

Angular momentum operator $\vec{J} = (J_1, J_2, J_3)$

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

(4=1)

one diagonalises $\vec{J}^2 = J^2$ and J_z .

The basis is given by $|j m\rangle$ with $j = 0, \frac{1}{2}, 1, \dots$

$$\begin{cases} J^2 |j m\rangle = \hbar^2 j(j+1) |j m\rangle \\ J_z |j m\rangle = \hbar m |j m\rangle \end{cases} \quad m = -j, \dots, j$$

Now, there are two types of angular momentum.

$$\vec{L} (= m \vec{r} \times \vec{p})$$



In this case $j = l = 0, 1, 2, \dots$ $e^{im\varphi} = e^{im(\varphi + 2\pi)}$

But particles also have an intrinsic angular momentum, called spin:

$$\vec{S}$$

The spin $j = s = 0, \frac{1}{2}, 1, \dots$ can also be half-integer.

Integer: $s = 0, 1, 2, \dots$ bosons (Bose-Einstein statistics \rightarrow symmetric states)

half-integer: $s = \frac{1}{2}, \frac{3}{2}, \dots$ fermions (Fermi-Dirac statistics \rightarrow antisymmetric states)

Elementary particles:

$s=1$ photon, gluons, W^{\pm}, Z^0

$s=1/2$ $\begin{pmatrix} e^- \\ \nu_e \end{pmatrix}$ $\begin{pmatrix} u \\ \nu_u \end{pmatrix}$ $\begin{pmatrix} d \\ \nu_d \end{pmatrix}$ $\begin{pmatrix} u \\ d \end{pmatrix}$ $\begin{pmatrix} c \\ s \end{pmatrix}$ $\begin{pmatrix} t \\ b \end{pmatrix}$

$s=0$ The Higgs (2012)

$s=2$ The graviton (?)

Other spin values could be obtained for non-elementary hadronic states (such as the bound states of $\bar{q}q$ or of gluons...

TRIVIAL EXAMPLE: zero spin

$$S=0$$

$|0,0\rangle \equiv$ trivial ... no way to change something...

FIRST NONTRIVIAL CASE: $S=1/2$ (or the e^-)

$$\left\{ \begin{array}{l} S^z \quad m \\ | \frac{1}{2}, \frac{1}{2} \rangle \\ | \frac{1}{2}, -\frac{1}{2} \rangle \end{array} \right.$$

Very often the first entry is omitted...

Then we write

$$| \frac{1}{2} \rangle = | + \rangle = | \uparrow \rangle$$

$$| -\frac{1}{2} \rangle = | - \rangle = | \downarrow \rangle$$

$$\left\{ \begin{array}{l} S^2 | \frac{1}{2}, \pm \frac{1}{2} \rangle = \hbar^2 \frac{1}{2} (\frac{1}{2} + 1) | \frac{1}{2}, \pm \frac{1}{2} \rangle \\ S_{\pm} | \frac{1}{2}, \frac{1}{2} \rangle = \frac{\hbar}{2} | \frac{1}{2}, \frac{1}{2} \rangle \\ S_{\pm} | \frac{1}{2}, -\frac{1}{2} \rangle = -\frac{\hbar}{2} | \frac{1}{2}, -\frac{1}{2} \rangle \end{array} \right.$$

Pauli matrices:

$$\sigma_1 = \sigma_x = \begin{pmatrix} 0 & 1 \\ 1 & 0 \end{pmatrix}$$

$$\sigma_2 = \sigma_y = \begin{pmatrix} 0 & -i \\ i & 0 \end{pmatrix}$$

$$\sigma_3 = \sigma_z = \begin{pmatrix} 1 & 0 \\ 0 & 1 \end{pmatrix}$$

These are 2×2 complex matrices which fulfill important mathematical relations.

$$\sigma_x^2 = \sigma_y^2 = \sigma_z^2 = \begin{pmatrix} 1 & 0 \\ 0 & 1 \end{pmatrix} = 1_2$$

$$\vec{\sigma}^2 = \sigma_x^2 + \sigma_y^2 + \sigma_z^2 = 3 \cdot 1_2$$

$$\begin{cases} [\sigma_i, \sigma_j] = 2 \varepsilon_{ijk} \sigma_k \\ \{\sigma_i, \sigma_j\} = 2 \delta_{ij} \end{cases}$$

\Rightarrow very close to what we need...

