PH423 Assignment 2

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September 22, 2020

Question 1.

[Sankalp: I got this one.]

(a) Calculate the expectation values of $\hat{\mathrm{J}}_x$, $\hat{\mathrm{J}}_y$, $\hat{\mathrm{J}}_x^2$ and $\hat{\mathrm{J}}_y^2$ in the angular momentum states $|j, m\rangle$. Explain the result geometrically. (Using symmetry arguments may help).

We start with the expansion of the operators $\hat{\mathrm{J}}_x$ and $\hat{\mathrm{J}}_y$ in terms of the ladder operators

$$\hat{\mathrm{J}}_x = \frac{1}{2} \cdot (\hat{\mathrm{J}}_+ + \hat{\mathrm{J}}_-) \tag{1}$$

and

$$\hat{\mathrm{J}}_y = \frac{1}{2i} \cdot (\hat{\mathrm{J}}_+ - \hat{\mathrm{J}}_-)\ . \tag{2}$$

The application of the ladder operators on a state $|j, m\rangle$ changes it to a state of the form $c \cdot |j, m \pm 1\rangle$ for some $c \in \mathbb{C}$. So, given the orthogonality of the $|j, m\rangle$ states, we get that

$$\langle j, m|\hat{\mathrm{J}}_x|j, m\rangle = \langle j, m|\hat{\mathrm{J}}_y|j, m\rangle = 0 \qquad \forall\, |j, m\rangle\ . \tag{3}$$

Squaring Equation 1 and 2, we get the operators $\hat{\mathrm{J}}_x^2$ and $\hat{\mathrm{J}}_y^2$ in terms of the ladder operators. With the same argument as before, we see that only terms with equal powers of the two ladder operators will contribute, and using

$$\hat{\mathrm{J}}_\pm\, |j, m\rangle = \hbar\sqrt{(j \mp m)(j \pm m + 1)}\ \ |j, m \pm 1\rangle\ , \tag{4}$$

we get

$$\langle j, m|\hat{\mathrm{J}}_y^2|j, m\rangle = \langle j, m|\hat{\mathrm{J}}_x^2|j, m\rangle \tag{5}$$

$$= \langle j, m|\frac{1}{4} \cdot (\hat{\mathrm{J}}_+^2 + \hat{\mathrm{J}}_+\hat{\mathrm{J}}_- + \hat{\mathrm{J}}_-\hat{\mathrm{J}}_+ + \hat{\mathrm{J}}_-^2)|j, m\rangle \tag{6}$$

$$= \langle j, m|\frac{1}{4} \cdot (\hat{\mathrm{J}}_+\hat{\mathrm{J}}_- + \hat{\mathrm{J}}_-\hat{\mathrm{J}}_+)|j, m\rangle \tag{7}$$

$$= \langle j, m| \ \frac{\hbar^2}{4} \cdot \Big(\sqrt{(j+m+1)(j-m)}\sqrt{(j-m)(j+m+1)} \\ + \sqrt{(j-m)(j+m+1)}\sqrt{(j+m+1)(j-m)} \ \Big) \cdot |j, m\rangle \tag{8}$$

$$= \frac{\hbar^2}{2}(j+m+1)(j-m) \ . \tag{9}$$

The values for x and y are not separately calculated as a trivial calculation shows they're equal. The same is easily argued using symmetry in the x-y plane. This symmetry also serves as an explanation for the expectation value, since there is similarly a reflection symmetry about either axis, the expectation cannot favor either ± x or ± y.

(b) Can the angular momentum $\hat{\mathbf{J}}$ be oriented entirely along the z(or x or y) axis? Give reasons in either case.

No. Kill me now.

2. Determine the eigenvalues and eigenvectors of the 2 x 2 matrix $\boldsymbol{\sigma}.\hat{\mathbf{n}}$, where $\hat{\mathbf{n}}$ is a unit vector along the (θ, ϕ) direction and $\boldsymbol{\sigma}$ are the three Pauli matrices. This is basically the projection of the spin 1/2 operator (apart from $\frac{\hbar}{2}$) along the direction of the unit vector $\hat{\mathbf{n}}$. Do this in two ways:

[Parth: Doing question 2, might have issues with part (b) make sure that it's correct]

(a) First by explicitly diagonalizing the matrix $\boldsymbol{\sigma}.\hat{\mathbf{n}}$.

