

# Nuclear Gamma-Ray Laser of Optical Range

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**L.A. Rivlin**

**Nuclear gamma-ray laser: the evolution of the idea.**

***Quantum Electronics* 37 (N8) 723-744 (2007)**

The evolution of the foreign and native search for solving the problem of a nuclear gamma-ray laser (NGL), which has been attracting attention for almost half a century despite the absence at present of any convincing data about its experimental solution, is considered. It is shown that **the key conflict inherent in any conception of the NGL is the antagonism between the necessity to accumulate a sufficient amount of excited nuclei and the requirement to narrow down the emission gamma-ray line to its natural radiative width**. The critical analysis of different approaches for solving this conflict (Mossbauer scheme, deeply cooled ensembles of free nuclei with the hidden inversion, nuclear inversionless amplification, two-quantum gamma emission in counter-propagating photon beams, hypothetical amplifying medium of long-lived isomers in a Bose-Einstein condensate) shows that this search is important not only due to the expected result, which could stimulate the development of quantum nucleonics as a new branch in physics, but also is of interest due to a variety of physical disciplines and experimental approaches used in this search.

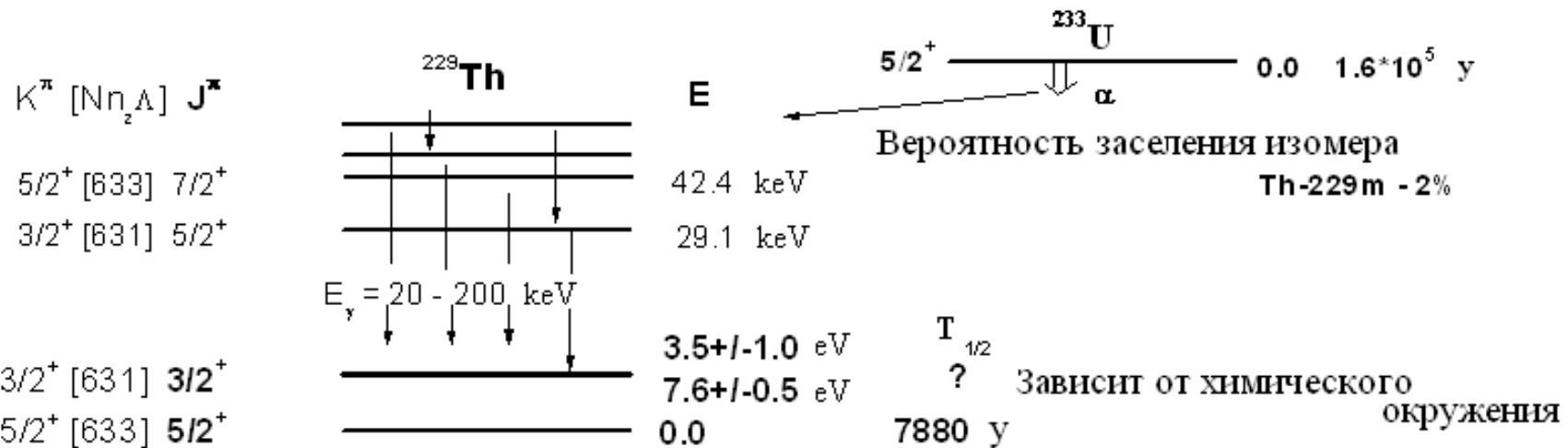
# Ядерный $\gamma$ -лазер оптического диапазона

Сформулированы условия при которых возможно усиление  $\gamma$ -излучения оптического (VUV) диапазона стимулированным излучением ансамбля изомерных ядер  $^{229m}\text{Th}$  ( $3/2^+$ , 7.6 eV)

*Усиление  $\gamma$ -излучения является результатом:*

- 1) возбуждения изомеров  $^{229m}\text{Th}$ , размещенных в диэлектрике с большой шириной запрещенной зоны, лазерным излучением;
- 2) создания инверсной заселенности ядерных уровней в охлажденном образце вследствие взаимодействия ядер с внешним магнитным полем, или внутренним электрическим полем кристалла;
- 3) испускания и поглощения оптических фотонов ядром тория в кристалле без отдачи (эффект Мессбауэра в оптическом диапазоне);
- 4) спиновой релаксации (установления Больцмановского распределения заселенности) при взаимодействии ядра с электронами проводимости в металлическом покрытии.

# Энергия изомерного состояния



## Ключевые эксперименты

Анализ энергий и интенсивностей  $\gamma$ -переходов в  $^{229}\text{Th}$  при  $\alpha$ -распаде  $^{233}\text{U}$

1976  $E_\gamma < 100 \text{ eV}$  L.A. Kroger, C.W. Reich. *Nucl. Phys. A259* (1976) 29

1989  $E_\gamma < 10 \text{ eV}$  INEL (USA)

1990  $E_\gamma < 5 \text{ eV}$  C.V. Reich, R.G. Helmer. *PRL 64* (1990) 271

1994  $E_\gamma = 3.5 +/- 1.0 \text{ eV}$  R.G. Helmer, C.V. Reich. *PRC 49* (1994) 1845

2007  $E_\gamma = 7.6 +/- 0.5 \text{ eV}$  B.R. Beck et al. *PRL 98* (2007) 142501

Разрешение - 17 эВ/канал

## Ядерные реакции

1990  $E_{d,t} < 6 \text{ keV}$  D.G. Burke et al. *PRC 42* (1990) R499

Реакция  $^{230}\text{Th}(d,t)^{229}\text{Th}$  при  $E_d = 17 \text{ MeV}$

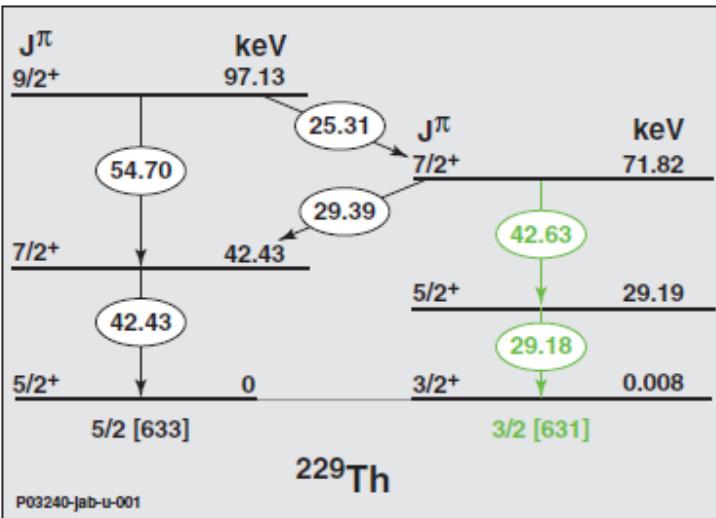
*McMaster University Tandem Accelerator. Разрешение 6-7 кэВ*

