

$$P_{\equiv i,j} = \begin{pmatrix} & & \overset{i}{\downarrow} & & \overset{j}{\downarrow} & & \\ 1 & \dots & 0 & \dots & 0 & \dots & 0 \\ \vdots & \ddots & \vdots & & \vdots & & \vdots \\ 0 & \dots & 0 & \dots & 1 & \dots & 0 \\ \vdots & & \vdots & \ddots & \vdots & & \vdots \\ 0 & \dots & 1 & \dots & 0 & \dots & 0 \\ \vdots & & \vdots & & \vdots & \ddots & \vdots \\ 0 & \dots & 0 & \dots & 0 & \dots & 1 \end{pmatrix}$$