

1. For later use, keep in mind the expansion of the gradient operator in a spherical basis $\nabla = \sum_{\mu} (-1)^{\mu} \nabla_{-\mu} \xi_{\mu}$. Write the wave function for the state a as

$$\psi_a = \frac{P_a(r)}{r} Y_{l_a m_a}(\hat{r}).$$

One finds:

$$\begin{aligned} \nabla \psi_a &= \frac{d}{dr} \left(\frac{P_a(r)}{r} \right) \hat{r} Y_{l_a m_a} + \frac{P_a(r)}{r} \nabla Y_{l_a m_a} \\ &= \frac{1}{r} \left[\left(\frac{dP_a}{dr} - \frac{1}{r} P_a(r) \right) \mathbf{Y}_{l_a m_a}^{(-1)} + \frac{\sqrt{l_a(l_a+1)}}{r} P_a(r) \mathbf{Y}_{l_a m_a}^{(1)} \right] \\ &= \frac{1}{r} \left[\left(\frac{dP_a}{dr} - \frac{1}{r} P_a(r) \right) \left(\sqrt{\frac{l_a}{2l_a+1}} \mathbf{Y}_{l_a, l_a-1, m_a} - \sqrt{\frac{l_a+1}{2l_a+1}} \mathbf{Y}_{l_a, l_a+1, m_a} \right) \right. \\ &\quad \left. + \frac{\sqrt{l_a(l_a+1)}}{r} P_a(r) \left(\sqrt{\frac{l_a+1}{2l_a+1}} \mathbf{Y}_{l_a, l_a-1, m_a} + \sqrt{\frac{l_a}{2l_a+1}} \mathbf{Y}_{l_a, l_a+1, m_a} \right) \right] \\ &= \frac{1}{r} \left[\sqrt{\frac{l_a}{2l_a+1}} \left(\frac{dP_a}{dr} + \frac{l_a}{r} P_a(r) \right) \mathbf{Y}_{l_a, l_a-1, m_a} \right. \\ &\quad \left. - \sqrt{\frac{l_a+1}{2l_a+1}} \left(\frac{dP_a}{dr} - \frac{l_a+1}{r} P_a(r) \right) \mathbf{Y}_{l_a, l_a+1, m_a} \right]. \end{aligned}$$

Extracting the coefficient of ξ_{μ} from the expressions for the vector spherical harmonics in the last lines of the above equation, it follows that

$$\begin{aligned} (-1)^{\mu} \nabla_{-\mu} |a\rangle &= \\ &= \frac{1}{r} \left[\sqrt{\frac{l_a}{2l_a+1}} \left(\frac{dP_a}{dr} + \frac{l_a}{r} P_a(r) \right) C(l_a-1, 1, l_a; m_a-\mu, \mu, m_a) Y_{l_a-1, m_a-\mu}(\hat{r}) \right. \\ &\quad \left. - \sqrt{\frac{l_a+1}{2l_a+1}} \left(\frac{dP_a}{dr} - \frac{l_a+1}{r} P_a(r) \right) C(l_a+1, 1, l_a; m_a-\mu, \mu, m_a) Y_{l_a+1, m_a-\mu}(\hat{r}) \right] \end{aligned}$$

From this, we find

$$\begin{aligned} \langle b | \nabla_{-\mu} | a \rangle &= (-1)^{\mu} \left\{ \sqrt{l_a} \int_0^{\infty} P_b(r) \left(\frac{dP_a}{dr} + \frac{l_a}{r} P_a(r) \right) dr \delta_{l_b, l_a-1} \right. \\ &\quad \left. - \sqrt{l_a+1} \int_0^{\infty} P_b(r) \left(\frac{dP_a}{dr} - \frac{l_a+1}{r} P_a(r) \right) dr \delta_{l_b, l_a+1} \right\} \frac{C(l_b, 1, l_a, m_b, \mu, m_a)}{\sqrt{2l_a+1}}. \end{aligned}$$

One can easily verify that for $l_b = l_a \pm 1$,

$$\frac{C(l_b, 1, l_a, m_b, \mu, m_a)}{\sqrt{2l_a+1}} = (-1)^{1-\mu} \begin{array}{c} \uparrow l_b m_b \\ 1-\mu \\ \downarrow l_a m_a \end{array}$$

