

Also note that $[n_0^2 - 2k]^{-1/2} = -\frac{1}{2k}$

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and $\boxed{H = \text{const}}$ since $\frac{\partial H}{\partial z} = 0$.

Let $\zeta = [n_0^2 - 2k]^{-1/2} z$ be a new independent variable. Then we get

$$\dot{X} \stackrel{\text{dot}}{=} \frac{dX}{d\zeta} = \frac{dX}{dz} \frac{dz}{d\zeta} = [n_0^2 - 2k]^{-1/2} [n_0^2 - 2k]^{+1/2} \frac{dX}{dz}$$

$$\Rightarrow \boxed{\dot{X} = \frac{\partial K}{\partial p_x}, \quad \dot{p}_x = -\frac{\partial K}{\partial x} \text{ etc.}}$$

But $K = \frac{p_x^2 + p_y^2}{2} + \frac{\omega^2}{2} (x^2 + y^2)$, A simple Harmonic Oscillator
where $\omega = n_0 \alpha \Rightarrow$

$$\dot{X} = p_x, \quad \dot{p}_x = -\omega^2 X \Rightarrow \ddot{X} + \omega^2 X = 0$$

$$\Rightarrow \boxed{\begin{aligned} X &= A_x \sin(\omega \zeta + \phi_x) \\ Y &= A_y \sin(\omega \zeta + \phi_y) \end{aligned}}$$