

① Find the eigenvalues by solving the characteristic equation:

$$C\vec{v} = \lambda\vec{v} \Rightarrow (C - \lambda I)\vec{v} = \vec{0} \quad (*)$$

$$\det(C - \lambda I) = 0$$

$$C - \lambda I = \begin{pmatrix} -\Lambda & 1 & 0 \\ 1 & -\Lambda & 1 \\ 0 & 1 & -\Lambda \end{pmatrix} \frac{1}{\sqrt{2}} \quad \text{where } \Lambda/\sqrt{2} = \lambda$$

$$\begin{aligned} \det(C - \lambda I) &= -\Lambda(\Lambda^2 - 1) + 1(0 + \Lambda) + 0 = 0 \\ &= -\Lambda^3 + 2\Lambda = 0 \Rightarrow \Lambda = 0 \text{ or } \Lambda^2 = 2 \end{aligned}$$

$$\text{so } \Lambda = 0, \pm\sqrt{2} \text{ so } \boxed{\lambda = 0, \pm 1}$$

substitute back into (\*) to find the eigenvectors  $\vec{v}$ :

i.  $\lambda = \pm 1$  solution, write  $\vec{v}_{\pm 1} = \begin{pmatrix} a \\ b \\ c \end{pmatrix}$

$$\frac{1}{\sqrt{2}} \begin{pmatrix} \mp\sqrt{2} & 1 & 0 \\ 1 & \mp\sqrt{2} & 1 \\ 0 & 1 & \mp\sqrt{2} \end{pmatrix} \begin{pmatrix} a \\ b \\ c \end{pmatrix} = \begin{pmatrix} 0 \\ 0 \\ 0 \end{pmatrix}$$

$$\begin{aligned} \Rightarrow \quad \pm\sqrt{2}a &= b & \pm\sqrt{2}c &= b \\ a &= c = \pm b/\sqrt{2} \end{aligned}$$

$$\boxed{\vec{v}_{\pm 1} = \frac{1}{2} \begin{pmatrix} 1 \\ \pm\sqrt{2} \\ 1 \end{pmatrix}}$$

ii.  $\lambda = 0$  solution:

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

$$\begin{aligned} b &= 0 \\ a + c &= 0 \end{aligned}$$

$$\boxed{\vec{v}_0 = \frac{1}{\sqrt{2}} \begin{pmatrix} 1 \\ 0 \\ -1 \end{pmatrix}}$$

eigenvalues are  $-1, 0, +1$  (quantized in integer steps and run from  $-j$  to  $+j$ , where  $j=1$ ) so conclude this is an angular momentum operator for a spin-one system (specifically it's  $J_x$  in the basis of  $J_z$  eigenstates) (but that is not something you're expected to guess!)

②  $A = \begin{pmatrix} a & 0 & 0 \\ 0 & -a & 0 \\ 0 & 0 & -a \end{pmatrix} \quad B = \begin{pmatrix} b & 0 & 0 \\ 0 & 0 & -ib \\ 0 & ib & 0 \end{pmatrix}$

a. to see if B is degenerate, check to see if it has any repeated eigenvalues:

$$\det(B - \lambda I) = 0$$

$$\begin{vmatrix} b-\lambda & 0 & 0 \\ 0 & -\lambda & -ib \\ 0 & ib & -\lambda \end{vmatrix} = (b-\lambda)(\lambda^2 - b^2) = 0$$

$$b - \lambda = 0 \quad \text{or} \quad \lambda^2 - b^2 = 0$$

$$b = \lambda \quad \text{or} \quad (\lambda - b)(\lambda + b) = 0$$

$$\lambda = b \quad \text{or} \quad \lambda = -b$$

repeated!

yes, degenerate

b. check  $[A, B] = AB - BA = 0$

$$[A, B] = ab \left\{ \begin{pmatrix} 1 & 0 & 0 \\ 0 & -1 & 0 \\ 0 & 0 & -1 \end{pmatrix} \begin{pmatrix} 1 & 0 & 0 \\ 0 & 0 & -i \\ 0 & i & 0 \end{pmatrix} - \begin{pmatrix} 1 & 0 & 0 \\ 0 & 0 & -i \\ 0 & i & 0 \end{pmatrix} \begin{pmatrix} 1 & 0 & 0 \\ 0 & -1 & 0 \\ 0 & 0 & -1 \end{pmatrix} \right\}$$