Therefore,

$$\langle b \| \nabla \| a \rangle = \left\{ -\sqrt{l_a} \int_0^\infty P_b(r) \left(\frac{dP_a}{dr} + \frac{l_a}{r} P_a(r) \right) dr \delta_{l_b, l_a-1} \right. \\ \left. + \sqrt{l_a+1} \int_0^\infty P_b(r) \left(\frac{dP_a}{dr} - \frac{l_a+1}{r} P_a(r) \right) dr \delta_{l_b, l_a+1} \right\}$$

Now,

$$\langle l_b \| C_1 \| l_a \rangle = \begin{cases} -\sqrt{l_a} & \text{for } l_b = l_a - 1 \\ \sqrt{l_a+1} & \text{for } l_b = l_a + 1 \end{cases}$$

Therefore, finally,

$$\langle b \| \nabla \| a \rangle = \langle l_b \| C_1 \| l_a \rangle \left\{ \int_0^\infty P_b(r) \left(\frac{dP_a}{dr} + \frac{l_a}{r} P_a(r) \right) dr \delta_{l_b, l_a-1} \right. \\ \left. + \int_0^\infty P_b(r) \left(\frac{dP_a}{dr} - \frac{l_a+1}{r} P_a(r) \right) dr \delta_{l_b, l_a+1} \right\}$$

2. Let us first consider

$$\begin{aligned} \bar{f}_{kl \rightarrow l-1} &= \sum_{n m_n} \frac{2\omega_{nk}}{3} \langle k l m_k | \mathbf{r} | n l - 1 m_n \rangle \cdot \langle n l - 1 m_n | \mathbf{r} | k l m_k \rangle \\ &= -\frac{2}{3} i \sum_{n m_n} \langle k l m_k | \mathbf{r} | n l - 1 m_n \rangle \cdot \langle n l - 1 m_n | \mathbf{p} | k l m_k \rangle \\ &= -\frac{2}{3} i \sum_{n m_n \nu} (-1)^\nu \langle k l m_k | r_{-\nu} | n l - 1 m_n \rangle \langle n l - 1 m_n | p_\nu | k l m_k \rangle \\ &= -\frac{2}{3(2l+1)} \sum_n (-1)^1 \langle k l \| r \| n l - 1 \rangle \langle n l - 1 \| \nabla \| k l \rangle \\ &= -\frac{2}{3(2l+1)} | \langle l \| C_1 \| l - 1 \rangle |^2 \sum_n \int_0^\infty dr P_{kl}(r) r P_{n l - 1}(r) \times \\ &\quad \int_0^\infty dr' P_{n l - 1}(r') \left(\frac{dP_{kl}(r')}{dr'} + \frac{l}{r'} P_{kl}(r') \right) \end{aligned}$$

Now, we use completeness of the radial wave functions:

$$\sum_n P_{n l - 1}(r) P_{n l - 1}(r') = \delta(r - r')$$

to write the sum over n of the double integral on the last lines of the previous equation as

$$I = \int_0^\infty dr P_{kl}(r) r \left(\frac{dP_{kl}(r)}{dr} + \frac{l}{r} P_{kl}(r) \right).$$

Since $|\langle l \| C_1 \| l-1 \rangle|^2 = l$, we obtain

$$\begin{aligned}\bar{f}_{kl \rightarrow l-1} &= -\frac{2l}{3(2l+1)} \int_0^\infty dr P_{kl}(r) r \left(\frac{dP_{kl}(r)}{dr} + \frac{l}{r} P_{kl}(r) \right) \\ &= -\frac{2l}{3(2l+1)} \int_0^\infty dr \left(\frac{1}{2} \frac{d(rP_{kl}^2)}{dr} + \frac{2l-1}{2} P_{kl}^2 \right) \\ &= -\frac{2l}{3(2l+1)} \frac{2l-1}{2} = -\frac{l(2l-1)}{3(2l+1)}\end{aligned}$$