The vector $\boldsymbol{\sigma} = (\sigma_1, \sigma_2, \sigma_3)$, where the σ_i matrices are -

$$\sigma_1 = \begin{pmatrix} 0 & 1 \\ 1 & 0 \end{pmatrix}, \sigma_2 = \begin{pmatrix} 0 & -i \\ i & 0 \end{pmatrix}, \sigma_3 = \begin{pmatrix} 1 & 0 \\ 0 & -1 \end{pmatrix}$$

Now we need to figure out what $\hat{\mathbf{n}}$ is. The unit vector points along the (θ, ϕ) direction. This is nothing but the unit vector $\hat{\mathbf{r}}$ in Polar co-ordinates.

$$\hat{\mathbf{n}} = \hat{\boldsymbol{r}} = \cos(\phi)\sin(\theta)\hat{\mathbf{i}} + \sin(\phi)\sin(\theta)\hat{\mathbf{j}} + \cos(\theta)\hat{\mathbf{k}}$$

Thus, $\hat{\mathbf{n}} = (\cos(\phi)\sin(\theta), \sin(\phi)\sin(\theta), \cos(\theta))$. We know that $\mathbf{a}.\mathbf{b} = a_i b_i$ (implicit summation over i)
Thus, $\boldsymbol{\sigma}.\hat{\mathbf{n}} = \sigma_i n_i$.

$$\boldsymbol{\sigma}.\hat{\mathbf{n}} = \cos(\phi)\sin(\theta)\begin{pmatrix} 0 & 1 \\ 1 & 0 \end{pmatrix} + \sin(\phi)\sin(\theta)\begin{pmatrix} 0 & -i \\ i & 0 \end{pmatrix} + \cos(\theta)\begin{pmatrix} 1 & 0 \\ 0 & -1 \end{pmatrix}$$

$$\therefore \boldsymbol{\sigma}.\hat{\mathbf{n}} = \sin(\theta)\begin{pmatrix} 0 & \cos(\phi) - i * \sin(\phi) \\ \cos(\phi) + i * \sin(\phi) & 0 \end{pmatrix} + \cos(\theta)\begin{pmatrix} 1 & 0 \\ 0 & -1 \end{pmatrix}$$

$$= \sin(\theta)\begin{pmatrix} 0 & e^{-i\phi} \\ e^{i\phi} & 0 \end{pmatrix} + \cos(\theta)\begin{pmatrix} 1 & 0 \\ 0 & -1 \end{pmatrix} = \begin{pmatrix} \cos(\theta) & \sin(\theta)e^{-i\phi} \\ \sin(\theta)e^{i\phi} & -\cos(\theta) \end{pmatrix}$$

To find the eigenvalues and eigenvectors, we now need to diagonalize this matrix. Let the eigenvalues be represented by λ. The characteristic polynomial takes the following form.

$$(\cos(\theta)-\lambda)(-\cos(\theta)-\lambda)-\sin(\theta)e^{-i\phi}*\sin(\theta)e^{i\phi}=0$$
$$\therefore -\cos^2(\theta)+\lambda^2-\sin^2(\theta)=0 \Rightarrow \lambda^2-1=0$$
$$\therefore \lambda=\pm 1$$

for $\lambda = 1$, let the eigenvector be $\mathbf{v_1} = (v_{1,1}, v_{1,2})$, thus

$$\begin{pmatrix} \cos(\theta) & \sin(\theta)e^{-i\phi} \\ \sin(\theta)e^{i\phi} & -\cos(\theta) \end{pmatrix} \begin{pmatrix} v_{1,1} \\ v_{1,2} \end{pmatrix} = \begin{pmatrix} v_{1,1} \\ v_{1,2} \end{pmatrix}$$
$$\therefore \cos(\theta)*v_{1,1}+\sin(\theta)e^{-i\phi}*v_{1,2}=v_{1,1}\ ,\ \sin(\theta)e^{i\phi}*v_{1,1}-\cos(\theta)*v_{1,2}=v_{1,2}$$
$$v_{1,2}=e^{i\phi}\frac{\sin(\theta)}{(\cos(\theta)+1)}*v_{1,1}$$

