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$$\begin{aligned}\hat{\vec{R}} \cdot \hat{\vec{L}} &= \hat{X}\hat{L}_x + \hat{Y}\hat{L}_y + \hat{Z}\hat{L}_z = \hat{X}(\hat{Y}\hat{P}_z - \hat{Z}\hat{P}_y) + \hat{Y}(\hat{Z}\hat{P}_x - \hat{X}\hat{P}_z) + \hat{Z}(\hat{X}\hat{P}_y - \hat{Y}\hat{P}_x) \\ &= (\hat{X}\hat{Y} - \hat{Y}\hat{X})\hat{P}_z + (\hat{Z}\hat{X} - \hat{X}\hat{Z})\hat{P}_y + (\hat{Y}\hat{Z} - \hat{Z}\hat{Y})\hat{P}_x = [\hat{X}, \hat{Y}]\hat{P}_z + [\hat{Z}, \hat{X}]\hat{P}_y + [\hat{Y}, \hat{Z}]\hat{P}_x = 0\end{aligned}$$

$$\begin{aligned}\hat{\vec{P}} \cdot \hat{\vec{L}} &= \hat{P}_x\hat{L}_x + \hat{P}_y\hat{L}_y + \hat{P}_z\hat{L}_z = \hat{P}_x(\hat{Y}\hat{P}_z - \hat{Z}\hat{P}_y) + \hat{P}_y(\hat{Z}\hat{P}_x - \hat{X}\hat{P}_z) + \hat{P}_z(\hat{X}\hat{P}_y - \hat{Y}\hat{P}_x) \\ &= \hat{P}_x\hat{Y}\hat{P}_z - \hat{P}_x\hat{Z}\hat{P}_y + \hat{P}_y\hat{Z}\hat{P}_x - \hat{P}_y\hat{X}\hat{P}_z + \hat{P}_z\hat{X}\hat{P}_y - \hat{P}_z\hat{Y}\hat{P}_x = 0\end{aligned}$$

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