# Energy of the isomeric level

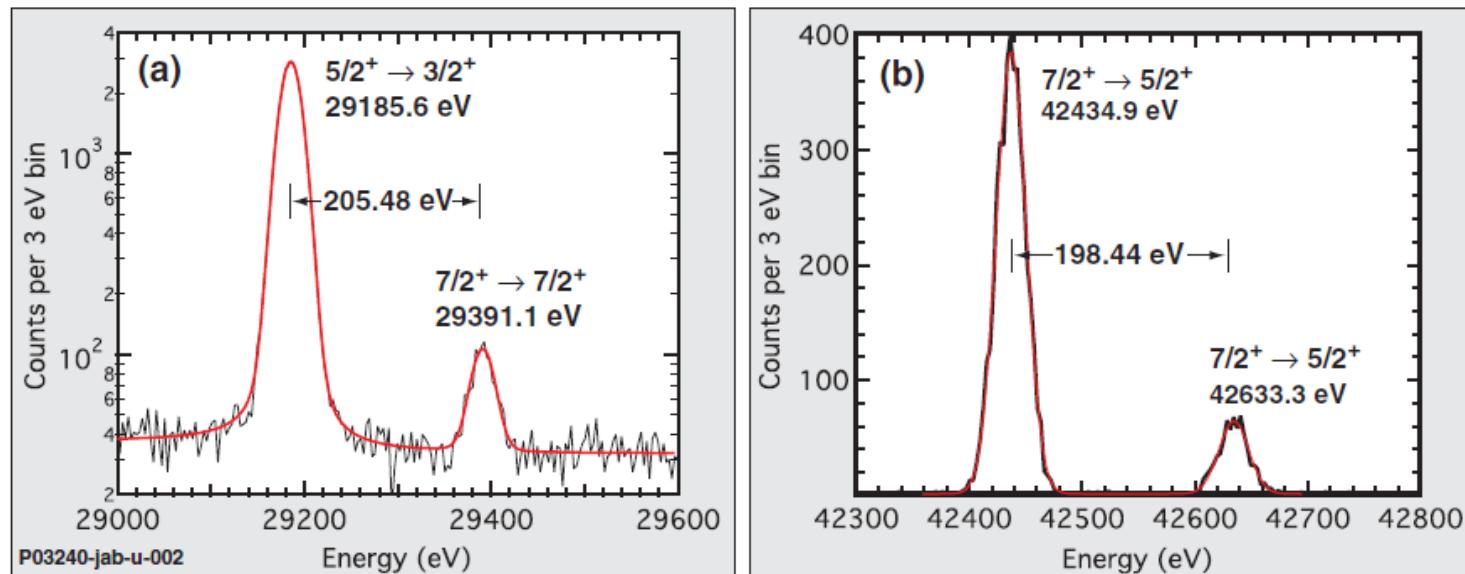
Phys.Rev.Lett. 98, 142501 (2007)

**B.R.Beck, J.A.Becker, P.Beiersdorfer et al.**  
*Lawrence Livermore National Laboratory,  
Los Alamos National Laboratory,  
NASA Goddard Space Flight Center*

Источник: U-233 ( $105 \mu\text{Ci}$ )  
Детектор: NASA/electron beam ion trap x-ray  
microcalorimeter spectrometer  
Разрешение: 26 eV (FWHM).

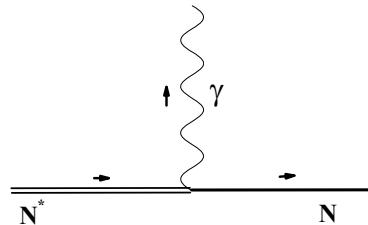


$$E_{is} = 7.6 \pm 0.5 \text{ eV}$$



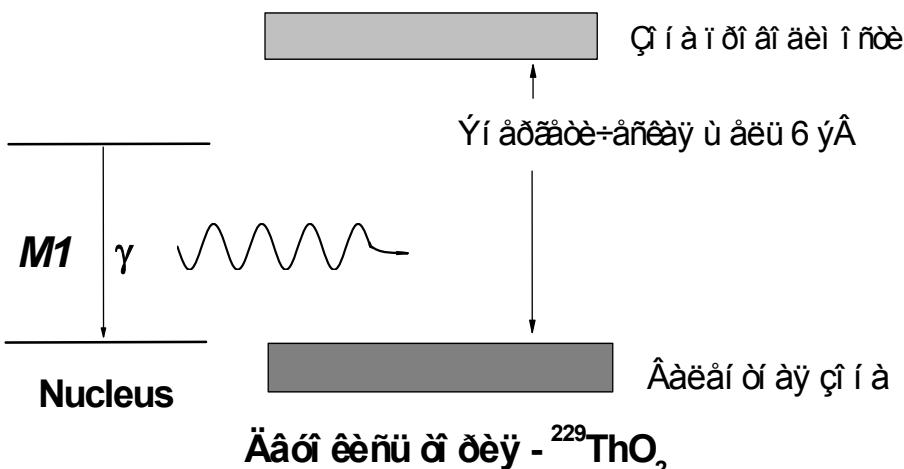
# Канал распада в диэлектрике

"Ядерный свет"



Е.В.Ткаля. Вероятность спонтанного излучения для  $M1$  перехода в диэлектрической среде: распад  $^{229m}Th(3/2+, 3.5\pm1.0 \text{ эВ})$ . Письма в ЖЭТФ 71 (2000) 449.

E.V.Tkalya et al. Decay of the low-energy nuclear isomer  $^{229m}Th(3/2+, 3.5\pm1.0 \text{ eV})$  in solids (dielectrics and metals): A new scheme of experimental research. Phys.Rev.C 61 (2000) 064308.



А.М.Дыхне, Е.В.Ткаля. Матричный элемент перехода аномально низкой энергии  $3.5\pm0.5 \text{ эВ}$  в ядре  $^{229}Th$  и время жизни изомера. Письма в ЖЭТФ 67 (1998) 233.

