Parseval's theorem
$$\langle f,g \rangle_2 = \langle \hat{f},\hat{g} \rangle$$

$$\Rightarrow ||\hat{f}||_2 = ||f||_2$$

$$\int \sin^2(\alpha w) dw = \int |\sin(\alpha w)|^2 dw ||w = \frac{\varphi}{\alpha}|$$

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$$= \int |\sin(\varphi)|^2 d\varphi = \int |\alpha^2| |\sin(\varphi)|^2 d\varphi$$

$$= \int \alpha \cdot |\sin(\varphi)|^2 d\varphi = \int |\sqrt{\alpha}| \cdot |\sin(\varphi)|^2 d\varphi$$

$$\Rightarrow ||f(\varphi)| = \sqrt{\alpha}| \cdot |\sin(\varphi)|^2 d\varphi = \int |\sqrt{\alpha}| \cdot |\sin(\varphi)|^2 d\varphi$$

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$$\Rightarrow ||f(\varphi)| = \int |-(-\varphi)| \wedge ||f||_2^2 = \int ||f|| \cdot |\sin(\frac{\varphi}{\alpha})|^2 d\varphi$$

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$$\Rightarrow |f|| \cdot |f||^2 d\varphi$$

$$\Rightarrow |f|| \cdot |f|| \cdot |f|$$