Thus, for eigenvalue $\lambda = 1$, the eigenvector $\mathbf{v_1} = (v_{1,1}, e^{i\phi}\frac{\sin(\theta)}{(\cos(\theta)+1)}*v_{1,1})$

Likewise, for $\lambda = -1$, let the eigenvector be $\mathbf{v_2} = (v_{2,1}, v_{2,2})$, thus

$$\begin{pmatrix} \cos(\theta) & \sin(\theta)e^{-i\phi} \\ \sin(\theta)e^{i\phi} & -\cos(\theta) \end{pmatrix} \begin{pmatrix} v_{2,1} \\ v_{2,2} \end{pmatrix} = \begin{pmatrix} -v_{2,1} \\ -v_{2,2} \end{pmatrix}$$
$$\therefore \cos(\theta)*v_{2,1}+\sin(\theta)e^{-i\phi}*v_{2,2}=-v_{2,1}, \sin(\theta)e^{i\phi}*v_{2,1}-\cos(\theta)*v_{2,2}=-v_{2,2}$$
$$v_{2,2}=e^{i\phi}\frac{\sin(\theta)}{(1-\cos(\theta))}*v_{2,1}$$

Thus, for eigenvalue $\lambda = -1$, the eigenvector $\mathbf{v_2} = (v_{2,1}, e^{i\phi}\frac{\sin(\theta)}{(1-\cos(\theta))}*v_{2,1})$.

We thus have our two eigenvalues (± 1) and our two eigenvectors ($\mathbf{v_1}$ and $\mathbf{v_2}$)

(b) By rotating the spinor pointing initially along the $+\hat{\mathbf{z}}$ axis direction by appropriate angles, using the appropriate rotation operator. Convince yourself that one has to rotate by an angle θ counterclockwise around the y-axis and then by ϕ around the z-axis. Apart from overall phases, is the resultant spinor the same as the spin up eigenvector obtained in part **(a)**?

Let's start with the spinor pointing in the $+z$-direction.

$$\left|s_z=+\frac{\hbar}{2}\right\rangle = \begin{bmatrix} 1 \\ 0 \end{bmatrix},\ s.t\ S_z\left|s_z=+\frac{\hbar}{2}\right\rangle = +\frac{\hbar}{2}\left|s_z=+\frac{\hbar}{2}\right\rangle$$

If we apply consecutive rotation operators, we should be able to rotate this spinor into a general state, pointing in an arbitrary direction $\hat{\mathbf{n}}$, where $\hat{\mathbf{n}}$ points in the (θ, ϕ) direction.

We first rotate this spinor by θ around the y-axis, and then by ϕ around the z-axis. The axis of spin now points in the direction $\hat{\mathbf{n}}$. Thus -

$$|\hat{n}+\rangle = U[R(\phi\hat{\mathbf{z}})]U[R(\theta\hat{\mathbf{y}})]\begin{bmatrix}1\\0\end{bmatrix}$$

To find the explicit form of $|\hat{n}+\rangle$, we'll need the forms of the unitary matrices $U[R(\phi\hat{\mathbf{z}})]$ and $U[R(\theta\hat{\mathbf{y}})]$. We'll use the result given in Shankar -

$$U[R(\boldsymbol{\theta}] = \cos\frac{\theta}{2}I - i\sin\frac{\theta}{2}(\hat{\theta}.\boldsymbol{\sigma})$$

Looking at the particular case of rotation around y-axis by amount θ and then subsequently around z-axis by amount ϕ -

$$\begin{aligned}
U[R(\theta\hat{\mathbf{y}})]\begin{bmatrix}1\\0\end{bmatrix} &= \left[\cos\frac{\theta}{2}I - i\,\sin\frac{\theta}{2}\sigma_y\right]\begin{bmatrix}1\\0\end{bmatrix}\\
&= \begin{bmatrix}\cos\frac{\theta}{2}\\0\end{bmatrix} - i\,\sin\frac{\theta}{2}\begin{bmatrix}0 & -i\\ i & 0\end{bmatrix}\begin{bmatrix}1\\0\end{bmatrix}\\
&= \begin{bmatrix}\cos\frac{\theta}{2}\\ \sin\frac{\theta}{2}\end{bmatrix}
\end{aligned}$$