$B(M1)_{Wu} = 4.8 \times 10^{-2}$  с учетом кориолисова взаимодействия

Зависимость вероятности спонтанного  $M1 \gamma$  распада от показателя преломления среды " $n$ :

$$W_{\text{medium}} = n^3 W_{\text{vacuum}}$$

Время жизни уровня при  $E_{is} = 3.5\pm1.0 \text{ eV}$ :  
10 мин - 1 час

# Structure and parameters of LiCaAlF<sub>6</sub>

S. Kuze et al. J. Solid State  
Chem. **177** (2004) 3505

S. Kuck et al. Laser Phys. **11**  
(2001) 116

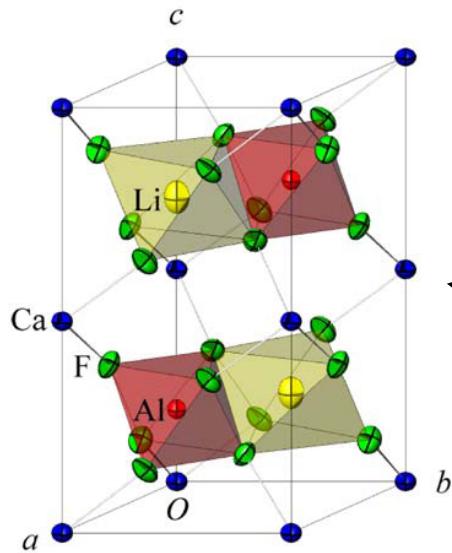
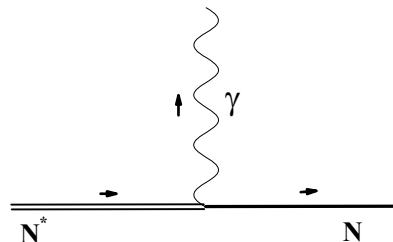


Fig. 1. The structure of LiCAF at 300 K with Ca (blue), Al (red), Li (yellow) and F (green) atoms.

Symmetry: Trigonal  
**Band gap:** 110 nm (**11.1 eV**)  
Melting temperature: 825°C

<sup>229</sup>Th:LiCaAlF<sub>6</sub>

"The Nuclear Light"  $\omega_\gamma = 7.6 \text{ eV}$



$T_{1/2} \approx 25 \text{ min}$   
if the refractive  
index  $\mathcal{E}^{1/2} = 1$

# The amplification coefficient

$$\chi = \frac{\lambda_{is}^2}{2\pi} \frac{\Gamma_{rad}}{\Delta\omega_{tot}} \frac{1}{1+\alpha} \left( n_{is} - \frac{n_{gr}}{g} \right) - \kappa \quad \text{cm}^{-1}$$

$$E_{is} = 7.6 \pm 0.5 \quad \text{eV}$$

$$g = \frac{2J_{gr} + 1}{2J_{is} + 1} = 1.5$$

$$\lambda_{is} = 163 \pm 11 \quad \text{nm}$$

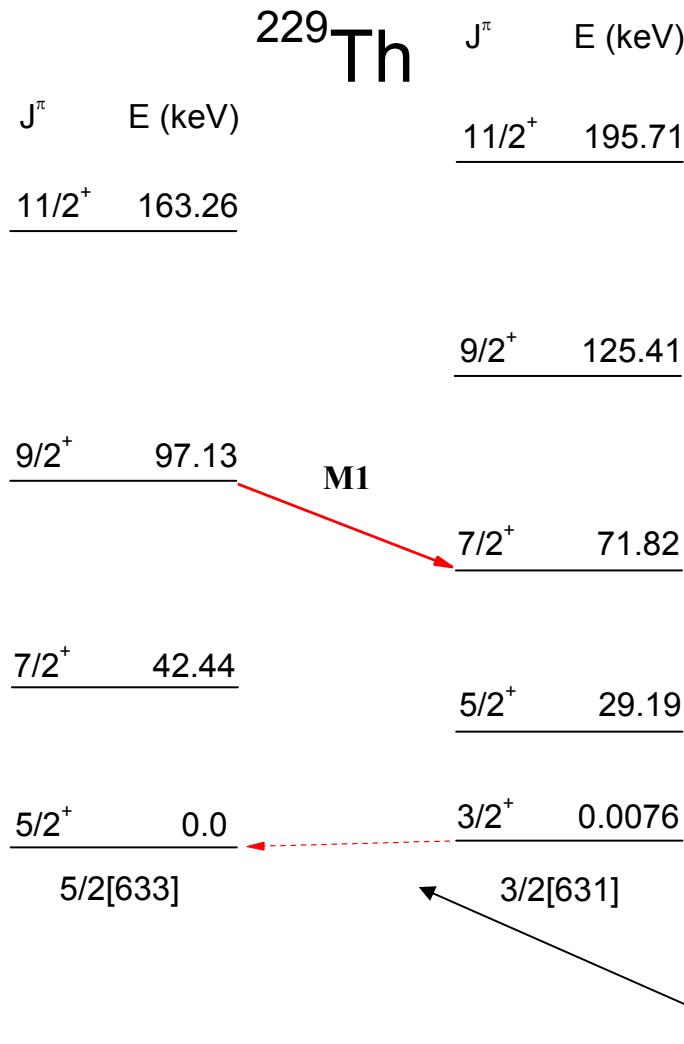
$$\Gamma_{rad}(M1; is \rightarrow gr) \approx 3 \times 10^{-19} \quad \text{eV} \qquad T_{1/2}^{is} \approx 25 \quad \text{min}$$

W.G. Rellergert et al. Phys.Rev.Lett. **104**, 200802 (2010).

The sample  $^{232}\text{Th:LiCAF}$ ,  $n(^{232}\text{Th}) = 10^{18} \text{ cm}^{-3}$

$^{229m}\text{Th:LiCaAlF}_6$

$$\Delta\omega_{tot} \leq 7 \times 10^{-13} \text{ eV} \quad (= 1 \text{ kHz}) \qquad \alpha = 0 \qquad \kappa \approx 0.01 \text{ cm}^{-1}$$



The value of the radiative width:  $\Gamma_{\text{rad}} = 3 \times 10^{-19} \text{ eV}$

The  $M1$  transition

$9/2^+(97.13 \text{ keV}) \rightarrow 7/2^+(71.82 \text{ keV})$ :  
 $B(M1)_{\text{W.u.}} = 0.038, 0.024, \text{ and } 0.014$

The Coriolis interaction between rotational bands enhances the transition probability by a factor of 1.2–1.3

The ‘‘enhanced’’ average value for the transition

$3/2^+(7.6 \text{ eV}) \rightarrow 5/2^+(0.0)$ :  
 $B(M1)_{\text{W.u.}} = 0.032$

