

Title: Explorations in Cosmology (PHYS 649) - Lecture 14

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Abstract:

ADM formalism
get customer

ADM formalism
get constraint eqns
for N, N^i

ADM formalism
get constraint eqns
for N, N^i

→ working in comoving gauge

$$\delta\phi = 0$$

$$h_{ij} = a^2 [(1 + 2\zeta)\delta_{ij} + \gamma_{ij}]$$

$$N = 1 + N^{(1)}$$

$$N^i =$$

ADM formalism
get constraint eqns
for N, N^i

→ working in comoving gauge

$$\delta\phi = 0$$

$$h_{ij} = a^2 [(1+2\mathcal{S})\delta_{ij} + \mathcal{X}_{ij}]$$

$$N = 1 + N^{(1)}$$

$$N^i =$$

$$S_2 =$$

ADM formalism
get constraint eqns
for N, N^i

→ working in comoving gauge

$$\delta\phi = 0$$

$$h_{ij} = a^2 [(1+2\mathcal{S})\delta_{ij} + \mathcal{L}_{ij}]$$

$$N = 1 + N^{(1)}$$

$$N^i =$$

$$S_2 = M_{\text{Pl}}^2 (2\epsilon)$$



M formalism
set constraint eqns
for N, N^i

working in removing gauge

$$\delta\phi = 0$$

$$h_{ij} = a^2 [(1+2S)\delta_{ij} + \gamma_{ij}]$$

$$N = 1 + N^{(1)}$$

$$N^i =$$

$$S_2 = M_P^2 (2\epsilon) \int d^4x \sqrt{g} \left[\frac{1}{2} g^{\mu\nu} \partial_\mu \phi \partial_\nu \phi \right]$$

M formalism
at constraint eqns
for N, N^i

working in removing gauge

$$\delta\phi = 0$$

$$h_{ij} = a^2[(1+2s)\delta_{ij} + \dots]$$

$$N = 1 + N^{(1)}$$

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$$S_2 = M_P^2 (2\epsilon) \int d^4x \sqrt{g} \left[\frac{1}{2} g^{\mu\nu} \partial_\mu S \partial_\nu S \right]$$

for $\epsilon \approx 0$ $P_g(k)$

M formalism
at constraint eqns
for N, N^i

working in removing gauge

$$\delta\phi = 0$$

$$h_{ij} = a^2[(1+2\mathcal{S})\delta_{ij} + \dots]$$

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$$S_2 = M_P^2 (2\epsilon) \int d^4x \sqrt{g} \left[\frac{1}{2} g^{\mu\nu} \partial_\mu S \partial_\nu S \right]$$

for $\epsilon \approx 0$

$$P_S(k) = \frac{H^2}{8\pi^2 \epsilon M_P^2} \Big|_{k=aH}$$

M formalism
at constraint eqns
for N, N^i

working gauge

$h_{ij} = \gamma_{ij} + \delta_{ij}$

$$S_2 = M_P^2 (2\epsilon) \int d^4x \sqrt{g} \left[\frac{1}{2} g^{\mu\nu} \partial_\mu S \partial_\nu S \right]$$

for $\dot{\epsilon} \approx 0$

$$P_S(k) = \frac{H^2}{8\pi^2 \epsilon M_P^2} \Big|_{k=aH}$$

Σ EOM

M formalism
at constraint eqns
for N, N^i

working in comoving gauge
 $\delta\phi=0$

$$h_{ij} = a^2 [(1+2\mathcal{S})\delta_{ij} + \delta_{ij}]$$

$$N = 1 + N^{(1)}$$

$$N^i =$$

$$S_2 = M_p^2 (2\epsilon) \int d^4x \sqrt{g} \left[\frac{1}{2} g^{\mu\nu} \partial_\mu S \partial_\nu S \right]$$

for $\epsilon \approx 0$

$$P_S(k) = \frac{H^2}{8\pi^2 \epsilon M_p^2} \Big|_{k=aH}$$

$E_0 M$

$$\ddot{S}_k + 3H\dot{S}_k + k^2 \frac{1}{a^2} S_k = 0$$
$$\frac{d}{dt} - H$$

M formalism
at constraint eqns
for N, N^i

working in comoving
 $\delta\phi=0$

$$h_{ij} = a^2[(1+2\delta)\delta_{ij} + \dots]$$

$$N = 1 + N^{(1)}$$

$$N^i =$$

$$S_2 = M_p^2 (2\epsilon) \int d^4x \sqrt{g} \left[\frac{1}{2} g^{\mu\nu} \partial_\mu S \partial_\nu S \right]$$

for $\dot{\epsilon} \approx 0$

$$P_S(k) = \frac{H^2}{8\pi^2 \epsilon M_p^2} \Big|_{k=aH}$$

Σ EoM

$$\ddot{S}_k + 3H\dot{S}_k + k^2 \frac{a^2}{a^2} S_k = 0$$

$$\frac{d}{dt} \sim H$$

$k < aH$, (and drop)