$$[A, B] = ab \left\{ \begin{pmatrix} 1 & 0 & 0 \\ 0 & 0 & i \\ 0 & -i & 0 \end{pmatrix} - \begin{pmatrix} 1 & 0 & 0 \\ 0 & 0 & i \\ 0 & -i & 0 \end{pmatrix} \right\} = 0$$

$$[A, B] = 0$$

c. so, naively one might look at A and just write down its

eigenstates by inspection as:

which is a perfectly correct

set of eigenstates! but

$$\begin{pmatrix} 1 \\ 0 \\ 0 \end{pmatrix}$$

$$\lambda = +a$$

$$\begin{pmatrix} 0 \\ 1 \\ 0 \end{pmatrix}$$

$$\lambda = -a$$

$$\begin{pmatrix} 0 \\ 0 \\ 1 \end{pmatrix}$$

$$\lambda = -a$$

they are clearly not eigenstates of B, even though

A & B commute. this subtlety is due to the degeneracy of the system — since degeneracy means that neither

A nor B have unique eigenstates, there are some

e'states of A that are not e'states of B, and vice

versa. (you may recall that degeneracy is the

exceptional case we must pay attention to when arguing that commuting observables share eigenstates,

$$A|\vec{v}_a\rangle = \alpha|\vec{v}_a\rangle$$

$$[A, B] = AB - BA = 0$$

$$BA|\vec{v}_a\rangle = AB|\vec{v}_a\rangle$$

$$A[B|\vec{v}_a\rangle] = \alpha[B|\vec{v}_a\rangle]$$

$\Rightarrow$  either  $B|\vec{v}_a\rangle \propto |\vec{v}_a\rangle$ , shared eigenstate  
or  $B|\vec{v}_a\rangle$  is not proportional to  $|\vec{v}_a\rangle$ , but  
is a distinct eigenstate of  $A$  with the  
same (degenerate!) eigenvalue  $\alpha$ .

let's try to find a simultaneous eigenbasis for these  
two observables by writing down a general set of  
eigenvectors for  $A$ :

$$\lambda = \pm a$$

for  $\lambda = +a$ ,

$$(A - \lambda I)|\vec{v}_a\rangle = \begin{pmatrix} 0 & 0 & 0 \\ 0 & -2a & 0 \\ 0 & 0 & -2a \end{pmatrix} \begin{pmatrix} x \\ y \\ z \end{pmatrix} = \begin{pmatrix} 0 \\ 0 \\ 0 \end{pmatrix} \quad y = z = 0$$

$$|\vec{v}_{+a}\rangle = \begin{pmatrix} 1 \\ 0 \\ 0 \end{pmatrix}$$

check compatibility with  $B$ :

$$B|\vec{v}_a\rangle = \begin{pmatrix} b & 0 & 0 \\ 0 & 0 & -ib \\ 0 & ib & 0 \end{pmatrix} \begin{pmatrix} 1 \\ 0 \\ 0 \end{pmatrix} = b \begin{pmatrix} 1 \\ 0 \\ 0 \end{pmatrix} = b|\vec{v}_a\rangle$$

so  $\boxed{|\vec{v}_{+a, tb}\rangle = \begin{pmatrix} 1 \\ 0 \\ 0 \end{pmatrix}}$

already an  
e'state of  $B$ !

for  $\lambda = -a$ ,

$$(A - \lambda I)|\vec{v}_{-a}\rangle = \begin{pmatrix} 2a & 0 & 0 \\ 0 & 0 & 0 \\ 0 & 0 & 0 \end{pmatrix} \begin{pmatrix} x \\ y \\ z \end{pmatrix} = \begin{pmatrix} 0 \\ 0 \\ 0 \end{pmatrix} \quad x = 0$$

so generally the  $\lambda = -a$  eigenvalue is described by  
a two-dimensional degenerate subspace,

$$|\vec{v}_{-a}\rangle = \begin{pmatrix} 0 \\ y \\ z \end{pmatrix} \quad \text{valid } \forall y, z$$

let's fix  $y \hat{=} z$  by demanding compatibility with  $B$ .  
 since we already found  $\begin{pmatrix} 0 \\ 1 \\ 0 \end{pmatrix}$  corresponds to:

$$B \begin{pmatrix} 0 \\ 1 \\ 0 \end{pmatrix} = b \begin{pmatrix} 0 \\ 1 \\ 0 \end{pmatrix}$$

