excited state
$2^{3} P_{0}$

metastable state
$2^{3} S_{1}\left\{\begin{array}{l}F=1 / 2 \\ F=3 / 2\end{array}\right.$
ground state
$1^{1} S_{0}$

## metastability exchange collisions

$-\quad \rightarrow-\quad \vec{I}$