M formalism
 at constraint eqns
 for N, N^i

rkmo removing gauge

$S_{\text{eff}} = \int d^4x \sqrt{-g} [\dots + 2S - \delta_{ij} + \delta_{ij}]$

$$S_2 = M_{\text{Pl}}^2 (2\epsilon) \int d^4x \sqrt{g} \left[\frac{1}{2} g^{\mu\nu} \partial_\mu S \partial_\nu S \right]$$

for $\epsilon \approx 0$ $P_S(k) = \frac{H^2}{8\pi^2 \epsilon M_{\text{Pl}}^2} \Big|_{k=aH}$

$\int E_0 M$

$$\ddot{S}_k + 3H \dot{S}_k + k^2 \frac{1}{a^2} S_k = 0$$

$$\frac{d}{dt} \sim H$$

$k < aH$, (mndrop)

$S_k = \text{constant}$ is a soln ✓

M formalism
at constraint eqns
for N, N^i

working in comoving gauge
 $\delta\phi=0$

$$h_{ij} = a^2 [(1+2S)\delta_{ij} + \delta_{ij}]$$

$$N = 1 + N^{(1)}$$

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$$S_2 = M_p^2 (2\epsilon) \int d^4x \sqrt{g} \left[\frac{1}{2} g^{\mu\nu} \partial_\mu S \partial_\nu S \right]$$

for $\epsilon \approx 0$ $P_S(k) = \frac{H^2}{8\pi^2 \epsilon M_p^2} \Big|_{k=aH}$

Σ EOM

$$\ddot{S}_k + 3H\dot{S}_k + k^2 \frac{1}{a^2} S_k = 0$$

$$\frac{d}{dt} \sim H$$

$k < aH$, (androp)

$S_k = \text{constant}$ is a soln ✓

We could have instead
used "spatially flat"

$$\psi = 0$$

$$\delta\psi \neq 0$$



We could have instead
used "spatially flat"

$$\psi = 0$$

$$\delta\phi \neq 0$$

$$N, N^i = N(\delta\phi)$$

again can solve

$P_{\delta\phi}(k)$ as before

We could have instead
used "spatially flat"

$$\psi = 0$$

$$\delta\phi \neq 0$$

$$N, N^i = N(\delta\phi)$$

again can solve

$P_{\delta\phi}(k)$ as before

↳ change gauge at horizon to ξ

$$\xi = -\frac{H}{\dot{\phi}} \delta\phi$$

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↳ change gauge at horizon to ξ

$$\xi = -\frac{H}{\dot{\phi}_0} \delta\phi$$

\mathcal{N} formalism
 & constraint eqns
 for N, N^i

working in comoving gauge
 $\delta\phi=0$

$$h_{ij} = a^2 [(1+2\mathcal{S})\delta_{ij} + \mathcal{L}_{ij}]$$

$$N = 1 + N^{(1)}$$

$$N^i =$$

$$S_2 = M_P^2 (2\epsilon) \int d^4x \sqrt{g} \left[\frac{1}{2} g^{\mu\nu} \partial_\mu S \partial_\nu S \right]$$

for $\epsilon \approx 0$ $P_S(k) = \frac{H^2}{8\pi^2 \epsilon M_P^2} \Big|_k$

$\int E_0 M$

$$\ddot{\mathcal{S}}_k + 3H\dot{\mathcal{S}}_k + \frac{k^2}{a^2} \mathcal{S}_k = 0$$

$$\frac{d}{dt} \sim H$$

$k < aH$, (and drop)

$\mathcal{S}_k = \text{constant}$ is a

A formalism
 + constraint eqns
 for N, N^i

working in comoving gauge

$$\delta\phi = 0$$

$$h_{ij} = a^2 [(1+2\mathcal{S})\delta_{ij} + \mathcal{I}_{ij}]$$

$$N = 1 + N^{(1)}$$

$$N^i =$$

$$S_2 = M_p^2 (2\epsilon) \int d^4x \sqrt{g} \left[\frac{1}{2} g^{\mu\nu} \partial_\mu S \partial_\nu S \right]$$

for $\epsilon \approx 0$

$$P_S(k) = \frac{H^2}{8\pi^2 \epsilon M_p^2} \Big|_{k=aH}$$

$\int E_0 M$

$$\ddot{S}_k + 3H\dot{S}_k + \frac{k^2}{a^2} S_k = 0$$

$$\frac{d}{dt} \sim H$$

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$S_k = \text{constant}$ is a soln ✓

