Let's do one of these for l = 1, that is

$$\sum_{m=-l}^{l} \left| Y_l^m(\theta, \phi) \right|^2$$

Aside:

For complex functions a+bi

$$|a + bi|^2 = [(a + ib)^* (a + ib)]^{1/2}$$
 = $(a + ib)^* (a + ib) = (a - ib)(a + ib)$

Also $e^{i\phi} = \cos\phi + i\sin\phi$

Therefore for l = 1 (here we are setting the letter 'l' to the number one) and m ranges -1, 0, 1

Back:

$$\sum_{m=-1}^{1} \left| Y_{l}^{m}(\theta, \phi) \right|^{2} = Y_{l}^{-1}(\theta, \phi)^{*} Y_{l}^{-1}(\theta, \phi) + Y_{l}^{0}(\theta, \phi)^{*} Y_{l}^{0}(\theta, \phi) + Y_{l}^{1}(\theta, \phi)^{*} Y_{l}^{1}(\theta, \phi)$$

For

$$Y_1^{-1}(\theta,\phi)^*Y_1^{-1}(\theta,\phi) = \sqrt{\frac{3}{8\pi}}\sin\theta e^{-i\phi}\sqrt{\frac{3}{8\pi}}\sin\theta e^{i\phi} = \frac{3}{8\pi}\sin^2\theta e^{-i\phi}e^{i\phi}$$

$$Y_1^{-1}(\theta,\phi)^* Y_1^{-1}(\theta,\phi) = \frac{3}{8\pi} \sin^2 \theta (\cos \phi - i \sin \phi)(\cos \phi + i \sin \phi)$$

$$Y_1^{-1}(\theta,\phi)^* Y_1^{-1}(\theta,\phi) = \frac{3}{8\pi} \sin^2 \theta (\cos^2 \phi + \sin^2 \phi) = \frac{3}{8\pi} \sin^2 \theta$$

Similarly

$$Y_1^1(\theta, \phi)^* Y_1^1(\theta, \phi) = \frac{3}{8\pi} \sin^2 \theta$$

and

$$Y_1^0(\theta, \phi)^* Y_1^0(\theta, \phi) = \frac{3}{4\pi} \sin^2 \theta$$

Therefore

$$\sum_{m=-1}^{1} \left| Y_{1}^{m}(\theta, \phi) \right|^{2} = \frac{3}{8\pi} \sin^{2}\theta + \frac{3}{4\pi} \cos^{2}\theta + \frac{3}{8\pi} \sin^{2}\theta$$

$$\sum_{m=-1}^{1} \left| Y_1^m(\theta, \phi) \right|^2 = \frac{3}{4\pi} (\sin^2 \theta + \cos^2 \theta) = \frac{3}{8\pi} = \frac{(2 \cdot 1) + 1}{4\pi}$$

Here is a slightly easier way to do the calculation for ℓ =2

Note the real part can be taken out of modulus operaor, since its real!), e.g.

$$\left| Y_2^{-2}(\theta, \phi) \right|^2 = \left| \frac{1}{4} \sqrt{\frac{15}{2\pi}} \sin^2 \theta e^{in\phi} \right|^2 = \left(\frac{1}{4} \sqrt{\frac{15}{2\pi}} \sin^2 \theta \right)^2 \left| e^{in\phi} \right|^2 = \cdots$$

Aside:

DO NOT DO THI!S $\left|e^{in\phi}\right|^2\neq\left(e^{in\phi}\right)^2=1$ is not correct notation. Be careful!!

What we have in terms of the definition of the modulus $|x+iy| = [(x+iy)(x-iy)]^{1/2} = (x^2+y^2)^{1/2}$

So
$$\left|e^{in\phi}\right| = \left|\cos n\phi + i\sin n\phi\right| = \left[(\cos n\phi + i\sin n\phi)(\cos n\phi - i\sin n\phi)\right]^{1/2} = \left[\cos^2 n\phi + \sin^2 n\phi\right]^1 = 1$$

$$\left|e^{in\phi}\right|^2 = 1^2$$

Note
$$\left(e^{in\phi}\right)^2 = (\cos n\phi + i\sin n\phi)^2 = \cos^2 n\phi - \sin^2 n\phi + 2i\cos n\phi \sin n\phi$$