However, strictly speaking, the Pauli matrices are simply matrices... they are not operators....

In order to make

$$|\frac{1}{2}, \frac{1}{2}\rangle = |+\rangle, |\frac{1}{2}, -\frac{1}{2}\rangle = |-\rangle.$$

$$\hat{\sigma}_z = (|+\rangle, |-\rangle) \overbrace{\begin{pmatrix} 1 & 0 \\ 0 & -1 \end{pmatrix}}^{\sigma_z} \begin{pmatrix} \langle + | \\ \langle - | \end{pmatrix}$$

$$= |+\rangle \langle + | - |-\rangle \langle - |$$

$$\begin{cases} \hat{\sigma}_z |+\rangle = |+\rangle \\ \hat{\sigma}_z |-\rangle = -|-\rangle \end{cases}$$

$$\hat{S}_z = \frac{\hbar}{2} \hat{\sigma}_z$$

$$\begin{cases} \hat{S}_z |+\rangle = \frac{\hbar}{2} |+\rangle \\ \hat{S}_z |-\rangle = -\frac{\hbar}{2} |-\rangle \end{cases}$$

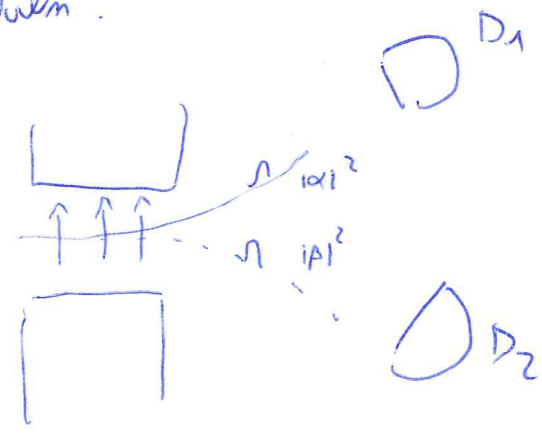
$$|\psi\rangle = \alpha|+\rangle + \beta|-\rangle$$

Measure the spin and get:

$$|\alpha|^2 \rightarrow \text{spin "up"}$$

$$|\beta|^2 \rightarrow \text{spin "down"}$$

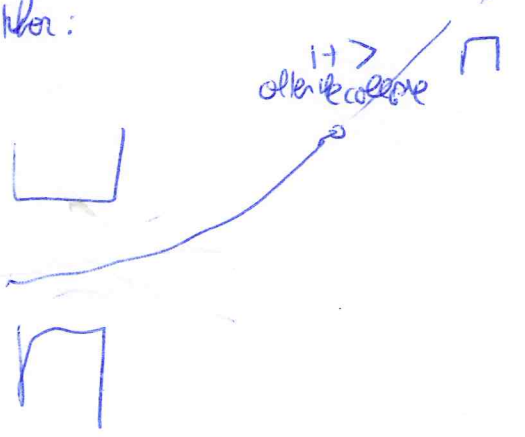
=
 $|a\rangle$



(Wave-function is of the beginning of a superposition...)

Stern-Gerlach-experiment.

For instance, D_1 makes click... $|0\rangle$ or suppose the particle goes further:



I will then measure $|+\rangle$ at each subsequent measurement.