Tensor part (γ_{ij})

Original action had

$R^{(4)} \rightarrow$ kinetic term for γ_{ij}

Tensor part (γ_{ij})

Original action had

$R^{(4)}$ → kinetic term for γ_{ij}

↓
 $R^{(2)} = \frac{1}{N} (F_{ij} F^{ij} - E^2)$

Tensor part (γ_{ij})

Original action had

$R^{(4)} \rightarrow$ kinetic term for γ_{ij}

$$R^{(4)} = \frac{1}{2} (E_{ij} E^{ij} - E^2)$$

$$E_{ij} = \dot{h}_{ij} - \nabla_i N_j - \nabla_j N_i$$

$$\downarrow$$
$$\dot{\gamma}_{ij}$$

Collect terms

Tensor part (γ_{ij})

Original action had

$R^{(4)} \rightarrow$ kinetic term for γ_{ij}

$$R^{(4)} = \frac{1}{2} (E_{ij} E^{ij} - E^2)$$

$$E_{ij} = \dot{h}_{ij} - \nabla_i N_j - \nabla_j N_i$$

$$\dot{\gamma}_{ij}$$

Collect terms

$$S = \frac{M_p^2}{8} \int d^4x \sqrt{-g} \left[\dot{\gamma}_{ij} \dot{\gamma}^{ij} - \partial_\alpha \gamma_{ij} \partial^\alpha \gamma^{ij} \right]$$

Tensor part (γ_{ij})

Original action had

$R^{(4)} \rightarrow$ kinetic term for γ_{ij}

$$R^{(4)} = \frac{1}{N} (E_{ij} E^{ij} - E^2)$$

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Collect terms

$$S = \frac{M_p^2}{8} \int d^4x \sqrt{-g} \left[\dot{\gamma}_{ij} \dot{\gamma}^{ij} - a^2 \partial_\alpha \gamma_{ij} \partial^\alpha \gamma^{ij} \right]$$

Tensor part (γ_{ij})

Original action had

$R^{(4)} \rightarrow$ kinetic term for γ_{ij}

$$R^{(4)} = \frac{1}{2} (E_{ij} E^{ij} - E^2)$$

$$E_{ij} = \dot{h}_{ij} - \nabla_i N_j - \nabla_j N_i$$

$$\downarrow$$
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Collect terms

$$S = \frac{M_p^2}{8} \int d^4x \sqrt{-g} \left[\dot{\gamma}_{ij} \dot{\gamma}^{ij} - a^2 \partial_\alpha \gamma_{ij} \partial^\alpha \gamma^{ij} \right]$$

Tutorial we chose

$$S_2 = M_P^2 (2\epsilon) \int d^4x \sqrt{g} \left[\frac{1}{2} g^{\mu\nu} \partial_\mu \right]$$

for $\dot{\epsilon} \approx 0$ $P_S(k) = \frac{H^2}{8\pi^2 \epsilon M_P^2}$

$\int EOM$

$$\ddot{\zeta}_k + 3H\dot{\zeta}_k + \frac{k^2}{a^2} \zeta_k = 0$$

$$\frac{d}{dt} \sim H$$

$k < aH$, (and drop)

$\zeta_k = \text{constant}$ is a soln ✓

Tutorial we chose

$$\hat{k} = \hat{z}$$

$$\gamma_{ij} = \begin{pmatrix} \gamma_x & \gamma_x & 0 \\ \gamma_x & \gamma_x & 0 \\ 0 & 0 & 0 \end{pmatrix}$$

$$k_i \gamma_{ij} = 0$$

To be complete, we
expression for γ_{ij}

↳ we classify γ_{ij} by

under a rotation

↳ rotation

R_z

Tutorial we chose

$$\hat{k} = \hat{z}$$

$$\gamma_{ij} = \begin{pmatrix} \gamma_x & \gamma_x & 0 \\ \gamma_x & -\gamma_x & 0 \\ 0 & 0 & 0 \end{pmatrix}$$

$$k_i \gamma_{ij} = 0$$

$$R_z =$$

To be complete, want a general expression for γ_k

↳ we classify γ_{ij} by transforming under a rotation

↳ rotation about \hat{z}

Tutorial we chose

$$\hat{k} = \hat{z}, \quad \gamma_{ij} = \begin{pmatrix} \gamma_x & \gamma_x & 0 \\ \gamma_x & -\gamma_x & 0 \\ 0 & 0 & 0 \end{pmatrix}$$