Applying rotation around z-axis by amount ϕ now, we get

$$\begin{aligned}
U[R(\phi\hat{\mathbf{z}})]\begin{bmatrix}\cos\frac{\theta}{2}\\ \sin\frac{\theta}{2}\end{bmatrix} &= \left[\cos\frac{\phi}{2}I - i\,\sin\frac{\phi}{2}\sigma_z\right]\begin{bmatrix}\cos\frac{\theta}{2}\\ \sin\frac{\theta}{2}\end{bmatrix}\\
&= \begin{bmatrix}\cos\frac{\phi}{2}\cos\frac{\theta}{2}\\ \cos\frac{\phi}{2}\sin\frac{\theta}{2}\end{bmatrix} - i\,\sin\frac{\phi}{2}\begin{bmatrix}1 & 0\\ 0 & -1\end{bmatrix}\begin{bmatrix}\cos\frac{\theta}{2}\\ \sin\frac{\theta}{2}\end{bmatrix}\\
&= \begin{bmatrix}\cos\frac{\theta}{2}\left(\cos\frac{\phi}{2} - i\,\sin\frac{\phi}{2}\right)\\ \sin\frac{\theta}{2}\left(\cos\frac{\phi}{2} + i\,\sin\frac{\phi}{2}\right)\end{bmatrix}\\
&= \begin{bmatrix}\cos\frac{\theta}{2}e^{-i\frac{\phi}{2}}\\ \sin\frac{\theta}{2}e^{i\frac{\phi}{2}}\end{bmatrix}
\end{aligned}$$

This gives us a spinor $s_n = (s_{n1}, s_{n2}) = (\cos\frac{\theta}{2}e^{-i\frac{\phi}{2}}, \sin\frac{\theta}{2}e^{i\frac{\phi}{2}})$. If we recall our $\mathbf{v_1} = (v_{1,1}, v_{1,2})$ from part **(a)**, we recall the relation we obtained at the end.

$$v_{1,2} = e^{i\phi}\frac{\sin(\theta)}{(\cos(\theta)+1)} * v_{1,1}$$

Substituting $v_{1,1} = s_{n1} = \cos\frac{\theta}{2}e^{-i\frac{\phi}{2}}$ (as our final spinor seems to suggest), we get -

$$\begin{aligned} v_{1,2} &= e^{i\phi}\frac{\sin(\theta)}{(\cos(\theta)+1)} * v_{1,1} \\ &= e^{i\phi}\frac{\sin(\theta)}{(\cos(\theta)+1)} * \cos\frac{\theta}{2}e^{-i\frac{\phi}{2}} \end{aligned}$$

Recall $1+\cos(A) = 2 * \cos^2(\frac{A}{2})$ and $\sin(A) = 2 * \sin(\frac{A}{2})\cos(\frac{A}{2})$

$$\begin{aligned} e^{i\phi}\frac{\sin(\theta)}{(\cos(\theta)+1)} * \cos\frac{\theta}{2}e^{-i\frac{\phi}{2}} &= e^{i\frac{\phi}{2}}\frac{\sin(\theta)}{2cos^2(\frac{\theta}{2})} * \cos\frac{\theta}{2} \\ &= e^{i\frac{\phi}{2}}\frac{2\sin(\frac{\theta}{2})\cos(\frac{\theta}{2})}{2cos^2(\frac{\theta}{2})} * \cos\frac{\theta}{2} \\ &= e^{i\frac{\phi}{2}}\sin(\frac{\theta}{2}) = s_{n2} \end{aligned}$$

Therefore, apart from phase factors, the resultant spinor is the same as the spin up eigenvector we got in part **(a)**.

Question 3.

[Sahas: I got this one.]