# $^{229}\text{Th}:\text{LiCaAlF}_6$

The Abundance Ratio of the Isotopes, %			Spin	$\mu/\mu_N$	The ground state $Q$ , eb
Li:	$^6\text{Li}$	7.5	1+	+0.822	$-0.818 \times 10^{-3}$
	$^7\text{Li}$	92.5	3/2-	+3.2564	-0.0406
Ca:	$^{40}\text{Ca}$	96.94	0+		
	$^{42}\text{Ca}$	0.647	0+		
	$^{43}\text{Ca}$	0.135	7/2-	-1.31726	-0.043
	$^{44}\text{Ca}$	2.09	0+		
	$^{46}\text{Ca}$	0.004	0+		
	$^{48}\text{Ca}$	0.187	0+		
Al:	$^{27}\text{Al}$	100	5/2+	+3.64	+0.1402
F:	$^{19}\text{F}$	100	1/2+	+2.6289	
Th:	$^{229}\text{Th}$		5/2+	+0.46	+4.3
	$^{232}\text{Th}$	100	0+		

# Excitation of $^{229m}\text{Th}$ (7.6 eV) by laser radiation

## Initial Conditions

$$dn_{is} / dt = \sigma \varphi n_{gr} - \Lambda_{is} n_{is} - g \sigma \varphi n_{is}$$

$$n_{is}(0) = 0$$

$$dn_{gr} / dt = -\sigma \varphi n_{gr} + \Lambda_{is} n_{is} + g \sigma \varphi n_{is}$$

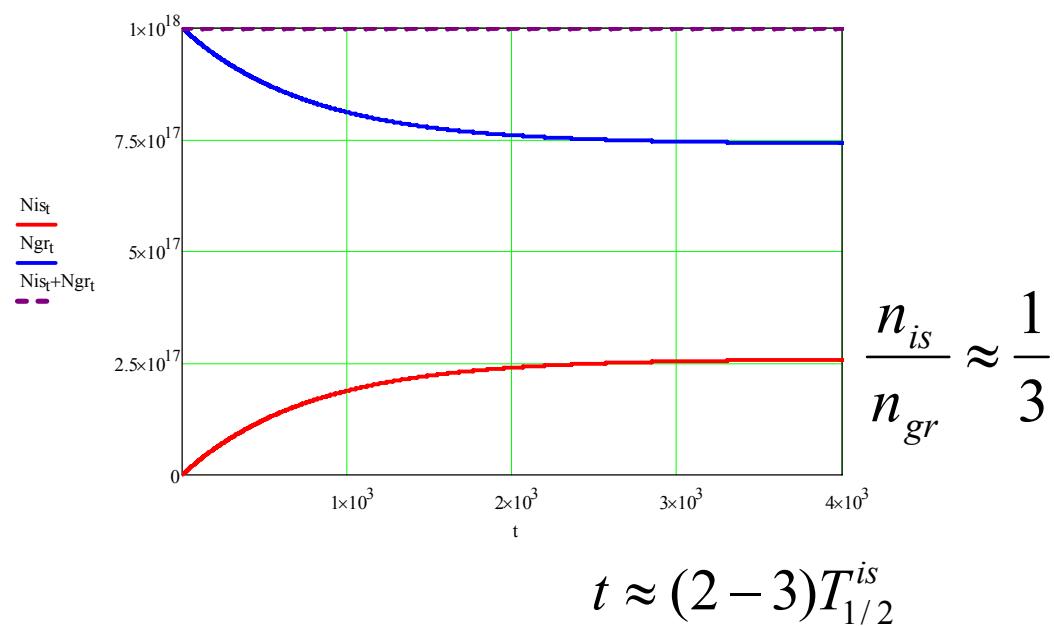
$$n_{gr}(0) = 10^{18} \text{ cm}^{-3}$$

$$\sigma = \frac{\lambda_{is}^2}{2\pi} \frac{\Gamma_{rad}}{\Delta\omega_L} \frac{1}{g} \approx 10^{-24} \text{ cm}^2$$

$$\Delta\omega_L / \omega_L = 10^{-6}$$

$$\Lambda_{is} = \Gamma_{rad} = \ln 2 / T_{1/2}^{is}$$

$$\varphi \approx 10^{20} \text{ cm}^{-2} \text{ s}^{-1}$$



# VUV Lasers

The energy of the isomeric level is known roughly, and we can not tell now, what VUV laser will be used for the pumping of the  $^{229}\text{m}^{\text{th}}$  isomers.

1. We can use one of the available lasers (see in *Springer handbook of atomic, molecular, and optical physics*. G.W.F. Drake (Ed.), Springer, 2nd ed., 2006). Commercially available lasers have the power  $P = 1\text{-}3 \text{ W}$ . Molecular CO and H<sub>2</sub> lasers span region around 164 nm.
2. It will be necessary to develop a special laser with the corresponding wavelength.
3. We can use a free electron laser (such lasers have a good tunability).

For irradiation of the sample we need density of the photon flux  $10^{20} \text{ cm}^{-2} \text{ s}^{-1}$ . Such flux density can be reached relatively easily by focusing of the radiation of middle power laser.

# The Mossbauer effect in the optical range

The energy lost  $E_R$  due to the recoil is negligibly small:

$$E_R = \omega^2 / 2M = 1.4 \times 10^{-10} \text{ eV}$$

( $M$  is the Th-229 nucleus mass,  $\omega = 7.6$  eV)

The Debye-Waller factor  $f \approx \exp(-3E_R / 2\theta_D) = 1$

because  $E_R / \theta_D \ll 1$  ( $\theta_D$  is the Debye temperature)

Emission of the  $\gamma$ -ray photons by the  $^{229m}\text{Th}$  isomers and the resonant absorption of these photons by the  $^{229}\text{Th}$  nuclei in a solid should occur without recoil.