To be complete, want a general expression

↳ transformations

out \hat{z}

$$R_z = \begin{pmatrix} \cos \theta & -\sin \theta & 0 \\ \sin \theta & \cos \theta & 0 \\ 0 & 0 & 0 \end{pmatrix}$$

$$\gamma \rightarrow R_z^T \gamma R_z$$

Tutorial we chose

$$\hat{k} = \hat{z}$$

$$\gamma_{ij} = \begin{pmatrix} \gamma_+ & \gamma_x & 0 \\ \gamma_x & -\gamma_+ & 0 \\ 0 & 0 & 0 \end{pmatrix}$$

$$k_i \gamma_{ij} = 0$$

To be complete, want a general expression for γ_k

↳ we classify γ_{ij} by transform under a rotation

↳ rotation about \hat{z}

$$R_z = \begin{pmatrix} \cos \theta & -\sin \theta & 0 \\ \sin \theta & \cos \theta & 0 \\ 0 & 0 & 0 \end{pmatrix}$$

$$\Rightarrow R_z^T \gamma R_z$$

$$\gamma_+ \rightarrow \gamma_+ \cos 2\theta + \gamma_x \sin 2\theta$$

$$\gamma_x \rightarrow \dots$$

Tutorial we chose

$$\hat{k} = \hat{z}, \quad \gamma_{ij} = \begin{pmatrix} \gamma_+ & \gamma_x & 0 \\ \gamma_x & -\gamma_+ & 0 \\ 0 & 0 & 0 \end{pmatrix}$$

$$k_i \gamma_{ij} = 0$$

to be complete, want a general expression for γ_k

classify γ_{ij} by transformations

rotation

rotation about \hat{z}

$$R_z = \begin{pmatrix} \cos \theta & -\sin \theta & 0 \\ \sin \theta & \cos \theta & 0 \\ 0 & 0 & 0 \end{pmatrix}$$

$$\gamma \rightarrow R_z^T \gamma R_z$$

$$\gamma_+ \rightarrow \gamma_+ \cos 2\theta + \gamma_x \sin 2\theta$$

$$\gamma_x \rightarrow \gamma_+ \sin 2\theta - \gamma_x \cos 2\theta$$

Tutorial we chose

$$\hat{k} = \hat{z}, \quad \gamma_{ij} = \begin{pmatrix} \gamma_+ & \gamma_x & 0 \\ \gamma_x & -\gamma_+ & 0 \\ 0 & 0 & 0 \end{pmatrix}$$

$$k_i \gamma_{ij} = 0$$

To be complete, want a general expression for γ_k

→ we classify γ_{ij} by transformations under a rotation

↳ rotation about \hat{z}

$$R_z = \begin{pmatrix} \cos \theta & -\sin \theta & 0 \\ \sin \theta & \cos \theta & 0 \\ 0 & 0 & 0 \end{pmatrix}$$

$$\gamma \rightarrow R_z^T \gamma R_z$$

$$\gamma_+ \rightarrow \gamma_+ \cos 2\theta + \gamma_x \sin 2\theta$$

$$\gamma_x \rightarrow \gamma_+ \sin 2\theta - \gamma_x \cos 2\theta$$

Tutorial we chose

$$\hat{k} = \hat{z}, \quad \gamma_{ij} = \begin{pmatrix} \gamma_+ & \gamma_x & 0 \\ \gamma_x & -\gamma_+ & 0 \\ 0 & 0 & 0 \end{pmatrix}$$

$k_i \gamma_{ij} = 0$

To be complete, want a general expression for γ_k

↳ we classify γ_{ij} by transformations under a rotation

↳ rotation about \hat{z}

$$R_z = \begin{pmatrix} \cos \theta & -\sin \theta & 0 \\ \sin \theta & \cos \theta & 0 \\ 0 & 0 & 1 \end{pmatrix}$$

$$\gamma \rightarrow R_z^T \gamma R_z$$

$$\gamma_+ \rightarrow \gamma_+ \cos 2\theta + \gamma_x \sin 2\theta$$

$$\gamma_x \rightarrow \gamma_+ \sin 2\theta - \gamma_x \cos 2\theta$$

Tutorial we chose

$$\hat{k} = \hat{z}, \quad \gamma_{ij} = \begin{pmatrix} \gamma_+ & \gamma_x & 0 \\ \gamma_x & -\gamma_+ & 0 \\ 0 & 0 & 0 \end{pmatrix}$$