What about \hat{S}_x and \hat{S}_y ?

$$\hat{\sigma}_x = (|+\rangle, |-\rangle) \begin{pmatrix} 0 & 1 \\ 1 & 0 \end{pmatrix} \begin{pmatrix} \langle + | \\ \langle - | \end{pmatrix} = (|+\rangle, |-\rangle) \begin{pmatrix} \langle - | \\ \langle + | \end{pmatrix}$$

$$\hat{\sigma}_x = |+\rangle \langle -| + |-\rangle \langle +|$$

$$\begin{cases} \hat{\sigma}_x |+\rangle = |-\rangle \\ \hat{\sigma}_x |-\rangle = |+\rangle \end{cases}$$

$|+\rangle, |-\rangle$ are not eigenstates. One has an interchange of them...

How do \hat{S}_x eigenstates

$$S_x = \frac{\sigma_x}{2}$$

in the operation of the spin in the x-direction.

One is still missing: \hat{S}_y .

$$\hat{\sigma}_y = (|+\rangle, |-\rangle) \begin{pmatrix} 0 & -i \\ i & 0 \end{pmatrix} \begin{pmatrix} \langle + | \\ \langle - | \end{pmatrix} = (|+\rangle, |-\rangle) \begin{pmatrix} -i \langle - | \\ i \langle + | \end{pmatrix}$$

$$= -i |+\rangle \langle - | + i |-\rangle \langle + |$$

$$\begin{cases} \hat{\sigma}_y |+\rangle = +i |-\rangle, \\ \hat{\sigma}_y |-\rangle = -i |+\rangle. \end{cases}$$

It also interchanges $|+\rangle$ to $|-\rangle$ but with some "i" involved.

$$\hat{S}_y = \frac{\hat{\sigma}_y}{2}$$

Invert:

$$|+\rangle = \frac{1}{\sqrt{2}} (|x,+\rangle + |x,-\rangle)$$

If I measure $|+\rangle$ along the x -direction I find: $+\frac{\hbar}{2}$ with prob. 50% and $-\frac{\hbar}{2}$ with prob. 50%.

Generalize:

$$|\psi\rangle = \alpha|+\rangle + \beta|-\rangle = \frac{\alpha}{\sqrt{2}} (|x,+\rangle + |x,-\rangle) + \frac{\beta}{\sqrt{2}} (|x,+\rangle - |x,-\rangle)$$

$$= \left(\frac{\alpha+\beta}{\sqrt{2}}\right) |x,+\rangle + \left(\frac{\alpha-\beta}{\sqrt{2}}\right) |x,-\rangle$$

$$\left|\frac{\alpha+\beta}{\sqrt{2}}\right|^2 \rightarrow \frac{\hbar}{2} \quad (x\text{-direction})$$

$$\left|\frac{\alpha-\beta}{\sqrt{2}}\right|^2 \rightarrow -\frac{\hbar}{2} \quad (\text{'' ''})$$

$\langle S_z \rangle_\psi = \alpha ^2 \frac{\hbar}{2} - \beta ^2 \frac{\hbar}{2}$	$= \frac{\hbar}{2} (\alpha^* \beta + \beta^* \alpha)$
$\langle S_x \rangle_\psi = \left \frac{\alpha+\beta}{\sqrt{2}}\right ^2 \frac{\hbar}{2} - \left \frac{\alpha-\beta}{\sqrt{2}}\right ^2 \frac{\hbar}{2}$	

In some cases one uses a somewhat lighter notation, which makes use of the basis $|+\rangle$ and $|-\rangle$ as privileged.

$$|\psi\rangle = \alpha|+\rangle + \beta|-\rangle \in \mathcal{F} \mapsto \vec{\psi} = \begin{pmatrix} \alpha \\ \beta \end{pmatrix} \in \mathbb{C}^2.$$

$$|+\rangle \leftrightarrow \begin{pmatrix} 1 \\ 0 \end{pmatrix}$$

$$|-\rangle \leftrightarrow \begin{pmatrix} 0 \\ 1 \end{pmatrix}$$

$$\sigma_x \begin{pmatrix} 1 \\ 0 \end{pmatrix} = + \begin{pmatrix} 1 \\ 0 \end{pmatrix}$$

$$\sigma_y \begin{pmatrix} 0 \\ 1 \end{pmatrix} = - \begin{pmatrix} 0 \\ 1 \end{pmatrix}$$

All the previous relations are somewhat easier.

