6)

The leading term gives

$$\Delta E_{2} = \sum_{K,k} \frac{\langle \varphi_{1s}(r)\chi_{nl}(x) \mid \frac{r\cos\theta}{x^{2}} \mid \varphi_{K}(r)\chi_{k}(x) \rangle \langle \varphi_{K}(r)\chi_{k}(x) \mid \frac{r\cos\theta}{x^{2}} \mid \langle \varphi_{1s}(r)\chi_{nl}(x) \rangle}{D_{K}}$$

$$(7)$$

Since the integrals over r and x are independent, and d_k no longer appears in the denominator, we can complete the sum over k by closure

$$\sum_{k} \mid \chi_{k} \rangle \langle \chi_{k} \mid = 1$$

and regroup the terms in the form

$$\Delta E_2 = \langle \chi_{nl} \mid \frac{1}{x^4} \mid \chi_{nl} \rangle \sum_K \frac{\langle \varphi_{1s} \mid r \cos \theta \mid \varphi_K \rangle \langle \varphi_K \mid r \cos \theta \mid \varphi_{1s} \rangle}{D_K}$$
$$= -\frac{\alpha_1}{2} \langle \chi_{nl} \mid \frac{1}{x^4} \mid \chi_{nl} \rangle$$
(8)

where

$$\alpha_1 = -2\sum_K \frac{\langle \varphi_{1s} \mid r \cos \theta \mid \varphi_K \rangle \langle \varphi_K \mid r \cos \theta \mid \varphi_{1s} \rangle}{D_K} \tag{9}$$

is the dipole polarizability.

Perturbation Calculation of α_1

 α_1 can be calculated exactly by solving the perturbation equation for hydrogenlike He⁺ (see problem)

$$(h_0 - E_0)\varphi^{(1)} + r\cos\theta\varphi_{1s}^{(0)} = 0$$
(10)

Then

$$\alpha_1 = 2\langle \varphi^{(1)} | r \cos \theta | \varphi_{1s}^{(0)} \rangle = \frac{9}{2Z^4}$$
(11)

Also, for the expectation value of $1/x^4$

$$\langle x^{-4} \rangle = \frac{16[3n^2 - l(l+1)]}{n^5(2l+3)(2l+2)(2l+1)(2l)(2l-1)}$$
(12)

The total is thus

$$\Delta E_2 = -\frac{1}{2} \left(\frac{9}{32}\right) \frac{16(300 - 7 \cdot 8)}{17 \cdot 16 \cdot 15 \cdot 14 \cdot 13} \tag{13}$$

This gives $\Delta E_2 = -\frac{183}{24752000000} = -0.0000000739334195\cdots$

Higher values of l in ΔV give quadrupole, octupole, ... corrections. This is called the *adiabatic approximation*.

Asymptotic expansion for the energy of the 1s10k state of helium

Quantity	Value				
$-Z^2/2$	-2.00000000000000000				
$-1/(2n^2)$	-0.00500000000000000				
$c_4 \langle r^{-4} \rangle$	-0.00000000739334195				
Total	-2.00500000739334195				
Variational	-2.0050000073883758769(0)				
Difference	-0.00000000000496608				
	$\simeq 33 \mathrm{kHz}$				

Nonadiabatic Corrections

The next term in the expansion

$$\frac{1}{D_K + d_k} = \frac{1}{D_K} \left[1 - \frac{d_k}{D_K} + \left(\frac{d_k}{D_K}\right)^2 + \cdots \right]$$
(14)

i.e. $-\frac{d_k}{D_K}$ gives the leading nonadiabatic correction. The contribution to the second-order energy is

$$\Delta E_2^{(1)} = \sum_{K,k} \frac{d_k \langle \varphi_{1s}(r) \chi_{nl}(x) \mid \frac{r \cos \theta}{x^2} \mid \varphi_K(r) \chi_k(x) \rangle \langle \varphi_K(r) \chi_k(x) \mid \frac{r \cos \theta}{x^2} \mid \langle \varphi_{1s}(r) \chi_{nl}(x) \rangle}{D_K^2}$$
(15)

The trick now is to replace $d_k = e_{nl} - e_k$ by the operator $e_{nl} - h(x)$ inside the matrix element so that the numerator $\mathcal{N}_{k,K}$ summed over k becomes

$$\sum_{k} \mathcal{N}_{k,K} = \sum_{k} \langle \varphi_{1s}(r) \chi_{nl}(x) \mid \frac{r \cos \theta}{x^{2}} \mid [e_{nl} - h(x)] \varphi_{K}(r) \chi_{k}(x) \rangle$$
$$\times \langle \varphi_{K}(r) \chi_{k}(x) \mid \frac{r \cos \theta}{x^{2}} \mid \langle \varphi_{1s}(r) \chi_{nl}(x) \rangle$$
(16)

