

$$G_\lambda \xleftarrow[\text{unit irred}]{\times} G \times G_\lambda$$

$$\int_{dg}^G \overbrace{g \times \mathfrak{q}}_{\lambda} \overbrace{\mathfrak{q} \times g}_{\lambda} \stackrel{\text{Schur}}{=} \frac{1}{\dim G_\lambda} \mathfrak{q} \times \mathfrak{q}$$

$$G_\lambda \xleftarrow[K \text{ equiv}]{j} K_\mu$$

$$G \triangleleft \mathbb{J}^\mu = \frac{\gamma \in G \triangleleft \mathbb{J}}{k^y \gamma = k^{\mu y} \gamma} : \mu \text{ hom}$$

$$\tilde{\mathfrak{q}} \in G \triangleleft \mathbb{J}^\mu \xleftarrow[G \text{ equiv}]{\cong} G_\lambda \cong \mathfrak{q}$$

$${}^y \tilde{\mathfrak{q}} = {}^* j \mathfrak{q}$$

$${}^{ky} \tilde{\mathfrak{q}} = k {}^y \tilde{\mathfrak{q}}$$

$$g \times \mathfrak{q} = g \times \tilde{\mathfrak{q}}$$

$${}^y \tilde{\mathcal{K}}_g^{-1} = {}^* j y^{-1} j \in \mathbb{C} | \mathbb{J}$$

$${}^{ky} \tilde{\mathcal{K}}_{kg}^{-1} = k {}^y \tilde{\mathcal{K}}_g^{-1} k^{-1}$$

$$\mathcal{K}_g^{-1} \mathbb{J} = g^{-1} \times \mathbb{J} \in G_\lambda$$

$$\mathbb{J} \times {}^g \tilde{\mathfrak{q}} = \mathbb{J} \times {}^* j \mathfrak{q} = \mathbb{J} \times \mathfrak{q} = g^{-1} \times \mathbb{J} \times \mathfrak{q} = \mathcal{K}_g^{-1} \mathbb{J} \times \mathfrak{q}$$

$${}^y \tilde{\mathcal{K}}_g^{-1} \mathbb{J} = {}^* j y \times \mathcal{K}_g^{-1} \mathbb{J} = {}^* j y \times g^{-1} \times \mathbb{J} = {}^* j y g^{-1} j \mathbb{J} = {}^y \tilde{\mathcal{K}}_g^{-1} \mathbb{J}$$

$$\tilde{q} \times \tilde{q} = \frac{\dim J}{\dim \underline{G}_\lambda} q \times q$$

$$\begin{aligned} \text{LHS} &= \int_{dg}^G \tilde{q} \times \tilde{q} = \int_{dg}^G \underbrace{j^* g \times q}_{\times} \times \underbrace{j^* g \times q}_{\times} = \int_{dg}^G \underbrace{j^* g \times q}_{\times} \times \underbrace{j^* g \times q}_{\times} = \int_{dg}^G \underbrace{g \times q}_{\times} \times \underbrace{j \times q}_{\times} \\ &\stackrel{\text{Schur}}{=} \frac{1}{\dim \underline{G}_\lambda} q \times q \underbrace{j \times j}_{\times} = \frac{1}{\dim \underline{G}_\lambda} q \times q \underbrace{j \times j}_{\times} = \text{RHS} \end{aligned}$$