(a) Construct the matrices $\hat{J}_x$ and $\hat{J}_y$ for a particle with spin one, $j = 1$ (of course $\hat{J}_z$ is already diagonal with eigenvalues $\hbar, 0, -\hbar$).

We can write the J_x operator as $\frac{J_+ + J_-}{2}$. We can write the matrix elements of this matrix in the $\langle j, m|$ basis as $\langle j, m'| \frac{J_+ + J_-}{2} |j, m\rangle$. Note that this matrix element will vanish if $m' = m$ or $|m' - m| > 1$. This gives us the following matrix for $\frac{J_+ + J_-}{2}$, when the basis elements are $|-1\rangle, |0\rangle, |+1\rangle$, in that order.

$$\begin{bmatrix} 0 & a & 0 \\ b & 0 & c \\ 0 & d & 0 \end{bmatrix} \tag{10}$$

Now

$$
\begin{aligned}
a &= \langle -1|\, J_x \,|0\rangle \\
&= \langle -1|\, \frac{J_-}{2} \,|0\rangle \\
&= \langle -1|\, \frac{\hbar\sqrt{(1)(1+1)-(0)(0-1)}}{2} \,|-1\rangle \\
&= \hbar\frac{\sqrt{2}}{2} \\
&= \frac{\hbar}{\sqrt{2}}
\end{aligned}
\tag{11}
$$

Now, since the matrix is hermitian, we have the following relation between a and b:

$$
\begin{aligned}
b &= a^* \\
\implies b &= \frac{\hbar}{\sqrt{2}}
\end{aligned}
\tag{12}
$$

We can perform the same calculation for c:

$$
\begin{aligned}
c &= \langle 0|\, J_x \,|1\rangle \\
&= \langle 0|\, \frac{J_-}{2} \,|1\rangle \\
&= \langle 0|\, \frac{\hbar\sqrt{(1)(1+1)-(1)(1-1)}}{2} \,|1\rangle \\
&= \hbar\frac{\sqrt{2}}{2} \\
&= \hbar\frac{1}{\sqrt{2}}
\end{aligned}
\tag{13}
$$

Again, using the hermiticity argument, we get $d = c = \frac{\hbar}{\sqrt{2}}$. Therefore the final J_x matrix is:

$$
\frac{\hbar}{\sqrt{2}}\begin{bmatrix} 0 & 1 & 0 \\ 1 & 0 & 1 \\ 0 & 1 & 0 \end{bmatrix}
\tag{14}
$$

Now that we have J_x (and J_z is trivial), we can use the commutator relation to get J_y :

$$
[J_x, J_z] = -i\hbar J_y
\tag{15}
$$

We write $[J_x, J_z]$ as

$$
\frac{\hbar^2}{\sqrt{2}}\left(\begin{bmatrix} 0 & 1 & 0 \\ 1 & 0 & 1 \\ 0 & 1 & 0 \end{bmatrix}\begin{bmatrix} 1 & 0 & 0 \\ 0 & 0 & 0 \\ 0 & 0 & 1 \end{bmatrix} - \begin{bmatrix} 1 & 0 & 0 \\ 0 & 0 & 0 \\ 0 & 0 & 1 \end{bmatrix}\begin{bmatrix} 0 & 1 & 0 \\ 1 & 0 & 1 \\ 0 & 1 & 0 \end{bmatrix}\right)
\tag{16}
$$

With a little algebra we get

$$[J_x, J_z] = -i\hbar J_y = \frac{\hbar^2}{\sqrt{2}}\begin{bmatrix} 0 & -1 & 0 \\ 1 & 0 & 1 \\ 0 & -1 & 0 \end{bmatrix} \tag{17}$$

Finally we get

$$J_y = \frac{i\hbar}{\sqrt{2}}\begin{bmatrix} 0 & -1 & 0 \\ 1 & 0 & 1 \\ 0 & -1 & 0 \end{bmatrix} \tag{18}$$

(b) An unpolarized beam of spin 1 particles enters a Stern-Gerlach filter that passes only particles with $S_z = \hbar$. After exiting this filter, the beam enters a second filter that passes particles with $S_x = \hbar$ and then finally it encounters a third filter that passes only particles with $S_z = -\hbar$. What fraction of the initial particles make it right through?