# Splitting in external magnetic field

Populations of the Zeeman sublevels are described by

$$\exp(-\mu_{gr(is)}H/T)$$

The magnetic moment of the ground state  $\mu_{gr} = 0.45\mu_N$

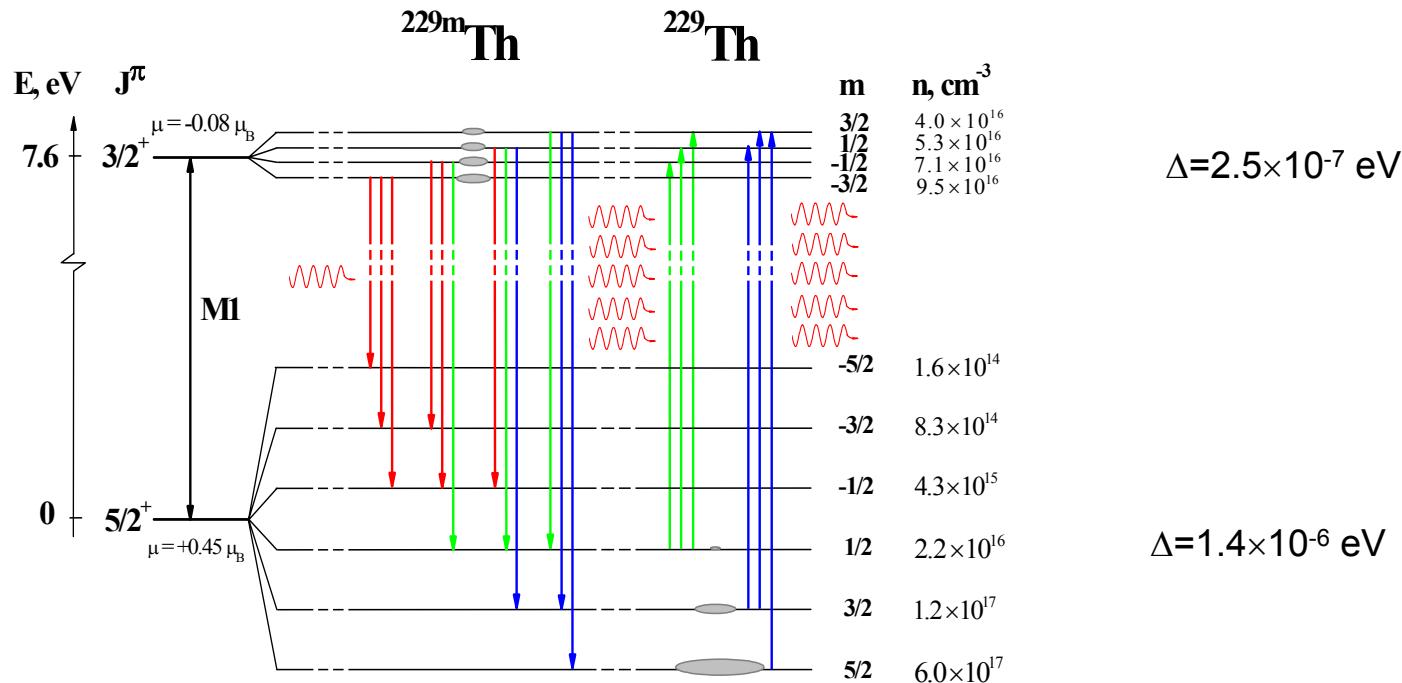
The magnetic moment of the isomeric state  
(theoretical estimation)  $\mu_{is} = -0.08\mu_N$

$\mu_N$  is the nuclear magneton

The population of the ground state sublevels falls down much faster,  
than the population of the isomeric sublevels because

$$|\mu_{gr}/\mu_{is}| \approx 6$$

# Splitting in magnetic field $H = 100$ T at $T = 0.01$ K



Population of the sublevels of the ground state and the isomeric state corresponds to the following case:

Laser:  $P = 30$  mW

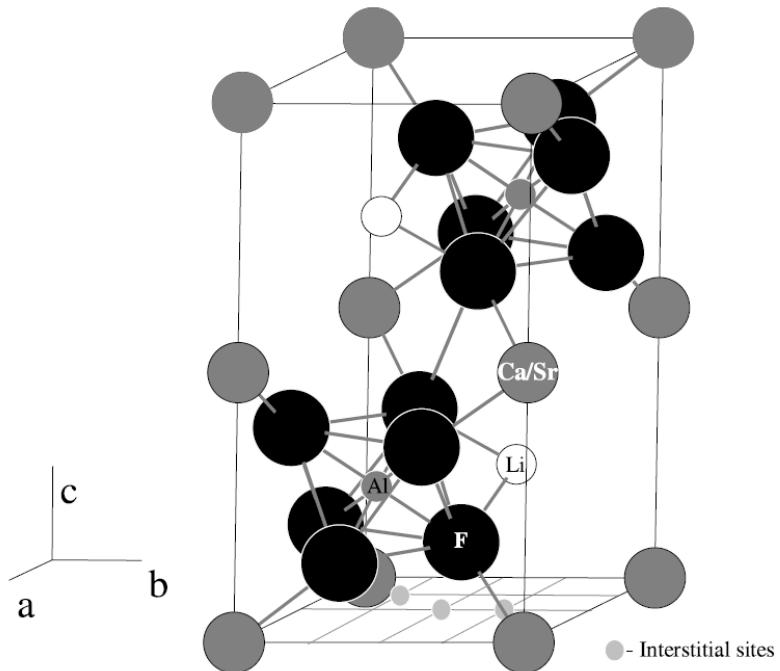
Density of Th-229:  $n_{gr}(0) = 10^{18} \text{ cm}^{-3}$

The amplification coefficient for “red” transitions

$$\chi \approx 3 \text{ cm}^{-1}$$

# Structure and parameters of LiCaAlF<sub>6</sub>

J.B. Amaral et al. J. Phys.: Condens. Matter **15** (2003) 2523



**Figure 1.** Unit cell representation of the LiCaAlF<sub>6</sub>/LiCaAlF<sub>6</sub>. The grey circles indicate the positions of the three interstitial sites.

**Table 1.** Experimental and calculated lattice parameters for (i) LiCaAlF<sub>6</sub>

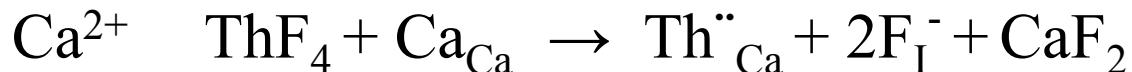
Parameter	Exp.	Calc.	Diff. (%)
(i) LiCaAlF <sub>6</sub> [9]			
$a = b$ (Å)	5.01	5.03	0.42
$c$ (Å)	9.64	9.62	-0.24
$\gamma$ (deg)	120.00	120.00	0.00

# Structure of $^{229}\text{Th}:\text{LiCaAlF}_6$

R.A. Jackson et al. J. Phys.: Condens. Matter **21** (2009) 325403

*Computer modelling of thorium doping in LiCaAlF<sub>6</sub>*

## Site Reaction



Solution energies (eV)  
for Th<sup>4+</sup> doping in LiCAF

Interstitial positions	Unbound	Bound
$(\frac{1}{2} \frac{1}{2} 0), (\frac{1}{2} 0 0)$	2.43	0.97
$(\frac{1}{2} \frac{1}{2} 0), (\frac{1}{4} \frac{1}{4} 0)$	2.30	1.00
$(\frac{1}{2} \frac{1}{2} 0), (\frac{3}{4} \frac{1}{2} 0)$	2.42	0.83
$(\frac{1}{2} 0 0), (\frac{1}{4} \frac{1}{4} 0)$	2.31	1.08
$(\frac{1}{2} 0 0), (\frac{3}{4} \frac{1}{2} 0)$	2.43	0.98
$(\frac{1}{4} \frac{1}{4} 0), (\frac{3}{4} \frac{1}{2} 0)$	2.30	0.96

# Quadrupole splitting.

## Spectroscopic quadrupole moments

The **ground state** spectroscopic quadrupole moment

$Q_{gr} = 3.149 \pm 0.032$  eb    (**4.3±0.9 eb** - from the optical determinations ).