Back:

Expand sum, that is terms with m = -2, -1, 0, 1, 2; Note squared term for m = -2, 2 and m = -1, 1 are the same!

$$\sum_{m=-2}^{2} \left| Y_{2}^{m}(\theta, \phi) \right|^{2} = \left[\left(\sqrt{\frac{15}{32\pi}} \sin^{2}\theta \right)^{2} + \left(-\sqrt{\frac{15}{8\pi}} \sin\theta \cos\theta \right)^{2} + \left(\sqrt{\frac{5}{16\pi}} (3\cos^{2}\theta - 1) \right)^{2} \cdots \text{ for } m = 1 \text{ and } m = 2 \right] \left| e^{in\phi} \right|^{2} = \left[\left(\sqrt{\frac{15}{32\pi}} \sin^{2}\theta \right)^{2} + \left(\sqrt{\frac{15}{8\pi}} \sin\theta \cos\theta \right)^{2} + \left(\sqrt{\frac{5}{16\pi}} (3\cos^{2}\theta - 1) \right)^{2} \cdots \right] \left| e^{in\phi} \right|^{2} = \left[\left(\sqrt{\frac{15}{32\pi}} \sin^{2}\theta \right)^{2} + \left(\sqrt{\frac{15}{8\pi}} \sin^{2}\theta \right)^{2} + \left(\sqrt{\frac{5}{16\pi}} (3\cos^{2}\theta - 1) \right)^{2} \cdots \right] \left| e^{in\phi} \right|^{2} = \left[\left(\sqrt{\frac{15}{32\pi}} \sin^{2}\theta \right)^{2} + \left(\sqrt{\frac{15}{8\pi}} \sin^{2}\theta \right)^{2} + \left(\sqrt{\frac{5}{16\pi}} (3\cos^{2}\theta - 1) \right)^{2} \cdots \right] \left| e^{in\phi} \right|^{2} = \left[\left(\sqrt{\frac{15}{32\pi}} \sin^{2}\theta \right)^{2} + \left(\sqrt{\frac{15}{8\pi}} \sin^{2}\theta \right)^{2} + \left(\sqrt{\frac{5}{16\pi}} (3\cos^{2}\theta - 1) \right)^{2} \cdots \right] \left| e^{in\phi} \right|^{2} = \left[\left(\sqrt{\frac{15}{32\pi}} \sin^{2}\theta \right)^{2} + \left(\sqrt{\frac{15}{8\pi}} \sin^{2}\theta \right)^{2} + \left(\sqrt{\frac{15}{16\pi}} \cos^{2}\theta - 1 \right) \right] \left| e^{in\phi} \right|^{2} + \left(\sqrt{\frac{15}{16\pi}} \cos^{2}\theta - 1 \right) \left| e^{in\phi} \right|^{2} + \left(\sqrt{\frac{15}{16\pi}} \cos^{2}\theta - 1 \right) \left| e^{in\phi} \right|^{2} + \left(\sqrt{\frac{15}{16\pi}} \cos^{2}\theta - 1 \right) \left| e^{in\phi} \right|^{2} + \left(\sqrt{\frac{15}{16\pi}} \cos^{2}\theta - 1 \right) \left| e^{in\phi} \right|^{2} + \left(\sqrt{\frac{15}{16\pi}} \cos^{2}\theta - 1 \right) \left| e^{in\phi} \right|^{2} + \left(\sqrt{\frac{15}{16\pi}} \cos^{2}\theta - 1 \right) \left| e^{in\phi} \right|^{2} + \left(\sqrt{\frac{15}{16\pi}} \cos^{2}\theta - 1 \right) \left| e^{in\phi} \right|^{2} + \left(\sqrt{\frac{15}{16\pi}} \cos^{2}\theta - 1 \right) \left| e^{in\phi} \right|^{2} + \left(\sqrt{\frac{15}{16\pi}} \cos^{2}\theta - 1 \right) \left| e^{in\phi} \right|^{2} + \left(\sqrt{\frac{15}{16\pi}} \cos^{2}\theta - 1 \right) \left| e^{in\phi} \right|^{2} + \left(\sqrt{\frac{15}{16\pi}} \cos^{2}\theta - 1 \right) \left| e^{in\phi} \right|^{2} + \left(\sqrt{\frac{15}{16\pi}} \cos^{2}\theta - 1 \right) \left| e^{in\phi} \right|^{2} + \left(\sqrt{\frac{15}{16\pi}} \cos^{2}\theta - 1 \right) \left| e^{in\phi} \right|^{2} + \left(\sqrt{\frac{15}{16\pi}} \cos^{2}\theta - 1 \right) \left| e^{in\phi} \right|^{2} + \left(\sqrt{\frac{15}{16\pi}} \cos^{2}\theta - 1 \right) \left| e^{in\phi} \right|^{2} + \left(\sqrt{\frac{15}{16\pi}} \cos^{2}\theta - 1 \right) \left| e^{in\phi} \right|^{2} + \left(\sqrt{\frac{15}{16\pi}} \cos^{2}\theta - 1 \right) \left| e^{in\phi} \right|^{2} + \left(\sqrt{\frac{15}{16\pi}} \cos^{2}\theta - 1 \right) \left| e^{in\phi} \right|^{2} + \left(\sqrt{\frac{15}{16\pi}} \cos^{2}\theta - 1 \right) \left| e^{in\phi} \right|^{2} + \left(\sqrt{\frac{15}{16\pi}} \cos^{2}\theta - 1 \right) \left| e^{in\phi} \right|^{2} + \left(\sqrt{\frac{15}{16\pi}} \cos^{2}\theta - 1 \right) \left| e^{in\phi} \right|^{2} + \left(\sqrt{\frac{15}{16\pi}} \cos^{2}\theta - 1 \right) \left| e^{in\phi} \right|^{2} + \left(\sqrt{\frac{15}{16\pi}} \cos^{2}\theta - 1 \right) \left| e^{in\phi} \right|^{2} + \left(\sqrt{\frac{15}{16\pi}} \cos^{2}\theta - 1 \right$$