For instance:

$$\langle \sigma_x \rangle_\psi = \vec{\psi}^\dagger \sigma_x \psi = (\alpha^*, \beta^*) \begin{pmatrix} 0 & 1 \\ 1 & 0 \end{pmatrix} \begin{pmatrix} \alpha \\ \beta \end{pmatrix} = \alpha^* \beta + \beta^* \alpha.$$

$$\langle \sigma_z \rangle_\psi = \psi^\dagger \sigma_z \psi = (\alpha^*, \beta^*) \begin{pmatrix} 1 & 0 \\ 0 & 1 \end{pmatrix} \begin{pmatrix} \alpha \\ \beta \end{pmatrix} = |\alpha|^2 - |\beta|^2.$$

Also for higher spin one can repeat the analysis. For instance, in the case of the spin "1":

$$|1, 1\rangle \equiv |1\rangle$$

$$|1, 0\rangle \equiv |0\rangle$$

$$|1, -1\rangle \equiv |-1\rangle$$

one introduces the matrices

$$\Sigma_x = \frac{1}{\sqrt{2}} \begin{pmatrix} 0 & 1 & 0 \\ 1 & 0 & 0 \\ 0 & 1 & 0 \end{pmatrix}, \quad \Sigma_y = \frac{1}{\sqrt{2}} \begin{pmatrix} 0 & -i & 0 \\ i & 0 & 0 \\ 0 & i & 0 \end{pmatrix}$$

$$\Sigma_z = \begin{pmatrix} 1 & 0 & 0 \\ 0 & 0 & 0 \\ 0 & 0 & -1 \end{pmatrix}$$

$$[\Sigma_i, \Sigma_j] = i \epsilon_{ijk} \Sigma_k$$

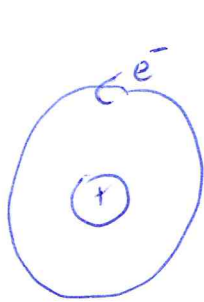
$$S_i = \hbar (|1\rangle, |0\rangle, |-1\rangle) \Sigma_i \begin{pmatrix} \langle 1| \\ \langle 0| \\ \langle -1| \end{pmatrix}$$

then all go as before. A generic state is:

$$|\psi\rangle = \alpha |1\rangle + \beta |0\rangle + \gamma |-1\rangle \equiv \begin{pmatrix} \alpha \\ \beta \\ \gamma \end{pmatrix}$$

$$\begin{array}{cc} \overset{\circ}{q} & \overset{\circ}{\bar{q}} \\ \frac{1}{2} & \frac{1}{2} \end{array}$$

Which is the ^{total} spin of the meson?



L \rightarrow which is the total angular momentum?

In general, given two angular momenta \vec{J}_1, \vec{J}_2 : how do we compose them? We assume that

The answer is "not" trivial.

The first thing is to write down the relation for \vec{J}_1 or \vec{J}_2

$$\begin{cases} \vec{J}_1^2 |J_1, m_1\rangle = J_1(J_1+1) |J_1, m_1\rangle \\ \vec{J}_2^2 |J_2, m_2\rangle = J_2(J_2+1) |J_2, m_2\rangle \end{cases}$$

Then:

$$\vec{J}_{1,z} |J_1, m_1\rangle = m_1 |J_1, m_1\rangle$$

$$m_1 = -J_1, \dots, J_1$$

$$\vec{J}_{2,z} |J_2, m_2\rangle = m_2 |J_2, m_2\rangle$$

$$m_2 = -J_2, \dots, J_2$$

Now, let us fix J_1, J_2 (Full spin = Fixed angular momentum).
(If $L \rightarrow$ "fixed").

$|m_1\rangle$

$|m_2\rangle$

Now, we can construct the states

$|m_1, m_2\rangle$

$$m_1 = -J_1, \dots, J_1$$

$$m_2 = -J_2, \dots, J_2$$

Total no. of vectors: $(2J_1 + 1)(2J_2 + 1)$.