$$k_i \gamma_{ij} = 0$$

To be complete, want a general expression for γ_k

We classify γ_{ij} by transformations under a rotation

rotation about \hat{z}

$$R_z = \begin{pmatrix} \cos \theta & -\sin \theta & 0 \\ \sin \theta & \cos \theta & 0 \\ 0 & 0 & 1 \end{pmatrix}$$

$$\gamma \rightarrow R_z^T \gamma R_z$$

$$\gamma_+ \rightarrow \gamma_+ \cos 2\theta + \gamma_x \sin 2\theta$$

$$\gamma_x \rightarrow \gamma_+ \sin 2\theta - \gamma_x \cos 2\theta$$

Tutorial we chose

$$\hat{k} = \hat{z}$$

$$\gamma_{ij} = \begin{pmatrix} \gamma_+ & \gamma_x & 0 \\ \gamma_x & -\gamma_+ & 0 \\ 0 & 0 & 0 \end{pmatrix}$$

$$k_i \gamma_{ij} = 0$$

To be complete, want a general expression for γ_k

↳ we classify γ_{ij} by transform under a rotation

↳ rotation about

$$R_z = \begin{pmatrix} \cos \theta & -\sin \theta & 0 \\ \sin \theta & \cos \theta & 0 \\ 0 & 0 & 1 \end{pmatrix}$$

$$\gamma \rightarrow R_z^T \gamma R_z$$

$$\gamma_+ \rightarrow \gamma_+ \cos 2\theta + \gamma_x \sin 2\theta$$

$$\gamma_x \rightarrow \gamma_+ \sin 2\theta - \gamma_x \cos 2\theta$$

$$\gamma_{\pm} \pm i\gamma_x \rightarrow e^{\pm 2i\theta} (\gamma_{\pm} \pm i\gamma_x)$$

Tutorial we chose

$$\hat{k} = \hat{z}, \quad \gamma_{ij} = \begin{pmatrix} \gamma_+ & \gamma_x & 0 \\ \gamma_x & -\gamma_+ & 0 \\ 0 & 0 & 0 \end{pmatrix}$$

$k_i \gamma_{ij} = 0$

To be complete, want a general expression for γ_k^\pm

↳ we classify γ_{ij} by transformations under a rotation

↳ rotation about \hat{z}

$$R_z = \begin{pmatrix} \cos \theta & -\sin \theta & 0 \\ \sin \theta & \cos \theta & 0 \\ 0 & 0 & 1 \end{pmatrix}$$

$$\gamma \rightarrow R_z^T \gamma R_z$$

$$\gamma_+ \rightarrow \gamma_+ \cos 2\theta + \gamma_x \sin 2\theta$$

$$\gamma_x \rightarrow \gamma_+ \sin 2\theta - \gamma_x \cos 2\theta$$

$$\gamma_+ \pm i\gamma_x \rightarrow e^{\pm 2i\theta} (\gamma_+ \pm i\gamma_x)$$

"helicity two"

$$\gamma_{(1)}(k) = \sum$$

$$\gamma_{ij}(\mathbf{k}) = \sum_{S^*} \epsilon_{ij}^S(\hat{\mathbf{k}}) \gamma_{ij}^S(\mathbf{k})$$

$$\gamma_{ij}(\vec{x}, t) = \int \frac{d^3k}{(2\pi)^3} e^{i\mathbf{k}\cdot\vec{x}}$$

$$\gamma_{ij}(k) = \sum_{s^{\pm}} \epsilon_{ij}^s(\hat{k}) \gamma_{ij}^s(k)$$

$$\gamma_{ij}(\vec{x}, t) = \int \frac{d^3k}{(2\pi)^3} e^{i\vec{k}\cdot\vec{x}} \sum_{s^{\pm}} \epsilon_{ij}^s(\hat{k}) \gamma_{ij}^s(k)$$



$$\gamma_{ij}(k) = \sum_{s^{\pm}} \epsilon_{ij}^s(\hat{k}) \gamma_{ij}^s(k)$$

$$\gamma_{ij}(\vec{x}, t) = \int \frac{d^3k}{(2\pi)^3} e^{i\vec{k}\cdot\vec{x}} \sum_{s^{\pm}} \epsilon_{ij}^s(\hat{k}) \gamma_{ij}^s(k)$$

↳ Now use this in the action

$$\gamma_{ij}(k) = \sum_{s^{\pm}} \epsilon_{ij}^s(\hat{k}) \gamma_{ij}^s(k)$$

$$\gamma_{ij}(\vec{x}, t) = \int \frac{d^3k}{(2\pi)^3} e^{i\vec{k}\cdot\vec{x}} \sum_{s^{\pm}} \epsilon_{ij}^s(\hat{k}) \gamma_{ij}^s(k)$$

use this in the action

canonical field

$$\gamma_{ij}(k) = \sum_{s^{\pm}} \epsilon_{ij}^s(\hat{k}) \gamma_{ij}^s(k)$$

$$\gamma_{ij}(\vec{x}, t) = \int \frac{d^3k}{(2\pi)^3} e^{i\vec{k}\cdot\vec{x}} \sum_{s^{\pm}} \epsilon_{ij}^s(\hat{k}) \gamma_{ij}^s(k)$$