We make the standard assumption that the intrinsic quadrupole moment  $Q_2 = 8.816$  eb remains the same for the rotational bands  $K = 5/2$  and  $K = 3/2$  in Th-229.

$$Q_{is} = \frac{3K_{is}^2 - J_{is}(J_{is} + 1)}{(J_{is} + 1)(2J_{is} + 3)} Q_{20}$$

Then the **isomeric state** spectroscopic quadrupole moment

$Q_{is} = 1.8$  eb (**2.4 eb**).

# Quadrupole splitting. The electric field gradient (EFG)

“Wien2k”: EFG at the Ca<sup>2+</sup> ion site in LiCAF is

$$\varphi_{zz} = -1.2 \times 10^{17} \text{ V/cm}^2$$

In the <sup>229</sup>Th:LiCaAlF<sub>6</sub> crystal the leading contribution to EFG at the Th<sup>4+</sup> ion site comes from F<sup>-</sup> ions, which compensate the extra charge 2+.

These ions are located in interstitial sites in the vicinity of Th<sup>4+</sup>. An estimation gives

$$\varphi_{zz} \approx -10^{18} \text{ V/cm}^2$$

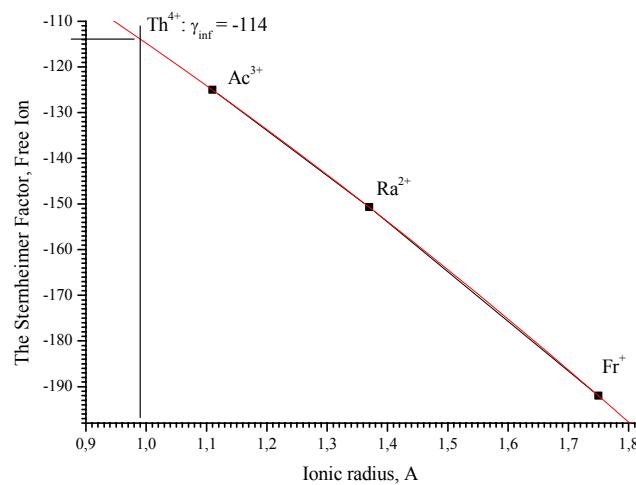
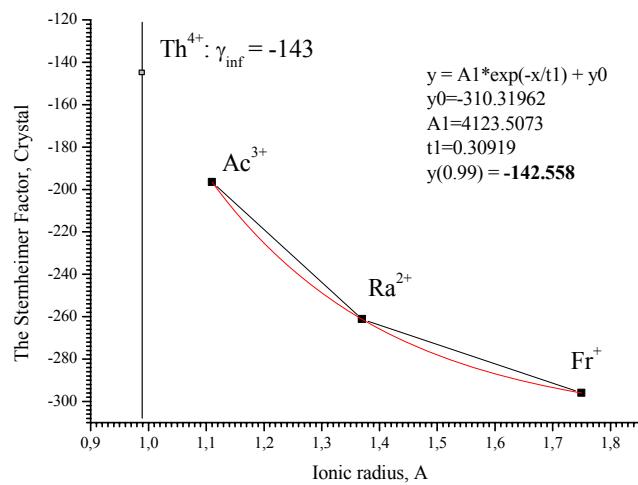
at the Th<sup>4+</sup> site.

# Quadrupole splitting.

## The Sternheimer antishielding factor

K.D. Sen and P.T. Narasimhan. *Quadrupole antishielding factors and polarizabilities in ionic crystals.* Phys.Rev.B (Solid State) **15** (1977) 95.

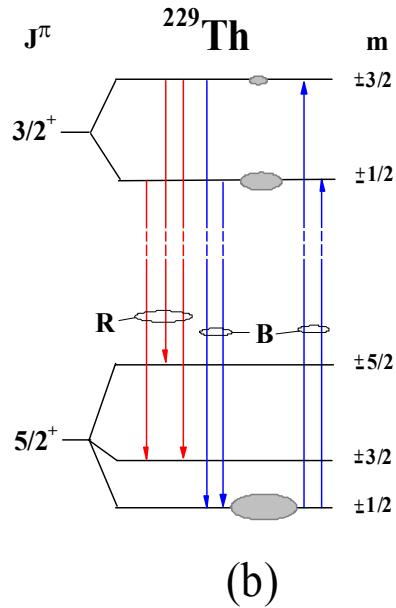
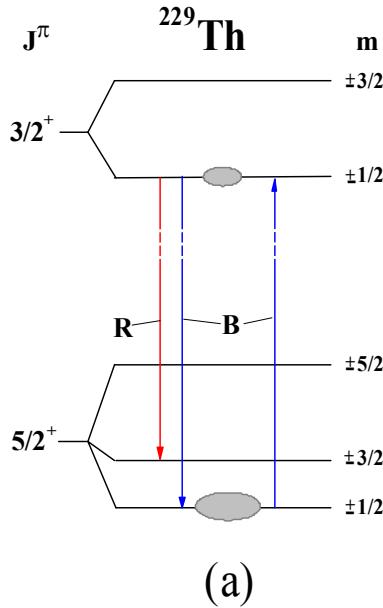
Ion	Free ion			Present	Crystal ion Others	Experimental
	Present	Felock and Johnson	Others			
$\text{Fr}^+$	<b>-192.035</b>		-193.01 <sup>w</sup>	<b>-295.968</b>		
$\text{Ra}^{2+}$	<b>-150.748</b>		-151.60 <sup>w</sup>	<b>-261.234</b>		
$\text{Ac}^{3+}$	<b>-126.049</b>		~ 126.06 <sup>w</sup>	<b>-196.517</b>		



$$\text{Th}^{4+}$$

$$\gamma_{\infty} \approx -100$$

# Quadrupole splitting



The amplification coefficient  
 (a)  $\chi \approx 2 \text{ cm}^{-1}$    (b)  $\chi \approx 3 \text{ cm}^{-1}$