By computing the eigenvectors of the matrix in equation (9) we get the results

$$\left| \langle S_x = i | S_z = j \rangle^2 = 1/3 \right|^2 = \frac{1}{3} \tag{19}$$

for i,j = -1,0,1.

Since the beam is unpolarised, 1/3 of the particles will pass through the first filter. Again, because of result (10), 1/3 of the particles will pass through filter 2. Similarly, 1/3 of these particles will then pass through filter 3. Finally we find that 1/27 of the particles will pass through the whole set-up.

4. Your question here.

[Sankalp: I got this one.]

First, we write down $U(R(\epsilon\hat{\mathbf{n}}))$ in terms of familiar operators assuming $\hat{\mathbf{n}} = n_x\hat{\mathbf{x}} + n_y\hat{\mathbf{y}} + n_z\hat{\mathbf{z}}$ to get

$$\begin{aligned} U(R(\epsilon\hat{\mathbf{n}})) &= \exp\left(-\frac{i\epsilon}{\hbar}\cdot(\hat{\mathbf{J}}\cdot\hat{\mathbf{n}})\right) \\ &= \exp\left(-\frac{i\epsilon}{\hbar}\cdot(n_x\hat{\mathbf{J}}_x + n_y\hat{\mathbf{J}}_y + n_z\hat{\mathbf{J}}_z)\right) \end{aligned} \tag{20}$$

5. Prove that any function of the radial coordinate $f(r)$ where $r = |\mathbf{r}|$ and $\mathbf{X}\cdot\mathbf{P}$, where $\mathbf{X}$ and $\mathbf{P}$ are the position and momentum operators, are both scalar operators.

[Parth: Doing question 5, I'm not spending as much time on this as question 2]

Under a symmetry operator U, operators change as $\mathcal{O}' = U^{\dagger}\mathcal{O}U$. A scalar operator being one which is invariant under rotations, i.e

$$S' = U^{\dagger}[R]SU[R] = S$$

where $U(R(\boldsymbol{\alpha}) = e^{-\frac{i}{\hbar}\boldsymbol{\alpha}\mathbf{J}})$.
By considering infinitesimal rotations $\boldsymbol{\alpha} = \boldsymbol{\epsilon}$, we have

$$U[R(\boldsymbol{\alpha})] = \left(1 - \frac{i}{\hbar}\epsilon_i J_i\right)$$

Thus, our definition for a scalar operator becomes -

$$S' = \left(1 + \frac{i}{\hbar}\epsilon_i J_i\right) S \left(1 - \frac{i}{\hbar}\epsilon_i J_i\right) = S$$

which gives us $\frac{i}{\hbar}\epsilon_i\,[J_i, S] = 0$. Since $\boldsymbol{\epsilon}$ was an arbitrary choice, we have

$$[J_i, S] = 0$$

as our definition of a scalar operator.

Considering $f(r)$, where $r = |\mathbf{r}|$ as our operator.

$$[J_i, f(r)] = [J_i, r] * f'(r)$$

$r = \sqrt{\sum_{i=1}^{3} X_i^2}$, Thus

$$[J_i, r] = [J_i, X_1] * \frac{X_1}{r} + [J_i, X_2] * \frac{X_2}{r} + [J_i, X_3] * \frac{X_3}{r}$$

we know that $\left[J_i, X_j\right] = i\hbar\epsilon_{ijl}X_l$. Thus

$$[J_i, r] = \left[J_i, X_j\right] * \frac{X_j}{r} = \frac{1}{r}\left(i\hbar\epsilon_{ijl}X_l X_j\right)$$

$$\epsilon_{ijl}X_l X_j = \left[X_l, X_j\right] = 0(l \neq j) \Rightarrow [J_i, r] = 0$$

Thus, since $[J_i, r] = 0$, we have $[J_i, f(r)] = [J_i, r] * f'(r) = 0 * f'(r) = 0$.
Thus, $f(r)$ is a scalar operator.

