

Step-1

Consider the matrix F with 3 columns:

$$F = \begin{bmatrix} 1 & 1 & 1 \\ 1 & \omega & \omega^2 \\ 1 & \omega^2 & \omega^4 \end{bmatrix}$$

Consider the matrix P as follows:

$$P = \begin{bmatrix} 1 & 0 & 0 \\ 0 & 0 & 1 \\ 0 & 1 & 0 \end{bmatrix}$$

This gives:

$$\begin{aligned} FP &= \begin{bmatrix} 1 & 1 & 1 \\ 1 & \omega & \omega^2 \\ 1 & \omega^2 & \omega^4 \end{bmatrix} \begin{bmatrix} 1 & 0 & 0 \\ 0 & 0 & 1 \\ 0 & 1 & 0 \end{bmatrix} \\ &= \begin{bmatrix} 1 & 1 & 1 \\ 1 & \omega^2 & \omega \\ 1 & \omega^4 & \omega^2 \end{bmatrix} \\ &= \begin{bmatrix} 1 & 1 & 1 \\ 1 & \bar{\omega} & \bar{\omega}^2 \\ 1 & \bar{\omega}^2 & \bar{\omega}^4 \end{bmatrix} \\ &= \bar{F} \end{aligned}$$

Step-2

The permutation matrix should be such that the first row and the first column of FP should be made up of 1's only.

Therefore, the first row first entry column entry of P should be 1 and all other entries in the first row and first column should be obviously zeros.

Now the complex conjugate of ω is ω^{n-1} , The complex conjugate of ω^2 is ω^{n-2} and so on!

This gives us the idea about how the permutation matrix should be.

Step-3

Suppose F is as follows:

$$F = \begin{bmatrix} 1 & 1 & 1 & \dots & \dots & 1 \\ 1 & \omega & \omega^2 & \dots & \dots & \omega^{n-1} \\ 1 & \omega^2 & \omega^4 & \dots & \dots & \omega^{2n-2} \\ 1 & \omega^3 & \omega^6 & \dots & \dots & \omega^{3n-3} \\ \vdots & \vdots & \vdots & \vdots & \vdots & \vdots \\ 1 & \omega^{n-1} & \omega^{2n-2} & \dots & \dots & \omega^{(n-1)^2} \end{bmatrix}$$

Then we get P as follows:

$$P = \begin{bmatrix} 1 & 0 & 0 & \dots & 0 & 0 \\ 0 & 0 & 0 & \dots & 0 & 1 \\ 0 & 0 & 0 & \dots & 1 & 0 \\ \dots & \dots & \dots & \dots & \dots & \dots \\ 0 & 0 & 1 & 0 & 0 & 0 \\ 0 & 1 & 0 & \dots & \dots & 0 \end{bmatrix}$$

Step-4

To obtain F^2 we can proceed as follows:

$$F\overline{F} = nI$$

$$F(FP) = nI$$

$$F^2P = nI$$

$$F^2 = nIP^{-1}$$

That is, $F^2 = nP^{-1}$. Similarly, $F^4 = n^2(P^{-1})^2$.