we have covered one of the two  $\lambda = b$  eigenvalues, and  
 must find an eigenvector for the other  $\lambda = b$  case  $\hat{=}$   
 for  $\lambda = -b$

i.  $\lambda = b$

$$(B - bI) \begin{pmatrix} 0 \\ x \\ y \end{pmatrix} = \begin{pmatrix} 0 \\ 0 \\ 0 \end{pmatrix}$$

$$\begin{pmatrix} 0 & 0 & 0 \\ 0 & -b & -ib \\ 0 & ib & -b \end{pmatrix} \begin{pmatrix} 0 \\ x \\ y \end{pmatrix} = \begin{pmatrix} 0 \\ 0 \\ 0 \end{pmatrix} \Rightarrow$$

$$x = -iy$$

$$ix = y \quad x = \frac{1}{\sqrt{2}}, y = \frac{i}{\sqrt{2}} \text{ for normalization}$$

$$\text{so } |\vec{V}_{-a,+b}\rangle = \frac{1}{\sqrt{2}} \begin{pmatrix} 0 \\ 1 \\ i \end{pmatrix}$$

ii.  $\lambda = -b$

$$\cancel{\lambda = b} (B + bI) \begin{pmatrix} 0 \\ x \\ y \end{pmatrix} = \begin{pmatrix} 0 \\ 0 \\ 0 \end{pmatrix}$$

$$\begin{pmatrix} 2b & 0 & 0 \\ 0 & b - ib & 0 \\ 0 & ib & b \end{pmatrix} \begin{pmatrix} 0 \\ x \\ y \end{pmatrix} = \begin{pmatrix} 0 \\ b(x - iy) \\ b(ix + y) \end{pmatrix} = \begin{pmatrix} 0 \\ 0 \\ 0 \end{pmatrix} \quad x = iy$$

$$|\vec{V}_{-a,-b}\rangle = \frac{1}{\sqrt{2}} \begin{pmatrix} 0 \\ 1 \\ -i \end{pmatrix}$$

③ consider the ket:  $|v\rangle = |\alpha\rangle + \lambda|\beta\rangle$   
 by the Hilbert space axioms,  $\langle v|v\rangle \geq 0$

$$\langle v|v\rangle = [\langle\alpha| + \lambda^*\langle\beta|][|\alpha\rangle + \lambda|\beta\rangle]$$

$$\langle v|v\rangle = \langle\alpha|\alpha\rangle + \lambda\langle\alpha|\beta\rangle + \lambda^*\langle\beta|\alpha\rangle + \lambda^*\lambda\langle\beta|\beta\rangle$$

$$\langle v|v\rangle = |\alpha|^2 + \lambda\langle\alpha|\beta\rangle + \lambda^*\langle\alpha|\beta\rangle^* + \lambda^*\lambda|\beta|^2$$

$\uparrow$  from  $\langle\alpha|\beta\rangle = \langle\beta|\alpha\rangle^*$

so:

$$|\alpha|^2 + \lambda\langle\alpha|\beta\rangle + \lambda^*\langle\alpha|\beta\rangle^* + \lambda\lambda^*|\beta|^2 \geq 0 \quad (*)$$

to choose  $\lambda$ , exploit the fact that the ~~LHS~~ LHS  
 is always greater than <sup>or equal to</sup> zero & extremize it with  
 respect to  $\lambda$ , meaning:

$$f(\lambda, \lambda^*) \equiv |\alpha|^2 + \lambda\langle\alpha|\beta\rangle + \lambda^*\langle\alpha|\beta\rangle^* + \lambda\lambda^*|\beta|^2$$

$$f(\lambda, \lambda^*) \geq 0$$

$$\frac{df}{d\lambda} = \langle\alpha|\beta\rangle + \lambda^*|\beta|^2 = 0$$

$$\frac{d^2f}{d\lambda^2} = |\beta|^2 > 0 \text{ so minimum at:}$$

$$\lambda^* = -\frac{1}{|\beta|^2}\langle\alpha|\beta\rangle \text{ so } \lambda = -\frac{1}{|\beta|^2}\langle\alpha|\beta\rangle^*$$

is the value of  $\lambda$  that minimizes  $f(\lambda, \lambda^*)$ , getting  
 it as close as possible to the lower bound of zero