This is OK, but these vectors are not eigenstates of

$$\vec{J}^2 \text{ with } \vec{J} = \vec{J}_1 + \vec{J}_2.$$

One has to recast them in a clever way.

$$\bar{J}_{1z} \cdot \bar{J}_{2z} |+, +\rangle = \frac{\hbar}{2} \cdot \frac{\hbar}{2} |+, +\rangle$$

$$\bar{J}_{1x} \cdot \bar{J}_{2x} |+, +\rangle = \frac{\hbar^2}{4} |-, -\rangle$$

$$\bar{J}_{1y} \cdot \bar{J}_{2y} |+, +\rangle = -\frac{\hbar^2}{4} |-, -\rangle$$

Ergo:

$$\bar{J}_1 \cdot \bar{J}_2 |+, +\rangle = \frac{\hbar^2}{4} |+, +\rangle.$$

Summary:

$$\bar{J}^2 |+, +\rangle = \left[\hbar^2 \cdot \frac{1}{2} \cdot \frac{3}{2} + \hbar^2 \cdot \frac{1}{2} \cdot \frac{3}{2} + \frac{2\hbar^2}{4} \right] |+, +\rangle$$

$$= \hbar^2 \underset{\uparrow}{1(1+1)} |+, +\rangle$$

$$J_{\text{tot}} = 1$$

The same for $|-, -\rangle$.

But not for $|+, -\rangle \dots$

$$|\psi\rangle = \frac{1}{\sqrt{2}} \left(|1+, -\rangle + |1-, +\rangle \right) \quad \text{inverted but } \vec{J}^2 \text{ has still value 1.}$$

This is because of the sign in between...

$$J_{1z} \cdot J_{2z} |\psi\rangle = \frac{\hbar^2}{4} |\psi\rangle$$

$$J_{1x} \cdot J_{2x} |\psi\rangle = \frac{1}{\sqrt{2}} \left(\frac{\hbar}{4} |1-, +\rangle + \frac{\hbar}{4} |1+, -\rangle \right) = \frac{\hbar^2}{4} |\psi\rangle$$

$$J_{1y} \cdot J_{2y} |\psi\rangle = \frac{1}{\sqrt{2}} \left(|1-, +\rangle + |1+, -\rangle \right) = \frac{\hbar^2}{4} |\psi\rangle$$

$$\bar{J}_1 \cdot \bar{J}_2 |\psi\rangle = \frac{\hbar^2}{4} |\psi\rangle$$

Put all together:

$$(\bar{J}_1 + \bar{J}_2)^2 |\psi\rangle = \left[\hbar^2 \frac{1}{2} \frac{3}{2} + \hbar^2 \frac{1}{2} \frac{3}{2} + 2 \frac{\hbar^2}{4} \right] |\psi\rangle!$$

On the contrary if we study:

$$|\psi\rangle = \frac{1}{\sqrt{2}} (|+-\rangle - |-+\rangle)$$

we find:

$$\bar{J}_{1K} \bar{J}_{2K} |\psi\rangle = -\frac{\hbar^2}{4} |\psi\rangle \quad \forall K!$$

Enqo:

$$(\bar{J}_1 + \bar{J}_2)^2 |\psi\rangle = \hbar^2 \cdot \left[\frac{1}{2} \cdot \frac{3}{2} + \frac{1}{2} \cdot \frac{3}{2} + 2 \cdot \left(-\frac{3}{4}\right) \right] |\psi\rangle = 0!!!$$

Summary:

$$|S=1 \text{ with TRIPLET} \left\{ \begin{array}{l} |S=1, m=1\rangle = |+, +\rangle \\ |S=1, m=0\rangle = \frac{1}{\sqrt{2}} \left(\begin{array}{cc} |+, 0\rangle & + & |-, +\rangle \\ \uparrow \downarrow & & \downarrow \uparrow \end{array} \right) \\ |S=1, m=-1\rangle = |-, -\rangle \end{array} \right.$$

$$\vec{J}^2 |S=1, m\rangle = \hbar^2 \cdot 1 \cdot (1+1) |S=1, m\rangle \quad \forall m$$

$$J_z |S=1, m\rangle = \hbar m |S=1, m\rangle$$

NOTE: SYMMETRIC

$$S=0 \quad |S=0, m=0\rangle = \frac{1}{\sqrt{2}} (|+, -\rangle - |-, +\rangle)$$

SINGLET

$$\vec{J}^2 |S=0, m=0\rangle = 0$$

$$J_z |S=0, m=0\rangle = 0$$

NOTE: ANTISYMMETRIC.

