

$$[L^2, L_j] = i\hbar \sum_{i \neq j} \epsilon_{ijk} (L_i L_k + L_k L_i)$$

when  $i=j$ ,  
 $\epsilon_{ijk} = 0$

How will this shake out? consider  $j=1$

$$[L^2, L_x] = i\hbar (\epsilon_{213} (L_2 L_3 + L_3 L_2) + \epsilon_{312} (L_3 L_2 + L_2 L_3))$$

$$\epsilon_{213} = -1$$

" "  
 $\epsilon_{321}$

$$\epsilon_{312} = +1$$

" "  
 $\epsilon_{123}$

$$[L^2, L_x] = 0 \quad (\text{similar for } L_y, L_z)$$

Do something with  $L_x, L_y \dots$

since  $[L_z, L_x] \neq 0, [L_z, L_y] \neq 0$ ,  
cannot have simultaneous eigenkets,  
in general.

Look at...  $L_{\pm} \equiv L_x \pm iL_y$

note:  $[L^2, L_{\pm}] = [L^2, L_x] \pm i[L^2, L_y]$   
 $= 0$

thus:  $L^2 L_{\pm} |\alpha\beta\rangle = L_{\pm} L^2 |\alpha\beta\rangle = \alpha L_{\pm} |\alpha\beta\rangle$

This means:  $L_{\pm}|\alpha\beta\rangle$  is also an eigenket of  $L^2$ , with the same eigenvalue,  $\alpha$ .

now consider whether  $L_{\pm}|\alpha\beta\rangle$  is also an eigenket of  $L_z$ . To address this, we need to evaluate the commutator of  $L_z$  with  $L_{\pm}$ :

$$\begin{aligned} [L_z, L_{\pm}] &= [L_z, L_x \pm iL_y] \\ &= [L_z, L_x] \pm i[L_z, L_y] \\ &= i\hbar L_y \pm i(-i\hbar L_x) \\ &= i\hbar L_y \pm \hbar L_x = \pm\hbar(L_x \pm iL_y) \end{aligned}$$

$$\boxed{[L_z, L_{\pm}] = \pm\hbar L_{\pm}}$$

$$\begin{aligned} \text{so, } L_z L_{\pm}|\alpha\beta\rangle &= (L_{\pm} L_z \pm \hbar L_{\pm})|\alpha\beta\rangle \\ &= (L_{\pm} \beta \pm \hbar L_{\pm})|\alpha\beta\rangle \end{aligned}$$

$$\boxed{L_z L_{\pm}|\alpha\beta\rangle = (\beta \pm \hbar) L_{\pm}|\alpha\beta\rangle}$$

conclude:  $L_{\pm}|\alpha\beta\rangle$  is an eigenket of  $L_z$ , but with an eigenvalue that has been raised to  $\beta + \hbar$  or lowered to  $\beta - \hbar$ .

$\alpha \neq \beta$  linked

$$\langle \alpha \beta | \tilde{L}_z^2 - L_z^2 | \alpha \beta \rangle = \alpha - \beta^2$$

$$= \langle \alpha \beta | (\tilde{L}_x^2 + \tilde{L}_y^2) | \alpha \beta \rangle \geq 0$$

so  $\alpha - \beta^2 \geq 0$

$\alpha \geq \beta^2$

But, can raise  $\beta$  with the raising operator:

$$\tilde{L}_+ | \alpha \beta \rangle = C_+(\alpha, \beta) | \alpha \beta + \hbar \rangle$$

At first blush, would think that could do this repeatedly, making a ket with arbitrarily high eigenvalue of  $\tilde{L}_z$ .