(can think of this as a method for getting the most information  
 out of an inequality as possible, like in variational methods)  
 sub  $\lambda$  into (\*)

$$|\alpha|^2 - \frac{1}{|\beta|^2}|\langle\alpha|\beta\rangle|^2 - \frac{1}{|\beta|^2}|\langle\alpha|\beta\rangle|^2 + \left(\frac{1}{|\beta|^2}\right)^2|\langle\alpha|\beta\rangle|^2|\beta|^2 \geq 0$$

$$|\alpha|^2 - \frac{2}{|\beta|^2}|\langle\alpha|\beta\rangle|^2 + \frac{1}{|\beta|^2}|\langle\alpha|\beta\rangle|^2 \geq 0$$

$$|\alpha|^2 \geq \frac{1}{|\beta|^2}|\langle\alpha|\beta\rangle|^2$$

we recover the Schwarz inequality:

$$|\alpha||\beta| \geq |\langle\alpha|\beta\rangle|$$

④ consider the volume integral over all of 3D space:

$$I \equiv \int d^3r \frac{\partial |\psi|^2}{\partial t} = \int d^3r \left[ \frac{\partial}{\partial t} (\psi \cdot \psi^*) \right]$$

$$I = \int d^3r \left[ \psi^* \frac{\partial \psi}{\partial t} + \psi \frac{\partial \psi^*}{\partial t} \right]$$

from the Schrödinger equation,

$$i\hbar \frac{\partial \psi}{\partial t} = -\frac{\hbar^2}{2m} \nabla^2 \psi + V \cdot \psi$$

assume potential is real

$$\frac{\partial \psi}{\partial t} = \frac{i\hbar}{2m} \nabla^2 \psi - \frac{i}{\hbar} V \psi$$

$$\frac{\partial \psi^*}{\partial t} = -\frac{i\hbar}{2m} \nabla^2 \psi^* + \frac{i}{\hbar} V \psi^*$$

$$I = \int d^3r \left[ \frac{i\hbar}{2m} \psi^* \nabla^2 \psi - \frac{i}{\hbar} V \psi^* \psi - \frac{i\hbar}{2m} \psi \nabla^2 \psi^* + \frac{i}{\hbar} V \psi \psi^* \right]$$

$$I = \frac{i\hbar}{2m} \int d^3r \underbrace{(\psi^* \nabla^2 \psi - \psi \nabla^2 \psi^*)}_{\equiv K}$$

$$K = \psi^* \partial_i \partial_i \psi - \psi \partial_i \partial_i \psi^*$$

product rule / IBP

$$K = \partial_i (\psi^* \partial_i \psi) - (\partial_i \psi^*) (\partial_i \psi) - [\partial_i (\psi \partial_i \psi^*) - (\partial_i \psi) (\partial_i \psi^*)]$$

$$K = \vec{\nabla} \cdot (\psi^* \vec{\nabla} \psi) - (\vec{\nabla} \psi^*) \cdot (\vec{\nabla} \psi) - \vec{\nabla} \cdot (\psi \vec{\nabla} \psi^*) + (\vec{\nabla} \psi) \cdot (\vec{\nabla} \psi^*)$$

$$K = \vec{\nabla} \cdot (\psi^* \vec{\nabla} \psi - \psi \vec{\nabla} \psi^*)$$

$$I = \frac{i\hbar}{2m} \int d^3r \vec{\nabla} \cdot (\psi^* \vec{\nabla} \psi - \psi \vec{\nabla} \psi^*)$$

$$I = - \int d^3r \vec{\nabla} \cdot \left[ \frac{i\hbar}{2m} (\psi \vec{\nabla} \psi^* - \psi^* \vec{\nabla} \psi) \right] = \int d^3r \frac{\partial |\psi|^2}{\partial t}$$

so may identify:  $\partial |\psi|^2 / \partial t = -\vec{\nabla} \cdot \vec{j}$

$$\boxed{\vec{j} = \frac{i\hbar}{2m} (\psi \vec{\nabla} \psi^* - \psi^* \vec{\nabla} \psi)}$$

as  $|\psi|^2$  is the probability density, may interpret:

(volume  $V$ , rigid, bounded by surface  $S$ )

$$\int_V d^3r \frac{\partial |\psi|^2}{\partial t} = - \int_V d^3r \vec{\nabla} \cdot \vec{j}$$

div. theorem

$$\int_V d^3r \frac{\partial |\psi|^2}{\partial t} = - \oint_S d\vec{S} \cdot \vec{j}$$

rate of change  
of probability that  
particle is within  
some volume  $V$

= - (Flow of probability  
out of the surface)

so  $\vec{j}$  represents a probability current density

calculate  $\vec{j}$  for  $\psi(\vec{r}) = A e^{i\vec{p}\cdot\vec{r}/\hbar} + B e^{-i\vec{p}\cdot\vec{r}/\hbar}$   
+  $\vec{p}$  component
-  $\vec{p}$  component

$$\psi^*(\vec{r}) = A^* e^{-i\vec{p}\cdot\vec{r}/\hbar} + B^* e^{i\vec{p}\cdot\vec{r}/\hbar}$$

$$\vec{\nabla}\psi = \frac{i\vec{p}}{\hbar} (A e^{i\vec{p}\cdot\vec{r}/\hbar} - B e^{-i\vec{p}\cdot\vec{r}/\hbar})$$

$$\vec{\nabla}\psi^* = -\frac{i\vec{p}}{\hbar} (A^* e^{-i\vec{p}\cdot\vec{r}/\hbar} - B^* e^{i\vec{p}\cdot\vec{r}/\hbar})$$

writing  $\phi \equiv i\vec{p}\cdot\vec{r}/\hbar$  for brevity,  $\vec{\phi} \equiv i\vec{p}/\hbar$  (sorry this notation sucks)

$$\begin{aligned}\psi \vec{\nabla}\psi^* &= -\vec{\phi} \cdot (A e^{\phi} + B e^{-\phi}) (A^* e^{-\phi} - B^* e^{\phi}) \\ &= -\vec{\phi} \cdot (|A|^2 - AB^* e^{2\phi} + A^* B e^{-2\phi} - |B|^2)\end{aligned}$$

$$\begin{aligned}\psi^* \vec{\nabla}\psi &= +\vec{\phi} \cdot (A^* e^{-\phi} + B^* e^{\phi}) (A e^{\phi} - B e^{-\phi}) \\ &= +\vec{\phi} \cdot (|A|^2 - A^* B e^{-2\phi} + B^* A e^{2\phi} - |B|^2)\end{aligned}$$

$$\vec{j} = \frac{i\hbar}{2m} (\psi \vec{\nabla}\psi^* - \psi^* \vec{\nabla}\psi)$$

$$\vec{j} = -\frac{i\hbar}{2m} \vec{\phi} \cdot [ |A|^2 - AB^* e^{2\phi} + A^* B e^{-2\phi} - |B|^2 + |A|^2 - A^* B e^{-2\phi} + B^* A e^{2\phi} - |B|^2 ]$$

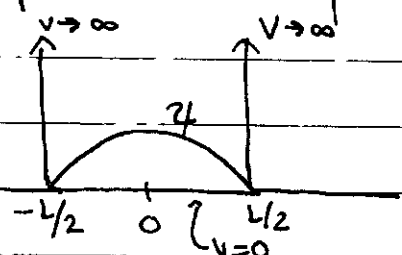
$$\vec{j} = -\frac{i\hbar}{2m} \vec{\phi} \cdot (|A|^2 - |B|^2) = -\frac{i\hbar}{m} \cdot \left(\frac{i\vec{p}}{\hbar}\right) \cdot (|A|^2 - |B|^2)$$

$$\boxed{\vec{j} = \frac{\vec{p}}{m} (|A|^2 - |B|^2)}$$

so  $|A|^2$  amount moves with  $+\vec{p}/m$  and  
 $|B|^2$  //  $-\vec{p}/m$

may interpret this as probability flowing in diff. directions from the two momentum components, with speed  $|\vec{p}/m|$ , effectively

- ⑤ particle initially in ground state of a well of width  $L$



centered on the origin, with wavefunction:

$$\psi_{0,L}(x) = \begin{cases} \sqrt{\frac{2}{L}} \cos(\pi x/L) & -L/2 \leq x \leq L/2 \\ 0 & \text{otherwise} \end{cases}$$

the well suddenly expands to span from  $-L$  to  $L$ .