Using $|\langle l \| C_1 \| l+1 \rangle|^2 = l+1$ and following the same argument for the case of intermediate $|n, l+1\rangle$ states, we find

$$\begin{aligned}\bar{f}_{kl \rightarrow l+1} &= -\frac{2(l+1)}{3(2l+1)} \int_0^\infty dr P_{kl}(r) r \left(\frac{dP_{kl}(r)}{dr} - \frac{l+1}{r} P_{kl}(r) \right) \\ &= -\frac{2(l+1)}{3(2l+1)} \int_0^\infty dr \left(\frac{1}{2} \frac{d(rP_{kl}^2)}{dr} - \frac{2l+3}{2} P_{kl}^2 \right) \\ &= \frac{2(l+1)}{3(2l+1)} \frac{2l+3}{2} = \frac{(l+1)(2l+3)}{3(2l+1)}\end{aligned}$$

Note:

$$\bar{f}_{kl \rightarrow l-1} + \bar{f}_{kl \rightarrow l+1} = 1.$$

Note further: if $l = 0$, only $\bar{f}_{ks(l=0) \rightarrow 1}$ is possible and from the general result for $\bar{f}_{kl \rightarrow l+1}$ with $l = 0$,

$$\bar{f}_{ks \rightarrow 1} = 1.$$

3. The Al ground state is a $3p$ doublet, the $3p_{3/2}$ state being above the $3p_{1/2}$ state by $\delta E = 112.061 \text{ cm}^{-1}$. The $3p_{3/2} \rightarrow 3p_{1/2}$ transition wavelength is $\lambda = 10^8/\delta E = 892,371 \text{ \AA}$. The transition rate from $a = 3p_{3/2}$ to $b = 3p_{1/2}$ is

$$A_{a \rightarrow b} = \frac{2.69735 \times 10^{13} S_{M1}}{\lambda^3 g_a} \text{ s}^{-1},$$

where $S_{M1} = |\langle b \| L + 2S \| a \rangle|^2$ and $g_a = 2j_a + 1$. Now let us find the reduced matrix element:

$$\begin{aligned}\langle j_b l_b M_b | L_\nu + 2S_\nu | j_a l_a M_a \rangle &= - \begin{array}{c} |l_b m_b \\ \hline j_b M_b \\ \hline |1/2 \mu_b \end{array} - \begin{array}{c} |l_a m_a \\ \hline j_a M_a \\ \hline |1/2 \mu_a \end{array} \left[- \begin{array}{c} |l_b m_b \\ \hline 1\nu \\ \hline |l_a m_a \end{array} \langle l_b \| L \| l_a \rangle \delta_{\mu_a \mu_b} \right. \\ &\quad \left. + - \begin{array}{c} |1/2 \mu_b \\ \hline 1\nu \\ \hline |1/2 \mu_a \end{array} \langle 1/2 \| \sigma \| 1/2 \rangle \delta_{l_b l_a} \delta_{m_b m_a} \right]\end{aligned}$$

Carrying out the sums over magnetic quantum numbers, this reduces to

$$\begin{aligned} \langle j_b l_b M_b | L_\nu + 2S_\nu | j_a l_a M_a \rangle &= - \frac{\uparrow j_b M_b}{j_a M_a} \frac{1\nu}{\times} \\ &\sqrt{[j_b][j_a]} \left[(-1)^{j_a+l_b+3/2} \left\{ \begin{matrix} j_b & j_a & 1 \\ l_a & l_b & 1/2 \end{matrix} \right\} \langle l_b \| L \| l_a \rangle \right. \\ &\left. + (-1)^{j_b+l_b+3/2} \left\{ \begin{matrix} j_b & j_a & 1 \\ 1/2 & 1/2 & l \end{matrix} \right\} \langle 1/2 \| \sigma \| 1/2 \rangle \delta_{l_b l_a} \right]. \end{aligned}$$

From this, we can read off the reduced matrix element. Furthermore, $\langle l_b \| L \| l_a \rangle = \sqrt{l_a(l_a+1)(2l_a+1)} \delta_{l_b l_a}$ and $\langle 1/2 \| \sigma \| 1/2 \rangle = \sqrt{6}$. Therefore, for the case $j_a = l + 1/2$, $j_b = l - 1/2$, and $l_a = l_b = l$,

$$\begin{aligned} \langle b \| M \| a \rangle &= \sqrt{(2l)(2l+2)} \left[\sqrt{l(l+1)(2l+1)} \left\{ \begin{matrix} l-1/2 & l+1/2 & 1 \\ l & l & 1/2 \end{matrix} \right\} \right. \\ &\quad \left. - \sqrt{6} \left\{ \begin{matrix} l-1/2 & l+1/2 & 1 \\ 1/2 & 1/2 & l \end{matrix} \right\} \right] \\ &= 2\sqrt{l(l+1)} \left[-\frac{1}{\sqrt{2(2l+1)}} + \frac{2}{\sqrt{2(2l+1)}} \right] \\ &= \sqrt{\frac{2l(l+1)}{2l+1}}. \end{aligned}$$