Now considering $O = \mathbf{X} \,.\, \mathbf{P}$ as our operator, we need to show $[J_i, O] = 0$

$$\mathbf{X}.\mathbf{P} = X_i P_i \qquad \text{implicit summation}$$

$$\begin{aligned}\therefore [J_i, O] &= \left[J_i, X_j P_j\right] \\ &= \left[J_i, X_j\right] P_j + X_j \left[J_i, P_j\right] \\ &= i\hbar\epsilon_{ijl}(X_l P_j + X_j P_l)\end{aligned}$$

Now, $\epsilon_{ijl} X_l P_j = [X_l, P_j]$ for $l \neq j$, but $[X_l, P_j] = 0, l \neq j$. Thus

$$i\hbar\epsilon_{ijl}(X_l P_j + X_j P_l) = 0 \Rightarrow [J_i, O] = 0$$

Since $[J_i, O] = 0$, we can say that the operator O is a scalar operator.
Thus, **X.P** is a scalar operator

Question 6.

[Sahas: I got this one.]

We know that the $\mathbf{X}_i$ operators can be written in terms of the spherical tensor operators as follows: (notation is the same as that used in Shankar, Principles of Quantum Mechanics, 2ed, page 419)

$$\begin{aligned}V_1^{+1} &= \frac{i\mathbf{X}_y - \mathbf{X}_x}{\sqrt{2}} \\ V_1^0 &= \mathbf{X}_z \\ V_1^{-1} &= -\frac{\mathbf{X}_x + i\mathbf{X}_y}{\sqrt{2}}\end{aligned} \tag{21}$$

Thus in general any linear combination of the $\mathbf{X}_i$s can be written in terms of the V_1^is. Note that $\epsilon \cdot \mathbf{X}$ is exactly such a linear combination. Thus we may write

$$\hat{O} = \epsilon \cdot \mathbf{X} = \alpha_i V_1^i \tag{22}$$

Where the α_i are scalars, and summation over repeated values is implied.

Using this form we can write the transition probability for the Hydrogen atom as

$$\left|\langle n', l', m'|\, \alpha_i V_1^i \,|n, l, m\rangle\right| \tag{23}$$

Now since each V_1^i, acting on $|n, l, m\rangle$ can either:

- Increase the value of l by 1
- Decrease the value of l by 1
- Keep the value of l unchanged

Or give a superposition of the above. Since states of different l are orthogonal, $\alpha_i V_1^i |n, l, m\rangle$ and $\langle n', l', m'|$ won't have any common terms unless $|l - l'| = 1$ or $l = l'$.

Thus we get the relation

$$\left|\langle n', l', m'| \alpha_i V_1^i |n, l, m\rangle\right| = 0 \tag{24}$$

Unless $|l - l'| = 1$ or $l = l'$.

Since EM theory is invariant under parity inversion, we must require that expectation values of the dipole moment be conserved under parity inversion.

$$|\langle n', l, m'| \epsilon \cdot \mathbf{X} |n, l, m\rangle| = \left|\langle n', l', m'| P^\dagger \epsilon \cdot \mathbf{X} P |n, l, m\rangle\right| \tag{25}$$

Since $|n, l, m\rangle$ transforms as $|n, l, m\rangle \longrightarrow (-1)^l |n, l, m\rangle$ under parity,

$$(-1)^{l'+l} \langle n', l', m'| \epsilon \cdot \mathbf{X} |n, l, m\rangle = \langle n', l', m'| P^\dagger \epsilon \cdot \mathbf{X} P |n, l, m\rangle \tag{26}$$

Since $\mathbf{X}$ transforms as $\mathbf{X} \longrightarrow -\mathbf{X}$ under parity, we get

$$(-1)^{l'+l} \langle n', l', m'| \epsilon \cdot \mathbf{X} |n, l, m\rangle = -\langle n', l', m'| \epsilon \cdot \mathbf{X} |n, l, m\rangle \tag{27}$$

Hence if $l + l'$ is even (i.e. when $l = l'$), we get

$$\langle n', l', m'| \epsilon \cdot \mathbf{X} |n, l, m\rangle = 0 \tag{28}$$