↳ Now use this in the action

Canonical field $\hat{\gamma}_{ij} = \frac{M_p}{2} \gamma_{ij}$

$$\gamma_{ij}(k) = \sum_{s^{\pm}} \epsilon_{ij}^s(\hat{k}) \gamma_{ij}^s(k)$$

$$\gamma_{ij}(\vec{x}, t) = \int \frac{d^3k}{(2\pi)^3} e^{i\vec{k}\cdot\vec{x}} \sum_{s^{\pm}} \epsilon_{ij}^s(\hat{k}) \gamma_{ij}^s(k)$$

Now use this in the action

Canonical field $\hat{\gamma}_{ij} = \frac{M_p}{2} \dot{\gamma}_{ij}$

Tensor part (0,1)

Original action had

$R^{(4)} \rightarrow$ kinetic term for γ_{ij}

\downarrow
 $R^{(3)} = \frac{1}{N} (E_{ij} E^{ij} - E^2)$

$E_{ij} = \dot{h}_{ij} - \nabla_i N_j - \nabla_j N_i$

\downarrow
 $\dot{\gamma}_{ij}$

$$S = \frac{M_p^2}{8} \int d^4x \sqrt{-g} \left[\dot{\gamma}_{ij} \dot{\gamma}^{ij} - a^2 (\partial_i \gamma_{ij})^2 \right]$$

$$\gamma_{ij}(k) = \sum_{S^{\pm}} \epsilon_{ij}^S(\hat{k}) \gamma_{ij}^S(k)$$

$$\gamma_{ij}(\vec{x}, t) = \int \frac{d^3k}{(2\pi)^3} e^{i\vec{k}\cdot\vec{x}} \sum_{S^{\pm}} \epsilon_{ij}^S(\hat{k}) \gamma_{ij}^S(k)$$

↳ Now use this in the action

Canonical field $\hat{\gamma}_{ij} = \frac{M_p}{2} \delta_{ij}$

$$\langle \hat{\gamma}_+ \hat{\gamma}_+ \rangle = \langle \hat{\gamma}_- \hat{\gamma}_- \rangle = \frac{H^2}{2k^3}$$

$$\langle \delta_+ \delta_+ \rangle = \frac{H^2}{M_p^2} \frac{2}{k^3}$$

→ total power in tensor modes

$$\langle \dot{\chi}_{ij}^S(k) \rangle$$

$$\hookrightarrow P_T(k) = \frac{2H^2}{M_p^2 \pi^2}$$

$$= \frac{P}{P_S}$$

$$\frac{H^2}{2k^3}$$

Collect terms

$$S = \frac{M_p^2}{8} \int d^4x \sqrt{-g} \left[\dot{\chi}_0^2 - a^2 (\partial_i \chi_{ij})^2 \right]$$

→ total power in tensor modes

$(\vec{k}) \gamma_{ij}^s(k)$

$$\hookrightarrow P_T(k) = \frac{2H^2}{M_p^2 \pi^2}$$

$$\Gamma = \frac{P}{P_S}$$

Collect terms

$$S = \frac{M_p^2}{8} \int d^4x \sqrt{-g} \left[\dot{\gamma}_{ij}^2 - a^2 (\partial_\mu \gamma_{ij})^2 \right]$$

→ total power in tensor modes

$(2) \gamma_{ij}^s(k)$

$$\hookrightarrow P_T(k) = \frac{2H^2}{M_p^2 \pi^2}$$

$$\Gamma = \frac{P_T}{P_S} = 16\epsilon$$

γ_{ij}

$\frac{H^2}{2k^3}$

k

Collect terms

$$S = \frac{M_p^2}{8} \int d^4x \sqrt{-g} \left[\dot{\gamma}_{ij}^2 - a^2 (\partial_\mu \gamma_{ij})^2 \right]$$

$$\sum_{S^{\pm}} \epsilon_{ij}^S(\hat{k}) \gamma_{ij}^S(k)$$

$$= \int \frac{d^3k}{(2\pi)^3} e^{i\vec{k}\cdot\vec{x}} \sum_{S^{\pm}} \epsilon_{ij}^S(\hat{k}) \gamma_{ij}^S(k)$$

use this in the action

canonical field $\hat{\gamma}_{ij} = \frac{M_P}{2} \dot{\gamma}_{ij}$

$$\langle \hat{\gamma}_+ \hat{\gamma}_+ \rangle = \langle \dot{\gamma}_- \dot{\gamma}_- \rangle = \frac{H^2}{2k^3}$$

$$\langle \gamma_+ \gamma_+ \rangle = \frac{H^2}{M_P^2} \frac{2}{k^3} \quad \text{ch}$$