The sublevels energies are given by

$$E_m = eQ_{gr(is)}(1 - \gamma_\infty)\varphi_{zz} \frac{3m^2 - J_{gr(is)}(J_{gr(is)} + 1)}{4J_{gr(is)}(2J_{gr(is)} - 1)}$$

$$|is\rangle \quad \Delta = 3.6 \times 10^{-5} \text{ eV}$$

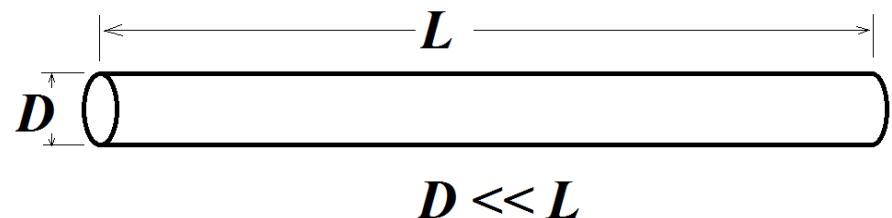
$$|gr\rangle \quad \Delta = 4 \times 10^{-5} \text{ eV}$$

$$\Delta = 2 \times 10^{-5} \text{ eV}$$

At large values of EFG the effective inverse population and the amplification condition will hold up to the temperature  $T = 0.1 \text{ K}$ .

# Duration of the $\gamma$ -ray laser emission, $\tau$

$$\tau \approx 10^2 \text{ s} \quad \text{if } D = 10^{-2} \text{ cm}, L = 5 \text{ cm}, \chi = 3 \text{ cm}^{-1}$$



$$\tau \approx T_{1/2}^{is} (L/D)^2 \exp(-\chi L)$$

$$\tau \ll T_{1/2}^{is}, \quad L \ll \chi^{-1} \ln(N_{is}/2)$$

The Fresnel number  $F = \pi D^2 / 4L\lambda_{is}$

$$N_{is} = n_{is} \frac{\pi D^2}{4} L \approx 4 \times 10^{13}$$

$F = 10$  if  $L = 0.5 \text{ cm}$ ,  $F = 1$  if  $L = 5 \text{ cm}$

Число Френеля характеризует дифракционные потери резонатора

The emission will be a sequence of pulses with the repetition frequency

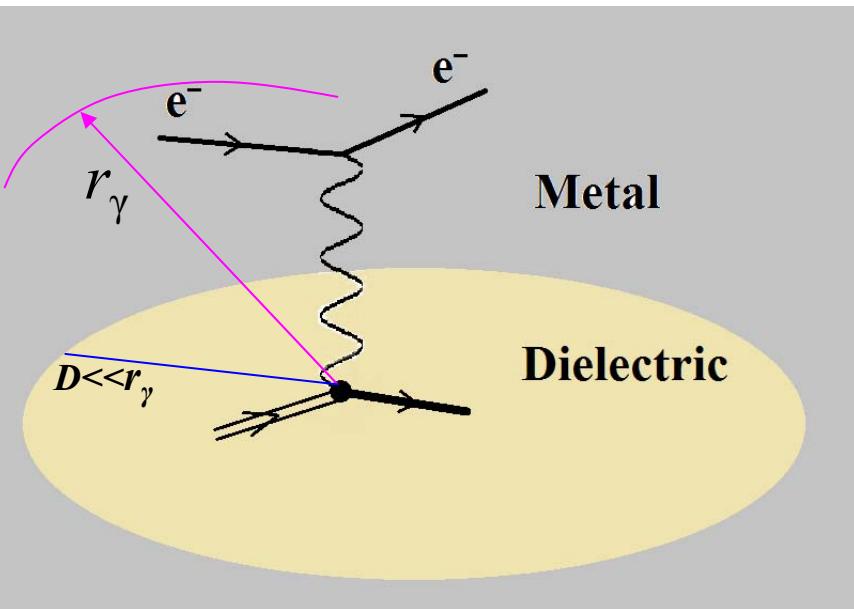
$$f_{rep} = Q_{is} (D/L)^2 \approx 10^5 - 10^4 \text{ s}^{-1} \quad \text{where} \quad Q_{is} = \frac{\ln 2}{T_{1/2}^{is}} N_{is} \approx 2 \times 10^{10} \text{ s}^{-1}$$

The mean power of the  $\gamma$ -ray laser will be  $P \approx 10^{-7} \text{ W}$ .

The gain:  $\exp(\chi L) \approx 3 \times 10^6$

# Nuclear spin relaxation process.

Inelastic scattering of the conduction electrons on nucleus  
or “internal” conversion on the conduction electrons



Energy of the Zeeman (or quadrupole)  
splitting of nuclear sublevels

$$\Delta E = 10^{-6} - 10^{-7} \text{ eV}$$

Energy of the conduction electrons

$$E_e = E_F \approx 5.5 \text{ eV}$$

$$p_i = \sqrt{2m_e E_F} \quad p_f = \sqrt{2m_e (E_F + \Delta E)}$$

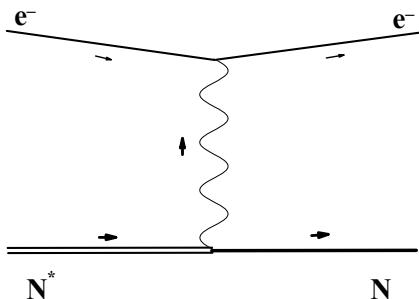
## The virtual photon

$$\omega_\gamma = \Delta E \quad \vec{q}_\gamma = \vec{p}_f - \vec{p}_i \rightarrow q_\gamma^{\min} = \Delta E \sqrt{m_e / 2E_F} \quad \lambda_\gamma = \frac{1}{q_\gamma^{\min}} \approx 0.1 - 1 \text{ cm}$$

$$m_\gamma^* = \sqrt{q_\gamma^2 - \omega_\gamma^2} \approx q_\gamma^{\min} \quad \Delta t \approx \hbar / m_\gamma^*$$

$$r_\gamma = c \Delta t \approx 1 / m_\gamma^* \approx 0.1 - 1 \text{ cm !}$$

# Распад изомерного состояния в металле



Е.В.Ткаля. Безрадиационный распад низколежащего ядерного изомера  $^{229}Th(3.5 \text{ эВ})$  в металле. Письма в ЖЭТФ **70** (1999) 367.

Металл: конверсия на электронах проводимости (неупругое рассеяние электронов проводимости на ядрах). Энергетический порог у реакции отсутствует.