Comparison between $|S=0, m=0\rangle$ and $|S=1, m=0\rangle$. Only a sign \neq is present but that is crucial. If transform state with $m=1$ or 0 state will flip 0.

The symmetry is also reversed.

In general, out of \bar{J}_1 and \bar{J}_2
 (J_1, m_1) (J_2, m_2)

I can construct the basis $|m_1, m_2\rangle$ with $(2J_1+1) \cdot (2J_2+1)$ elements.

But I should then recast it differently.

$$\vec{J}_{tot} = \vec{J}_1 + \vec{J}_2$$

$$\begin{cases} J = |J_1 - J_2|, \dots, J_1 + J_2 \\ m = -J, \dots, J \end{cases}$$

↑

↑

$$|J_1 + J_2, m = J_1 + J_2\rangle = |m_1 = J_1, m_2 = J_2\rangle$$

Then I should construct all of them... rather lengthy ~~work~~ work.

Example:

\vec{L} with $l=1$, \vec{S} with $s=1$

Basiz: $|1, 1\rangle, |1, 0\rangle, \dots$

$$\vec{J} = \vec{L} + \vec{S}$$

$J = 2$
(symmetrisch)

$$\left\{ \begin{aligned} |J=2, m=2\rangle &= |1, 1\rangle \\ |J=2, m=1\rangle &= \frac{1}{\sqrt{2}}(|1, 0\rangle + |0, 1\rangle) \\ |J=2, m=0\rangle &= \alpha \left[\frac{1}{\sqrt{2}}(|1, -1\rangle + |-1, 1\rangle) \right] + \beta |0, 0\rangle \\ |J=2, m=-1\rangle &= \frac{1}{\sqrt{2}}(|-1, 0\rangle + |0, -1\rangle) \\ |J=2, m=-2\rangle &= |-1, -1\rangle \end{aligned} \right.$$

$J = 1$
(antisymmetrisch)

$$\left\{ \begin{aligned} |J=1, m=1\rangle &= \frac{1}{\sqrt{2}}(|1, 0\rangle - |0, 1\rangle) \\ |J=1, m=0\rangle &= \frac{1}{\sqrt{2}}(|1, -1\rangle - |-1, 1\rangle) \\ |J=1, m=-1\rangle &= \frac{1}{\sqrt{2}}(|-1, 0\rangle - |0, -1\rangle) \end{aligned} \right.$$

$J = 0$
(symmetrisch)

$$|J=0, m=0\rangle = |0, 0\rangle \text{ to } |J=2, m=0\rangle$$

$\alpha =$

Check:

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$$\Sigma_z |1\rangle = |1\rangle \quad \Sigma_z |0\rangle = 0 \quad \Sigma_z |-1\rangle = -|1\rangle$$

$$\Sigma_x |1\rangle = \frac{1}{\sqrt{2}} \begin{pmatrix} 0 & 1 & 0 \\ 1 & 0 & 1 \\ 0 & 1 & 0 \end{pmatrix} \begin{pmatrix} 1 \\ 0 \\ 0 \end{pmatrix} = \frac{1}{\sqrt{2}} \begin{pmatrix} 0 \\ 1 \\ 0 \end{pmatrix}$$