→ total power in tensor modes

$$\hookrightarrow P_T(k) = \frac{2H^2}{M_P^2 \pi^2}$$

$$\Gamma = \frac{P_T}{P_S} = 16\epsilon$$

→ total power in tensor modes

$$\hookrightarrow P_T(k) = \frac{2H^2}{M_p^2 \pi^2}$$

$$\Gamma = \frac{P_T}{P_S} = 16\epsilon \leq 0.2$$

Collec

$$S = \frac{M_p^2}{8}$$

$$\gamma_{ij}(k) = \sum_{S^{\pm}} \epsilon_{ij}^S(\hat{k}) \gamma_{ij}^S(k)$$

$$\gamma_{ij}(\vec{x}, t) = \int \frac{d^3k}{(2\pi)^3} e^{i\vec{k}\cdot\vec{x}} \sum_{S^{\pm}} \epsilon_{ij}^S(\hat{k}) \gamma_{ij}^S(k)$$

↳ Now use this in the action

Canonical field $\hat{\gamma}_{ij} = \frac{M_p}{2} \delta_{ij}$

$$\langle \hat{\gamma}_+ \hat{\gamma}_+ \rangle = \langle \hat{\gamma}_- \hat{\gamma}_- \rangle = \frac{H^2}{2k^3}$$

$$\langle \delta_+ \delta_+ \rangle = \frac{H^2}{M_p^2} \frac{2}{k^3}$$

$$\gamma_{ij}(k) = \sum_{S^+} \epsilon_{ij}^S(\hat{k}) \gamma_{ij}^S(k)$$

$$\epsilon_{ij}^S = \begin{pmatrix} 1 & 1 & 0 \\ 1 & -1 & 0 \\ 0 & 0 & 0 \end{pmatrix} \quad \gamma_{ij}(\vec{x}, t) = \int \frac{d^3k}{(2\pi)^3} e^{i\vec{k}\cdot\vec{x}} \sum_{S^+} \epsilon_{ij}^S(\hat{k}) \gamma_{ij}^S(k)$$

Now use this in the action

$$\text{Canonical field} \quad \hat{\gamma}_{ij} = \frac{M_p}{2} \delta_{ij}$$

$$\langle \hat{\gamma}_+ \hat{\gamma}_+ \rangle = \langle \hat{\gamma}_- \hat{\gamma}_- \rangle = \frac{H^2}{2k^3}$$

$$\langle \delta_+ \delta_+ \rangle = \frac{H^2}{M_p^2} \frac{2}{k^3}$$

→ total power in tensor modes

$$\hookrightarrow P_T(k) = \frac{2H^2}{M_p^2 \pi^2}$$

$$\Gamma = \frac{P_T}{P_S} = 16\epsilon \leq 0.2$$

Collect terms

$$S = \frac{M_p^2}{8} \int d^4x \sqrt{-g} \left[\dot{\gamma}_{ij} \dot{\gamma}_{ij} - a^2 (\partial_\mu \gamma_{ij})^2 \right]$$

original we chose

$$\hat{k} = \hat{z}, \quad \gamma_{ij} = \begin{pmatrix} \gamma_+ & \gamma_x & 0 \\ \gamma_x & -\gamma_+ & 0 \\ 0 & 0 & 0 \end{pmatrix}$$

$$k_i \gamma_{ij} = 0$$

to be complete, want a general expression for γ_k

we classify γ_{ij} by transformations under a rotation

↳ rotation about \hat{z}

$$R_z = \begin{pmatrix} \cos \theta & -\sin \theta & 0 \\ \sin \theta & \cos \theta & 0 \\ 0 & 0 & 1 \end{pmatrix}$$

$$\gamma \rightarrow R_z^T \gamma R_z$$

$$\gamma_+ \rightarrow \gamma_+ \cos 2\theta + \gamma_x \sin 2\theta$$

$$\gamma_x \rightarrow \gamma_+ \sin 2\theta - \gamma_x \cos 2\theta$$

$$\gamma_+ \pm i\gamma_x \rightarrow e^{\pm 2i\theta} (\gamma_+ \pm i\gamma_x)$$

"helicity two"