Once again the sum over k can be completed by closure, and the matrix elements factored into independent parts to obtain

$$\sum_{k} \mathcal{N}_{k,K} = \langle \varphi_{1s}(r) \mid r \cos \theta \mid \varphi_{K}(r) \rangle \langle \varphi_{K}(r) \mid r \cos \theta \mid \varphi_{1s}(r) \rangle \\ \times \langle \chi_{nl}(x) \mid \frac{1}{x^{2}} [e_{nl} - h(x)] \frac{1}{x^{2}} \mid \chi_{nl}(x) \rangle$$
(17)

Next commute the operator $e_{nl} - h(x)$ through to the right and use

$$[e_{nl} - h(x)] \mid \chi_{nl} \rangle = 0$$

to obtain the remaining part $\langle \chi_{nl}(x) | x^{-2}(\nabla x^{-2}) \cdot \nabla | \chi_{nl}(x) \rangle$. An integration by parts then yields the final result for the matrix element

$$\langle \chi_{nl}(x) \mid x^{-2}(\nabla x^{-2}) \cdot \nabla \mid \chi_{nl}(x) \mid \chi_{nl}(x) \rangle = \frac{1}{4} \langle \chi_{nl}(x) \mid (\nabla^2 x^{-4}) \mid \chi_{nl}(x) \rangle$$
$$= 3 \langle \chi_{nl}(x) \mid x^{-6} \mid \chi_{nl}(x) \rangle$$
(18)

The final result for the leading nonadiabatic correction is thus

$$\Delta E_2^{(1)} = \frac{\beta_1}{3} \beta_1 \langle \chi_{nl} \mid x^{-6} \mid \chi_{nl} \rangle \tag{19}$$

with

$$\beta_{1} = \sum_{K} \frac{\langle \varphi_{1s}(r) \mid r \cos \theta \mid \varphi_{K}(r) \rangle \langle \varphi_{K}(r) \mid r \cos \theta \mid \varphi_{1s}(r) \rangle}{D_{K}^{2}}$$
$$= \frac{43}{8Z^{6}}$$
(20)

Values of the asymptotic expansion coefficients. The quantities β_l , and γ_l , and δ_l are respectively first, second and third nonadiabatic corections to the multipole polarizabilities α_l of order l. Also, ζ is the nonadiabatic correction to η , and θ is the nonadiabatic correction to ε . The multipole contributions to each term are listed under l, l', \ldots

						/	,		
Coeffi-				Coeffi-					
cient	Value	l	l'	cient	Value	l	l'	l''	$l^{\prime\prime\prime}$
$lpha_1$	$\frac{9}{2Z^4}$	1	1	δ_1	$\frac{9673}{1152Z^{10}}$	1	1		
α_2	$\frac{15}{Z^6}$	2	2	η_1	$\frac{213}{2Z^8}$	1	1	2	
$lpha_3$	$\frac{525}{4Z^8}$	3	3	ζ_1	$\frac{28491}{8Z^{10}}$	1	1	2	
$lpha_4$	$\frac{8505}{4Z^{10}}$	1	1	κ	$\frac{1620}{Z^{10}}$	1	2	3	
eta_1	$\frac{43}{8Z^6}$	1	1	λ	$\frac{9673}{1152Z^{10}}$	2	2	2	
β_2	$\frac{107}{8Z^6}$	2	2	ε	$\frac{4329}{322Z^{10}}$	1	1	1	1
eta_3	$\frac{3265}{32Z^6}$	3	3	heta	$\frac{534323^{\rm a}}{64Z^{12}}$	1	1	1	1
γ_1	$\frac{319}{48Z^8}$	1	1	ρ	$\frac{4905}{2Z^{12}}$	1	1	1	3
γ_2	$\frac{2399}{192Z^{10}}$	1	1	σ	$\frac{98511}{16Z^{12}}$	1	2	1	2

^a Corrected by Xiao-Feng Wang and Zong-Chao Yan, Phys. Rev. A **95**, 022505 (2017).