$$\Sigma_x |1\rangle = \frac{1}{\sqrt{2}} |0\rangle$$

$$\Sigma_x |0\rangle = \frac{1}{\sqrt{2}} \begin{pmatrix} 0 & 1 & 0 \\ 1 & 0 & 1 \\ 0 & 1 & 0 \end{pmatrix} \begin{pmatrix} 0 \\ 1 \\ 0 \end{pmatrix} = \frac{1}{\sqrt{2}} \begin{pmatrix} 1 \\ 0 \\ 1 \end{pmatrix} = \frac{1}{\sqrt{2}} (|1\rangle + |-1\rangle)$$

$$\Sigma_x |0\rangle = \frac{1}{\sqrt{2}} (|1\rangle + |-1\rangle)$$

$$\Sigma_x |-1\rangle = \frac{1}{\sqrt{2}} |0\rangle$$

$$\frac{1}{\sqrt{2}} \begin{pmatrix} 0 & 1 & 0 \\ 1 & 0 & 1 \\ 0 & 1 & 0 \end{pmatrix} \begin{pmatrix} 0 \\ 0 \\ 1 \end{pmatrix} = \frac{1}{\sqrt{2}} \begin{pmatrix} 0 \\ 1 \\ 0 \end{pmatrix}$$

$$\left\{ \begin{array}{l} \Sigma_y |1\rangle = \frac{i}{\sqrt{2}} |0\rangle \\ \Sigma_y |0\rangle = \frac{i}{\sqrt{2}} (|-1\rangle + |1\rangle) \\ \Sigma_y |-1\rangle = -\frac{i}{\sqrt{2}} |0\rangle \end{array} \right.$$

$$\frac{1}{\sqrt{2}} \begin{pmatrix} 0 & -i & 0 \\ i & 0 & -i \\ 0 & i & 0 \end{pmatrix} \begin{pmatrix} 0 \\ 1 \\ 0 \end{pmatrix} = \frac{i}{\sqrt{2}} \begin{pmatrix} -1 \\ 0 \\ 1 \end{pmatrix}$$

$$\frac{1}{\sqrt{2}} \begin{pmatrix} 0 & -i & 0 \\ i & 0 & -i \\ 0 & i & 0 \end{pmatrix} \begin{pmatrix} 0 \\ 0 \\ 1 \end{pmatrix} = -\frac{i}{\sqrt{2}} \begin{pmatrix} 0 \\ -1 \\ 0 \end{pmatrix}$$

check the state $|0,0\rangle$

$$\left(\Sigma_1^2 + \Sigma_2^2 + 2 \overset{\rightarrow}{\Sigma}_1 \overset{\rightarrow}{\Sigma}_2 \right) |0,0\rangle =$$

$$= \left[1(1+1) + 1(1+1) \right] |0,0\rangle + 2 \overset{\rightarrow}{\Sigma}_1 \overset{\rightarrow}{\Sigma}_2 |0,0\rangle$$

$$\Sigma_{1x} \Sigma_{2x} |0,0\rangle = \left(\frac{1}{\sqrt{2}} (|1\rangle + |0\rangle) \right) \left(\frac{1}{\sqrt{2}} (|+1\rangle + |-1\rangle) \right)$$

$$\Sigma_{1y} \Sigma_{2y} |0,0\rangle = \left(\frac{i}{\sqrt{2}} (|1\rangle - |-1\rangle) \right) \left(\frac{-i}{\sqrt{2}} (|+1\rangle + |-1\rangle) \right)$$

Definitely not an eigenstate !!!

$$\begin{cases} \Sigma_{1x} \Sigma_{2x} |1,-1\rangle = \frac{1}{2} |0,0\rangle \\ \Sigma_{1y} \Sigma_{2y} |1,-1\rangle = \frac{1}{2} |0,0\rangle \end{cases}$$

But:

$$\begin{aligned} \left(\Sigma_{1x} \Sigma_{2x} + \Sigma_{1y} \Sigma_{2y} \right) |0,0\rangle &= \frac{1}{2} (|1,1\rangle + |1,-1\rangle + |-1,1\rangle + |-1,-1\rangle) \\ &+ \frac{-1}{2} (|1,1\rangle - |1,-1\rangle - |-1,1\rangle + |-1,-1\rangle) \end{aligned}$$

$$|1, -1\rangle + |-1, 1\rangle$$

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Exo 10, 07 11 rot or exemple...

