

1.) In general, $W = \int dV \left(\frac{B^2}{2\mu_0} + \frac{\epsilon_0 E^2}{2} \right)$. We drop \vec{E} because $\frac{E}{B} \ll 1$

$$\nabla \times \vec{E} = -\frac{1}{c} \frac{\partial \vec{B}}{\partial t} \Rightarrow K_E \sim \frac{\omega}{c} B$$

$$\Rightarrow \frac{E}{B} \sim \frac{\omega}{Kc} \sim \frac{v_A}{c} \ll 1$$

So we need to keep $\frac{\epsilon_0 E^2}{2}$ for relativistic plasmas.

$$2.) \vec{s}B = \nabla \times (\vec{\xi} \times \vec{B}) \quad SW = \int dV \frac{2B\delta B}{2\mu_0} = \int dV \frac{1}{\mu_0} \vec{B} \cdot (\nabla \times (\vec{\xi} \times \vec{B}))$$

$$SW = \frac{1}{\mu_0} \int dV \left[\nabla \cdot (\vec{B} \times (\vec{\xi} \times \vec{B})) + (\vec{\xi} \times \vec{B}) \cdot (\underbrace{\nabla \times \vec{B}}_{= \mu_0 \vec{J}}) \right]$$

$$SW = \frac{1}{\mu_0} \left[\cancel{\int dS (\vec{B} \times (\vec{\xi} \times \vec{B}))}^0 + \int dV (\vec{\xi} \times \vec{B}) \cdot \mu_0 \vec{J} \right]$$

$$SW = \int dV (\vec{\xi} \times \vec{B}) \cdot \vec{J} = \int dV \vec{\xi} \cdot (\vec{B} \times \vec{J})$$

\therefore requiring $SW = 0$ for any $\vec{\xi} \Rightarrow \vec{B} \times \vec{J} = 0$.

3.) Variational principle: $\delta(\mathcal{W} - \lambda K) = 0$

\nearrow
minimize \mathcal{W} while keeping K cons

$$\delta(\mathcal{W} - \lambda K) = \int dV \left[\frac{\vec{B} \cdot \vec{s}B}{\mu_0} - \lambda \vec{\delta A} \cdot \vec{B} - \lambda \vec{A} \cdot \vec{\delta B} \right]$$

note: $\vec{s}B = \nabla \times \vec{sA}$

$$= \int dV \left[\frac{\vec{B}}{\mu_0} \cdot (\nabla \times \vec{sA}) - \lambda \vec{A} \cdot (\nabla \times \vec{sA}) - \lambda \vec{\delta A} \cdot \vec{B} \right]$$

$$= \int dV \left[\cancel{\frac{1}{\mu_0} \nabla \cdot (\vec{sA} \times \vec{B})}^0 + \frac{1}{\mu_0} \vec{sA} \cdot (\nabla \times \vec{B}) - \lambda \cancel{\nabla \cdot (\vec{sA} \times \vec{A})}^0 \right. \\ \left. - \lambda \vec{\delta A} \cdot (\nabla \times \vec{A}) - \lambda \vec{\delta A} \cdot \vec{B} \right]$$

$$= \int dV \vec{sA} \cdot \vec{J} - 2\lambda \vec{sA} \cdot \vec{B} = \int dV \vec{sA} \cdot (\vec{J} - 2\lambda \vec{B})$$

This implies that $\vec{J} - 2\lambda \vec{B} = 0$ minimizes δW for any $\vec{\delta A}$.

Is this force-free?

$$\nabla P = \vec{J} \times \vec{B} = 2\lambda \vec{B} \times \vec{B} = 0 \Rightarrow \text{force-free!}$$

4.) (3) has constant helicity but (2) doesn't

(3) has $\lambda = \text{const}$ so that $\vec{J} \propto \vec{B}$.

(2) does not have $\vec{J} \times \vec{B} \Rightarrow \lambda = \lambda(r)$

5.) Force-free fields only have J_{\parallel} , which can lead current-driven instabilities. The standard form of the Energy integral δW has two destabilizing terms: one related to curvature ($\nabla P, \vec{k}$) and one related to \vec{S}_{\parallel} .