can find the ground state of the new well by sending  $L \rightarrow 2L$  in  $\psi_{0,L}(x)$  above:

$$\psi_{0,2L}(x) = \begin{cases} \sqrt{\frac{1}{L}} \cos\left(\frac{\pi x}{2L}\right) & -L \leq x \leq L \\ 0 & \text{otherwise} \end{cases}$$

the particle's wavefunction is unchanged. the probability it will be observed in the ground state of the new well is:

$$P = |\langle \psi_{0,2L} | \psi_{0,L} \rangle|^2$$

$$\langle \psi_{0,2L} | \psi_{0,L} \rangle = \int_{-\infty}^{+\infty} dx \psi_{0,2L}^*(x) \psi_{0,L}(x)$$

the integral is only non-zero between  $-L/2$  &  $L/2$  due to  $\psi_{0,L}$ :

$$\langle \psi_{0,2L} | \psi_{0,L} \rangle = \int_{-L/2}^{+L/2} dx \sqrt{\frac{1}{L}} \cos\left(\frac{\pi x}{2L}\right) \sqrt{\frac{2}{L}} \cos\left(\frac{\pi x}{L}\right)$$

$$\begin{aligned} \langle \psi_{0,2L} | \psi_{0,L} \rangle &= \frac{\sqrt{2}}{L} \cdot \frac{2L}{\pi} \int_{-\pi/4}^{+\pi/4} d\theta \cos(\theta) \cos(2\theta) \quad \text{even} \\ &= \frac{4\sqrt{2}}{\pi} \int_0^{\pi/4} d\theta \cos\theta \cdot [1 - 2\sin^2\theta] \end{aligned}$$

$$\begin{aligned} \langle \psi_{0,2L} | \psi_{0,L} \rangle &= \frac{4\sqrt{2}}{\pi} \int_0^{1/\sqrt{2}} du \cdot (1 - 2u^2) \\ &= \frac{4\sqrt{2}}{\pi} \left[ u - \frac{2}{3}u^3 \right]_0^{1/\sqrt{2}} \\ &= \frac{4\sqrt{2}}{\pi} \left( \frac{1}{\sqrt{2}} - \frac{2}{3} \cdot \frac{1}{2} \frac{1}{\sqrt{2}} \right) = \frac{4}{\pi} \left( 1 - \frac{1}{3} \right) = \frac{4}{\pi} \cdot \frac{2}{3} \end{aligned}$$

$$\langle \psi_{0,2L} | \psi_{0,L} \rangle = 8/3\pi \quad \text{so}$$

$$P = \left( \frac{8}{3\pi} \right)^2$$



⑥  $[J, Q] \neq 0$  write this non-zero quantity as some  $\alpha$ ,  
(generally a g-number)  
 $JQ = QJ + \alpha$

$$[J, H] = 0 \quad [Q, H] = 0$$

consider an energy eigenstate,

$$H|\chi\rangle = E|\chi\rangle$$

$$[J, H] = 0 \Rightarrow JH = HJ$$

$$HJ|\chi\rangle = JH|\chi\rangle$$

$$H[J|\chi\rangle] = E[J|\chi\rangle] \quad \text{either } J|\chi\rangle \propto |\chi\rangle \text{ or } H \text{ is degenerate}$$

( $J|\chi\rangle$  not proportional to  $|\chi\rangle$  but a distinct eigenstate w/ same  $E$ )

assume NOT degenerate, so  $J|\chi\rangle = j|\chi\rangle$

similarly,

$$[Q, H] = 0 \Rightarrow H[Q|\chi\rangle] = E[Q|\chi\rangle]$$

so if  $H$  not degenerate,  $Q|\chi\rangle \propto |\chi\rangle$ , write:

$$Q|\chi\rangle = g|\chi\rangle$$

then:

$$JQ|\chi\rangle = J[g|\chi\rangle] = gJ|\chi\rangle$$

$$QJ|\chi\rangle = Q[j|\chi\rangle] = gj|\chi\rangle$$

$$\text{so } (JQ - QJ)|\chi\rangle = 0$$

$$[J, Q]|\chi\rangle = 0 \quad \text{but } [J, Q] \neq 0 !$$

could claim  $\alpha|\chi\rangle = 0$  for  $\alpha \neq 0$ , so  $\alpha$  annihilates 0,  
but would have to hold for all energy eigenstates of  $H$ ; since  
~~these~~ these form a complete basis,  $\alpha$  annihilates every  
state in the Hilbert space, and the only operator that  
does this is 0, and we assumed  $\alpha \neq 0$ , contradiction!

so  $H$  must be degenerate

example:  $J = L_x$ ,  $Q = L_z$ , for simple hydrogen atom  $H$   
(all different  $m_l$  states for a given  $n \neq l$   
are degenerate).