$$|\psi\rangle = \alpha \left[\frac{1}{\sqrt{2}} (|1, -1\rangle + |-1, 1\rangle) \right] + \beta |0, 0\rangle$$

$$\Sigma_{1z} \Sigma_{2z} |\psi\rangle = -\alpha \left[\frac{1}{\sqrt{2}} (|1, -1\rangle + |-1, 1\rangle) \right]$$

$$\Sigma_{1x} \Sigma_{2x} |\psi\rangle = \alpha \left[\frac{1}{\sqrt{2}} \left(\frac{1}{2} |0, 0\rangle + \frac{1}{2} |0, 0\rangle \right) \right] + \beta \left(\Sigma_{1x} \Sigma_{2x} |0, 0\rangle \right)$$

$+ |-1, 1\rangle + |-1, -1\rangle$

$$\Sigma_{1y} \Sigma_{2y} |\psi\rangle = \alpha \left[\frac{1}{\sqrt{2}} \left(\frac{1}{2} |0, 0\rangle + \frac{1}{2} |0, 0\rangle \right) \right] + \beta \Sigma_{1y} \Sigma_{2y} |0, 0\rangle$$

Sum:

$$(\Sigma_{1z} \Sigma_{2z} + \Sigma_{1x} \Sigma_{2x} + \Sigma_{1y} \Sigma_{2y}) |\psi\rangle =$$

$$= -\alpha \frac{1}{\sqrt{2}} (|1, -1\rangle + |-1, 1\rangle) + \alpha \frac{1}{\sqrt{2}} (|0, 0\rangle) + \alpha \frac{1}{\sqrt{2}} (|0, 0\rangle)$$

$$+ \beta [|1, -1\rangle + |-1, 1\rangle]$$

$$= (\sqrt{2}\beta - \alpha) \left[\frac{1}{\sqrt{2}} (|1, -1\rangle + |-1, 1\rangle) \right] + \sqrt{2}\alpha |0, 0\rangle$$

$$\begin{cases} \sqrt{2}\beta - \alpha = \lambda\alpha \\ \sqrt{2}\alpha = \lambda\beta \end{cases}$$

$$|\alpha|^2 + |\beta|^2 = 1.$$

$$\alpha = \frac{\lambda}{\sqrt{2}}\beta$$

$$\sqrt{2}\beta - \frac{\lambda}{\sqrt{2}}\beta = \lambda \cdot \frac{\lambda}{\sqrt{2}}\beta$$

$$\sqrt{2}\lambda^2 \cdot \frac{\beta}{\sqrt{2}} + \lambda \cdot \frac{\beta}{\sqrt{2}} - \sqrt{2}\beta \rightarrow \text{eliminate } \beta$$

$$\lambda^2 + \frac{\lambda}{\sqrt{2}} - \sqrt{2} = 0$$

$$\lambda^2 + \lambda - 2 = 0$$

$$\lambda = \frac{-1 \pm \sqrt{1 - 4 \cdot (-2)}}{2} = \frac{-1 \pm 3}{2} = \begin{cases} 1 \\ -2 \end{cases}$$

$$\boxed{\lambda = 1}$$

$$\boxed{\lambda = -2} \text{ in the other case...}$$

Ergo "almost done":

$$\lambda = -1$$

$$\alpha = \beta = \frac{1}{\sqrt{2}} \quad \checkmark$$

$$\lambda = -2$$

$$\sqrt{2} \alpha = -2 \beta$$

$$\alpha = \frac{-2}{\sqrt{2}} \beta = -\sqrt{2} \beta$$

$$\alpha^2 + \beta^2 = 1$$

$$2\beta^2 + \beta^2 = 1$$

$$\beta = \frac{1}{\sqrt{3}}$$

$$\alpha = \frac{\sqrt{2}}{\sqrt{3}}$$