**Время жизни изомера в "стандартном" металле < 1 с**

## Сечение неупругого рассеяния

Взаимодействие      
$$H_{\text{int}} = e^2 \iint d^3r d^3R \bar{\psi}_f(\vec{r}) \gamma^\mu \psi_i(\vec{r}) g_{\mu\nu} \frac{e^{i\omega|\vec{r}-\vec{R}|}}{|\vec{r}-\vec{R}|} \Psi_f^+(\vec{R}) \hat{J}_N^\nu \Psi_i(\vec{R})$$

ВФ электрона – плоские волны

Сечение      
$$\sigma_{M1} = \frac{32\pi^2}{9} e^2 \ln \frac{4E_e}{\Delta E} B(M1) \quad \text{при} \quad \Delta E \ll E_e \ll m_e$$

# Nuclear spin relaxation process

The “spin-lattice” relaxation time  $T_1$

$$\frac{1}{T_1} \approx n_e \frac{\Delta E}{E_F} \sigma_e \xi_D v_F$$

The conduction electron density (Au, Cu, Ag)  $n_e \approx (6 \div 8) \times 10^{22} \text{ cm}^{-3}$

$$\sigma_e(M1, \mu = 0.45\mu_N, \Delta E = 10^{-6} \div 10^{-7} \text{ eV}) \approx 10^{-30} \text{ cm}^{-2}$$

$$v_F = \sqrt{2E_F/m_e} \approx 4.6 \times 10^{-3} \quad \xi_D \equiv \sigma_e(D)/\sigma_e$$

$$\xi_D(D = 0.01 \text{ cm}) \geq 0.1$$

$$T_1 \leq 50 \text{ d}$$

E.Klein, *Relaxation Phenomena*. In: *Low-Temperature Nuclear Orientation*.

Eds. N.J.Stone and H. Postma, (North-Holland, Amsterdam, 1986) p.579.

...In insulators without electronic moments... (i.e. in pure crystals)... at millikelvin temperatures...  $T_1$  would exceed the age of the Universe...

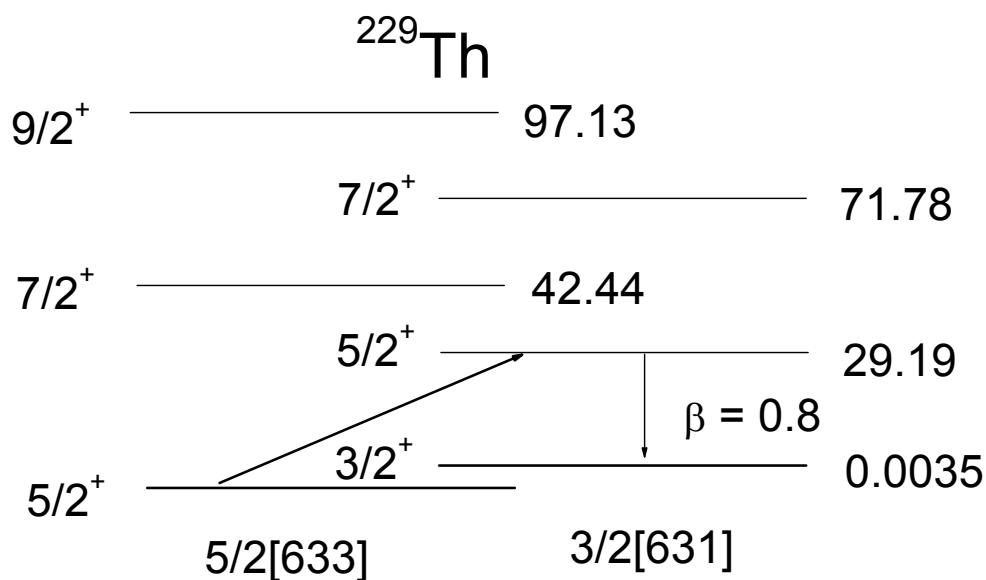
# Что делать?

1. Определить энергию изомерного уровня с точностью  $\sim 10^{-6}$  эВ
  - a) На пучке СИ, возбуждая изомер через промежуточный уровень  $5/2^+(29.19 \text{ keV})$  в диэлектрической матрице;
  - b) На оптическом синхротроне прямым возбуждением изомера.
2. Изготовить образец  $^{229}\text{Th}:\text{LiCAF}$ .
3. Измерить время спиновой релаксации  $T_1$  в  $^{229}\text{Th}:\text{LiCAF}$ .
4. Исследовать возможность влияния металлического покрытия на спиновую релаксацию в диэлектриках при криогенных температурах.
5. Подобрать лазер и осуществить «накачку» изомера.  
И т.д.

# Определение энергии изомерного уровня

Самый правильный эксперимент - возбуждение через промежуточный уровень синхротронным излучением

E.V.Tkalya et al. *Decay of the low-energy nuclear isomer  $^{229m}Th(3/2^+, 3.5\pm/-1.0$  eV) in solids (dielectrics and metals): A new scheme of experimental research.* Phys.Rev.C **61** (2000) 064308.

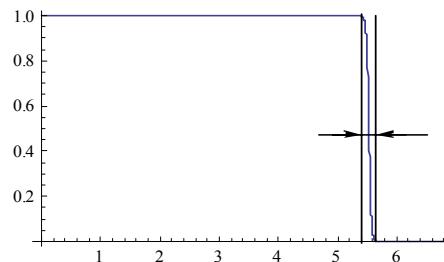


Advanced Photon Source at ANL  
Ток I = 100-300 mA,  
Энергия электронов E = 7 GeV,  
Критическая энергия  $\omega_C = 32.6$  keV

Скорость возбуждения:  
 $10^6$  ядер/с в мишени из 1 мг  $^{229}\text{Th}$

# Nuclear spin relaxation process

The Fermi-Dirac distribution for electrons



$$f_e(E) = \frac{1}{\exp\left(\frac{E - E_F}{T}\right) + 1}$$

# Nuclear Gyroscope

$^{93}\text{Nb}$ :  $I\pi=9/2^+$ ,  $\mu = 6.17 \mu_N$

$H = 10 \text{ T}$

$T = 0.02 \text{ K}$

$$E_i = \mu H m_i \quad n_i = e^{-\frac{E_i}{kT}} / \sum_i n_i \quad f_1 = \frac{1}{I} \sum_i m_i n_i = 0.894$$

$^{93}\text{Nb}_2\text{O}_5$  - dielectric,  $\Delta \approx 3.9 \text{ eV}$

$$\sigma_{M1} \approx 10^{-28} \text{ cm}^2 \quad T_1 \sim 1 \text{ h}$$

Polarization