It follows that for p states, where $l = 1$, the line strength is $S_{M1} = 4/3$ and $g_a = 2j_a + 1 = 4$. For the $3p$ doublet in Al, the transition rate is

$$\begin{aligned} A_{3p_{3/2} \rightarrow 3p_{1/2}} &= \frac{2.69735 \times 10^{13} \times (4/3)}{(10^8/112.061)^3 \times 4} = 1.26526 \times 10^{-5} \text{ s}^{-1} \\ \tau(3p_{3/2}) &= \frac{1}{A} = 79035.18 \text{ s} = 21 \text{ h } 57 \text{ m } 15 \text{ s} \end{aligned}$$

Relativistic Calculation: In a relativistic calculation, the reduced magnetic-dipole matrix element is given by

$$\begin{aligned} \langle b \| M \| a \rangle &= 2c \langle b \| q_1^{(0)} \| a \rangle = 2c \langle b \| \frac{3}{k} t_1^{(0)} \| a \rangle \\ &= 2c \frac{\kappa_b + \kappa_a}{2} \langle -\kappa_b \| C_1 \| \kappa_a \rangle \int_0^\infty dr \frac{3}{k} j_1(kr) (P_b Q_a + P_a Q_b) \end{aligned}$$

We make two approximations: Firstly, $kr \approx 2\pi a_0/\lambda \approx 4 \times 10^{-6} \ll 1$. This approximation permits us ignore higher-order terms in the expansion of the spherical Bessel function and approximate $3j_1(kr)/k$ by r . Secondly, we use the Pauli approximation for the atomic wave functions of the $3p$ states in Aluminum. This approximation, which is valid provided $(\alpha Z)^2 \approx$

$10^{-5} \ll 1$, permits us to approximate the small-component wave function by

$$\begin{aligned}
\int_0^\infty dr r (P_b Q_a + P_a Q_b) &\approx -\frac{1}{2c} \int_0^\infty dr r \left(P_b \left(\frac{dP_a}{dr} + \frac{\kappa_a}{r} P_a \right) + P_a \left(\frac{dP_b}{dr} + \frac{\kappa_b}{r} P_b \right) \right) \\
&= -\frac{1}{2c} \int_0^\infty dr r \left(\frac{d(P_b P_a)}{dr} + \frac{\kappa_a + \kappa_b}{r} P_b P_a \right) \\
&= -\frac{1}{2c} \int_0^\infty dr \left(\frac{d(r P_b P_a)}{dr} + (\kappa_a + \kappa_b - 1) P_b P_a \right) \\
&= -\frac{\kappa_a + \kappa_b - 1}{2c} \int_0^\infty dr P_b P_a = -\frac{\kappa_a + \kappa_b - 1}{2c}
\end{aligned}$$

where we have used the fact that, in the Pauli approximation, $P_b = P_a = P_{3p}$, where $P_{3p}(r)$ is the *nonrelativistic* $3p$ radial wave function. Therefore, in the Pauli approximation, the magnetic-dipole matrix element for transitions from states with $j_a = l + 1/2$, $\kappa_a = -l - 1$ to states with $j_b = l - 1/2$, $\kappa_b = l$ becomes:

$$\begin{aligned}
\langle b || M || a \rangle &= -2c \frac{\kappa_b + \kappa_a}{2} \frac{\kappa_a + \kappa_b - 1}{2c} \langle -\kappa_b || C_1 || \kappa_a \rangle \\
&= -\frac{1}{2} (l - l - 1)(-l - 1 + l - 1) \langle -\kappa_b || C_1 || \kappa_a \rangle \\
&= -\langle j_b = l - 1/2 || C_1 || j_a = l + 1/2 \rangle \\
&= \sqrt{\frac{2l(l+1)}{2l+1}}.
\end{aligned}$$

Therefore, the relativistic matrix element, in the Pauli approximation, agrees precisely with the nonrelativistic matrix element.