The complete asymptotic expansion for helium up to $\langle x^{-10} \rangle$ is

$$E_{nL} = -2 - \frac{1}{2n^2} + \frac{1}{2} \left\{ -\frac{9}{32} \langle x^{-4} \rangle + \frac{69}{256} \langle x^{-6} \rangle + \frac{3833}{7680} \langle x^{-7} \rangle - \left[\frac{55\,923}{32\,768} + \frac{957}{5120} L(L+1) \right] \langle x^{-8} \rangle - \frac{908\,185}{344064} \langle x^{-9} \rangle + \left[\frac{4\,102\,258}{524\,288} + \frac{33\,275}{14\,336} L(L+1) \right] \langle x^{-10} \rangle \right\} + e_{2,0}^{1,1} - \frac{23}{20} e_{2,0}^{1,2}$$
(21)

The last two terms are small second-order dipole-dipole and dipole-quadrupole perturbation corrections. See also Xiao-Feng Wang and Zong-Chao Yan, Phys. Rev. A **95**, 022505 (2017).

For expectation values of $\langle x^{-n} \rangle$, see G. W. F. Drake and R. A. Swainson, Phys. Rev. A **42**, 1123 (1990).

For a similar asymptotic expansion of matrix elements of the δ function, see G. W. F. Drake, Phys. Rev. A **45**, 70 (1992). This is very useful for QED corrections.

The numerical values of all these terms for the example of the 1s10 state are as listed in

Asymptotic expansion for the energy of the 1s10k state of helium

Quantity	Value					
$-Z^2/2$	-2.000000000000000000					
$-1/(2n^2)$	-0.00500000000000000					
$c_4 \langle r^{-4} \rangle$	-0.00000000739334195					
$c_6 \langle r^{-6} \rangle$	0.00000000000498047					
$c_7 \langle r^{-7} \rangle$	0.00000000000027895					
$c_8 \langle r^{-8} \rangle$	-0.00000000000022433					
$c_9 \langle r^{-9} \rangle$	-0.00000000000000225					
$c_{10}\langle r^{-10}\rangle$	0.00000000000000373					
Second order	-0.00000000000007091					
Total	-2.00500000738837630(74)					
Variational	-2.0050000073883758769(0)					
Difference	-0.00000000000000042(74)					
	$\simeq 3 \mathrm{Hz}$					

For a similar application to the Rydberg states of lithium, see R.J. Drachman and A.K. Bhatia, Phys. Rev. A **51**, 2926 (1995).

For the low-lying S-states and P-states of helium [?],

1

$$\ln k_0(1 S) = 2.983865861, \qquad (22)$$

$$\ln k_0(2^{1}S) = 2.980\,118\,365\,, \qquad (23)$$

$$\ln k_0(2^{3}S) = 2.977742459, \qquad (24)$$

$$\ln k_0(2^{1}P) = 2.983\,803\,377\,, \tag{25}$$

$$\ln k_0(2^{3}P) = 2.983\,690\,995\,. \tag{26}$$

For a 1snl state with large l, the asymptotic expansion [G.W.F. Drake, Phys. Scr. **T95**, 22 (2001)].

$$\ln k_0(1snl) \sim \ln k_0(1s) + \frac{1}{n^3} \left(\frac{Z-1}{Z}\right)^4 \ln k_0(nl) + 0.316\,205(6) Z^{-6} \langle r^{-4} \rangle_{nl} + \Delta\beta(1snl)$$
(27)

becomes essentially exact. Here $\ln k_0(nl)$ is the one-electron Bethe logarithm $\ln k_0 = 2.984\,128\,555\,765\,497\,610\,\ldots$ and

$$\langle r^{-4} \rangle_{nl} = \frac{16(Z-1)^4 [3n^2 - l(l+1)]}{(2l-1)2l(2l+1)(2l+2)(2l+3)}.$$
 (28)

The correction $\Delta\beta(1snl)$ for higher order terms is

$$\Delta\beta(1snl\ ^{1}L) = 95.8(8)\langle r^{-6}\rangle - 845(19)\langle r^{-7}\rangle + 1406(50)\langle r^{-8}\rangle$$
(29)

$$\Delta\beta(1snl^{3}L) = 95.1(9)\langle r^{-6}\rangle - 841(23)\langle r^{-7}\rangle + 1584(60)\langle r^{-8}\rangle.$$
(30)

For example, for the 1s4f ¹F state, $\beta(4$ ¹F) = 2.9841271493(3).