But  $\alpha$  still must exceed the square of that eigenvalue... a way out of this contradiction is to suggest:

$$\tilde{L}_+ | \alpha \beta_{max} \rangle = 0$$

$$\tilde{L}_- \tilde{L}_+ | \alpha \beta_{max} \rangle = 0$$

$$\tilde{L}_- \tilde{L}_+ = (\tilde{L}_x - i\tilde{L}_y)(\tilde{L}_x + i\tilde{L}_y)$$

$$= \tilde{L}_x^2 + \tilde{L}_y^2 + i(\underbrace{\tilde{L}_x \tilde{L}_y - \tilde{L}_y \tilde{L}_x}_{i\hbar \tilde{L}_z})$$

$$\tilde{L}_- \tilde{L}_+ = \tilde{L}_x^2 + \tilde{L}_y^2 - \hbar \tilde{L}_z \quad ; \quad \tilde{L}_+ \tilde{L}_- = \tilde{L}_x^2 + \tilde{L}_y^2 + \hbar \tilde{L}_z$$

but  $L^2 - L_z^2 = L_x^2 + L_y^2$

$L_+ L_- = L^2 - L_z^2 - \hbar L_z$ ;  $L_- L_+ = L^2 - L_z^2 + \hbar L_z$

and  $L_+ L_- |\alpha, \beta_{max}\rangle = (L^2 - L_z^2 - \hbar L_z) |\alpha, \beta_{max}\rangle = \alpha - \beta_{max}^2 - \hbar \beta_{max} = 0$

$\alpha = \beta_{max}(\beta_{max} + \hbar)$

Can also examine lowering; can imagine starting from the state with maximum  $\beta$  ( $\beta_{max}$ )

$L_+ |\alpha, \beta_{max}\rangle = 0$   
 $L_- |\alpha, \beta_{max}\rangle = C_-(\alpha, \beta_{max}) |\alpha, \beta_{max} - \hbar\rangle$   
 $L_-^2 |\alpha, \beta_{max}\rangle = C_-(\alpha, \beta_{max} - \hbar) C_-(\alpha, \beta_{max}) |\alpha, \beta_{max} - 2\hbar\rangle$

... eventually,  $\beta$  gets very negative, but still,  $\alpha \gg \beta_{min}^2 \leftarrow$  most negative  $\beta$  (squaring takes out the - sign)

k applications of  $L_-$

$\rightarrow$  result in  $\alpha |\alpha, \beta_{min}\rangle$

$L_- |\alpha, \beta_{min}\rangle = 0$

$L_+ L_- |\alpha, \beta_{min}\rangle = (L^2 - L_z^2 + \hbar L_z) |\alpha, \beta_{min}\rangle = 0$

$$(\alpha - \beta_{\min}^2 + \hbar \beta_{\min}) = 0$$

$$\alpha = \beta_{\min}(\beta_{\min} - \hbar) = \beta_{\max}(\beta_{\max} + \hbar)$$

$$\uparrow \quad \beta_{\min} = -\beta_{\max}$$

$$\text{and } \beta_{\max} - \beta_{\min} = 2\beta_{\max} = \hbar k$$

$$\beta_{\max} = \left(\frac{1}{2}k\right) \cdot \hbar \quad \left(\begin{array}{l} \text{half-integer} \\ \text{or integer} \end{array}\right)$$

$$\text{and } \alpha = \beta_{\max}(\beta_{\max} + \hbar)$$

$$= \hbar^2 \left(\frac{k}{2}\right) \left(\frac{k}{2} + 1\right)$$

$$-\frac{1}{2}\hbar k \leq \beta \leq \frac{1}{2}\hbar k$$

"Full Integer":  $k = 0, 2, 4, \dots$

$$\begin{array}{l} \hbar^2 \rightarrow \beta = 0\hbar \quad \beta = (0, \pm 1)\hbar \quad \beta = (0, \pm 1, \pm 2)\hbar \\ \hbar^2 \rightarrow \alpha = 0\hbar^2 \quad 1(1+1)\hbar^2 \quad 2(2+1)\hbar^2 \end{array}$$