(Note factors of 2 come from m = -2.2 and m = -1.1; m = 0 has only one term)

$$\left[2\frac{15}{32\pi}\sin^4\theta + 2\frac{15}{8\pi}\sin^2\theta\cos^2\theta + \frac{5}{16\pi}(3\cos^2\theta - 1)^2\right](1) =$$

$$\frac{15}{16\pi}\sin^4\theta + 2\frac{2\cdot15}{2\cdot8\pi}\sin^2\theta\cos^2\theta + \frac{1}{16\pi}5(3\cos^2\theta - 1)^2 =$$

(I reversed order of terms, next line - just a choice and factored out common denominator)

$$\frac{1}{16\pi} \{ 5(3\cos^2\theta - 1)^2 + 4 \cdot 15\sin^2\theta \cos^2\theta + 15\sin^4\theta \} =$$

Aside: Take $5(3\cos^2\theta - 1)^2 = 5(9\cos^4\theta - 6\cos^2\theta + 1) = 45\cos^4\theta - 30\cos^2\theta + 5$

Therefore

$$\frac{1}{16\pi} \{45\cos^4\theta - 30\cos^2\theta + 5 + 4.15\sin^2\theta\cos^2\theta + 15\sin^4\theta\} =$$

Rearranging $\frac{1}{16\pi} \{15\cos^4\theta + 15\sin^4\theta + 2\cdot 15\sin^2\theta\cos^2\theta + 5 - 30\cos^2\theta + 30\cos^4\theta + 30\sin^2\theta\cos^2\theta\} = 15\sin^4\theta + 15\sin^4\theta$

$$\frac{1}{16\pi} \{15(\cos^2\theta + \sin^2\theta)^2 + 5 - 30\cos^2\theta + 30\cos\theta(\cos^2\theta + \sin^2\theta)\} = \frac{1}{16\pi} \{15 + 5 - 30\cos^2\theta + 30\cos\theta\} = \frac{1}{16\pi} \{15 + 5 - 30\cos^2\theta + 30\cos^2$$

$$\frac{20}{16\pi} = \frac{5}{4\pi} = \frac{2 \cdot 2 + 1}{4\pi}$$