1 Pseudospectral Theory

The basic idea of pseudospectral methods is to span the actual spectrum of states (i.e. an infinity of bound states plus the continuum) with a basis set of variationally determined pseudostates that is entirely discrete, as illustrated in Fig. 1 (below). In the one-electron case, the discrete variational representation is entirely equivalent to a Sturmian basis set(see Ince" Differential Equations). From a computational point of view, the pseudospectrum is obtained by diagonalizing H_0 in a discrete variational basis set of nonorthogonal functions χ_p , $p = 0, \ldots, N-1$ such that the linear combinations $\phi_p = \sum_{q=0}^{N-1} a_{p,q}\chi_q$ satisfy the generalized eigenvalue problem

$$\langle \phi_p | \phi_q \rangle = \delta_{p,q} \tag{31}$$

$$\langle \phi_p | H_0 | \phi_q \rangle = \varepsilon_p \, \delta_{p,q} \tag{32}$$

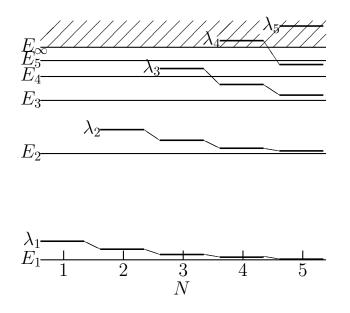


Diagram illustrating the Hylleraas-Undheim-MacDonald Theorem. The λ_p , $p = 1, \ldots, N$ are the variational eigenvalues for an N-dimensional basis set, and the E_i are the exact eigenvalues of H. The highest λ_p lie in the continuous spectrum of H.

Hylleraas-Undheim-MacDonald Theorem

- According to the matrix interleaving theorem, each time a new basis function is added, the old eigenvalues interleave he new. Thus all the eigenvalues must move inexorably downward.
- It follows that all the eigenvalues are upper bounds to the exact energies, provided only that the correct number of eigenvalues lies lower. No further orthogonalization is required.

Demonstration: Pseudostates for Hydrogen Polarizability

Consider as an example the static dipole polarizability α_d of a hydrogen atom defined by

$$\Delta E = -\frac{1}{2}\alpha_{\rm d}\mathcal{E}2$$

where \mathcal{E} is the external electric field strength. Then

$$\alpha_{\mathsf{d}} = 2 \sum_{n} \frac{\langle 1s \mid z \mid np \rangle \langle np \mid z \mid ns \rangle}{E(2p) - E(1s)}$$

where \sum_{n}^{t} denotes a sum over bound states and an integration over the continuum. Alternatively, from perturbation theory,

$$\alpha_{\mathsf{d}} = 2\langle 1s \mid z \mid 1s \rangle^{(1)}$$

where $|1s\rangle^{(1)}$ denotes the solution to the first-order perturbation equation

$$(H_0 - E_0) \mid 1s \rangle^{(1)} + z \mid 1s \rangle^{(0)} = 0$$

The exact solution to the first-order perturbation equation is

$$\langle \mathbf{r} \mid 1s \rangle^{(1)} \equiv \Psi^{(1)} = -\frac{1}{\sqrt{3}} (2r + r^2) e^{-r} Y_1^0(\hat{\mathbf{r}}).$$
 (33)

Construct a variational solution

$$\Psi_{\rm tr}^{(1)} = -\frac{1}{\sqrt{3}} (b_1 r + b_2 r^2) \, e^{-\boldsymbol{\lambda} r} \, Y_1^0(\hat{\mathbf{r}}) \,, \tag{34}$$

where b_1 and b_2 are linear variational parameters, and λ is an additional nonlinear variational parameter.

This provides a two-dimensional basis set of functions $r e^{-\lambda r} Y_1^0(\mathbf{\hat{r}})$ and $r^2 e^{-\lambda r} Y_1^0(\mathbf{\hat{r}})$,

with the exact solution being recovered for the case $\lambda = 1$. For $\lambda \neq 1$, the basis set provides the best variational representation of $\Psi^{(1)}$. After solving for the pseudostates and summing, the expression for $\alpha_{\sf d}$ as a function of λ becomes

$$\alpha_{d}(\lambda) = 6\lambda^{5} \left(\frac{2}{\lambda+1}\right)^{12} \\
\times \frac{9\lambda^{4} - 12\lambda^{3} + 14\lambda^{2} - 10\lambda + 5}{5\lambda^{4} - 10\lambda^{3} + 18\lambda^{2} - 10\lambda + 5}.$$
(35)

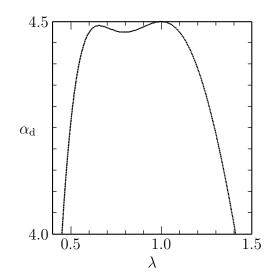


Figure 1: Variational polarizability α_d of hydrogen.

Main points:

- Since E is an upper bound, α_d is a lower bound for any λ .
- The exact value of $4.5 a_0^3$ is recovered at $\lambda = 1$ (not $\lambda = 1/2$ for the 2p state).
- The entire spectrum of hydrogen is being well represented by just two pseudostates, neither of which corresponds to physical states of hydrogen.
- In the sum over the physical spectrum, only about half of the polarizability comes from the bound states. The rest comes from the integration over the continuum.