These describe solutions to the differential equations:

$$\begin{array}{l} \hbar^2 L_z |\alpha \beta\rangle = \beta |\alpha \beta\rangle \\ \hbar^2 L^2 |\alpha \beta\rangle = \alpha |\alpha \beta\rangle \end{array} \quad \left| \quad \begin{array}{l} \hbar^2 L_z |\alpha \beta\rangle = \beta |\alpha \beta\rangle \\ \hbar^2 L^2 |\alpha \beta\rangle = \alpha |\alpha \beta\rangle \end{array} \right.$$

$$\frac{\hbar}{i} \frac{\partial}{\partial \phi} \Phi_m(\phi) = m\hbar \Phi_m(\phi) \quad \left| \quad -\hbar^2 \left( \frac{1}{\sin\theta} \frac{\partial}{\partial \theta} \sin\theta \frac{\partial}{\partial \theta} + \frac{1}{\sin^2\theta} \frac{\partial^2}{\partial \phi^2} \right) Y_l^m(\theta, \phi) \right.$$

$$= l(l+1)\hbar^2 Y_l^m(\theta, \phi)$$

$$-l \leq m \leq l \quad \text{and } \alpha = l(l+1)\hbar^2$$

For these,  $\Psi(\phi + 2\pi) = \Psi(\phi)$

"Half Integer"  $k=1, 3, 5, \dots$

→ no wave function (understood yet)

now  $s = \frac{1}{2}, \frac{3}{2}, \frac{5}{2}$  ( $s$  replaces  $l$ )

$$-s \leq m \leq s$$

To continue:  $\vec{L} \rightarrow$  always "orbital" with spatial wave function.

$\vec{S} \rightarrow$  "intrinsic spin" no spatial wave function

"Generalization"  $\vec{J} =$  either  $\vec{L}$  or  $\vec{S}$

$$\vec{J}^2 |j m\rangle = j(j+1)\hbar^2 |j m\rangle$$

$$J_z |j m\rangle = m\hbar |j m\rangle$$

$$[J_i, J_j] = i\hbar \epsilon_{ijk} J_k$$

$$J_{\pm} = J_x \pm i J_y$$

now:  $J_+ |j m\rangle = C_+(j, m) |j m+1\rangle$   
want to find.

key point:  $J_+^\dagger = (J_x + i J_y)^\dagger = J_x^\dagger - i J_y^\dagger$

adjoint this  $= J_x - i J_y = J_-$

$$\langle j m | J_- = C_+^*(j, m) \langle j m+1 |$$

$$\langle j m | J_- J_+ |j m\rangle = |C_+(j, m)|^2 \langle j m+1 | j m+1 \rangle$$

Earlier we had deduced:

$$\underline{L}_- \underline{L}_+ = \underline{J}^2 - \underline{L}_z^2 - \hbar \underline{L}_z$$

$$\langle j m | \underline{L}_- \underline{L}_+ | j m \rangle = \langle j m | (\underline{J}^2 - \underline{L}_z^2 - \hbar \underline{L}_z) | j m \rangle$$

$$|C_+(j, m)|^2 = (j(j+1)\hbar^2 - m^2\hbar^2 - m\hbar^2) \langle j m | j m \rangle$$

$$= [j(j+1) - m(m+1)] \hbar^2$$

choosing the phase as 1

$$C_+(j, m) = \sqrt{j(j+1) - m(m+1)} \hbar = \sqrt{(j-m)(j+m+1)} \hbar$$

Similarly:

$$\underline{L}_- | j m \rangle = C_-(j, m) | j m-1 \rangle$$

$$\langle j m | \underline{L}_+ \underline{L}_- | j m \rangle = |C_-(j, m)|^2 \langle j m+1 | j m-1 \rangle$$

$$\underline{L}_+ \underline{L}_- = \underline{J}^2 - \underline{L}_z^2 + \hbar \underline{L}_z$$

so  $|C_-(j, m)|^2 = [j(j+1) - m(m-1)] \hbar^2$

$$C_-(j, m) = \sqrt{j(j+1) - m(m-1)} \hbar = \sqrt{(j+m)(j-m+1)} \hbar$$

another way to say this:

$$\langle j' m' | \underline{L}_+ | j m \rangle = 0 \text{ unless } j = j'$$

$$= \delta_{j'j} \sqrt{j(j+1) - m(m+1)} \delta_{m', m+1} \hbar$$

$$\langle j' m' | \underline{L}_- | j m \rangle = \delta_{j'j} \sqrt{j(j+1) - m(m-1)} \delta_{m', m-1} \hbar$$