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"helicity two"

check pert. are small

$$\frac{\langle \delta T_0 \rangle}{T_0} < 1$$

$$T_0$$

check pert. are small

$$\frac{\langle \delta T_0^0 \rangle}{T_0} < 1$$

$$3H^2 M_P^2 = V(\phi)$$

$$\rightarrow T_0$$

check pert. are small

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$$3H^2 M_p^2 = 1$$

$$\rightarrow T_0^2$$

$$= \langle \dot{\phi}_0^2 \delta t^2 \rangle$$

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$$= \langle \dot{\phi}_0 \delta \phi + V_{,\phi} \delta \phi \rangle$$

$3H^2$

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3h

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$$p^2 = V(\phi)$$

$$\rightarrow T_0$$

$$= \frac{\langle \phi_0 \delta\phi + V_{,\phi} \delta\phi + \frac{(\delta\phi)^2}{2} + \frac{1}{2} V_{,\phi\phi} (\delta\phi)^2 \rangle}{V(\phi_0)}$$

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$V(\phi_0)$

$$\text{or } \frac{\partial}{\partial \epsilon} \sim H$$

check pert. are small

$$\frac{\langle \delta T_0^0 \rangle}{T_0} < 1$$

$$H^2 M_P^2 = V(\phi)$$

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$$\text{use } \frac{d}{d\epsilon} \sim H, \quad \frac{d}{dx} \sim aH$$

check pert. are small

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use $\frac{d}{dt} \sim H$, $\frac{d}{dx} \sim aH$

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check pert. are small

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$$\frac{H}{M_p} < 1$$

Use $\frac{d}{d\epsilon} \sim H$, $\frac{d}{dx} \sim aH$

$$\gamma_{ij}(k) = \sum_{S^{\pm}} \epsilon_{ij}^S(\hat{k}) \gamma_{ij}^S(k)$$

$$\epsilon_{ij}^{\pm} \begin{pmatrix} 1 & 1 & 0 \\ 1 & -1 & 0 \\ 0 & 0 & 0 \end{pmatrix} \gamma_{ij}(\vec{x}, t) = \int \frac{d^3k}{(2\pi)^3} e^{i\vec{k}\cdot\vec{x}} \sum_{S^{\pm}} \epsilon_{ij}^S(\hat{k}) \gamma_{ij}^S(k)$$

↳ Now use this in the action

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ch \odot

What about real space
correlation function

$$\langle \phi(x)\phi(y) \rangle = \int \frac{d^3k}{(2\pi)^3} e^{i\vec{k}\cdot\vec{r}}$$

What about real space
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$$\langle \phi(x)\phi(y) \rangle = \int \frac{d^3k}{(2\pi)^3} e^{i\vec{k}\cdot\vec{r}} \underbrace{|u_k|^2}_{\phi(k)}$$

$$\vec{r} = \vec{x} - \vec{y}$$

$$\int \frac{d^3k}{(2\pi)^3} e^{i\vec{k}\cdot\vec{r}} \frac{H^2}{2k^3}$$

→

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↖ constant

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$k \rightarrow \infty$
 $k \rightarrow 0$

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① Theoretical assumptions
↳

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① Theoretical assumptions in $\int_0^\infty \frac{dk}{k}$
↳ exact, eternal dS

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↳ not world we see!
inflation ends: $k_{\text{end}} = 1$

① Theoretical assumptions in $\int_0^{\infty} \frac{dk}{k}$
↳ exact, eternal dS
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inflation ends: $k_{\text{end}} = H a(\eta_{\text{exit}})$



① Theoretical assumptions in $\int_0^{\infty} \frac{dk}{k}$

↳ exact, eternal dS

↳ not world we see!

inflation ends: $k_{\text{end}} = H a(\eta_{\text{end}})$
 $k \rightarrow k_{\text{end}}$

① Theoretical assumptions in $\int_0^{\infty} \frac{dk}{k}$

↳ exact, eternal dS

↳ not world we see:

* inflation ends: $k_{\text{end}} = H a(\eta_{\text{end}})$
 ~~$k \ll k_{\text{end}}$~~

↳ chances are good, inflation began

① Theoretical assumptions in $\int_0^{\infty} \frac{dk}{k}$

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↳ exact, eternal dS

↳ not world we see:

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↳ solution we found is only valid

for $k \gg k_{\text{initial}} \sim H a(t_{\text{initial}})$

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↳ exact, eternal dS

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for $k \gg k_{\text{initial}} \sim H a(t_{\text{initial}})$

↳ free, massless field

① Theoretical assumptions in $\int_0^{\infty} \frac{dk}{k}$

↳ exact, eternal dS

↳ not world we see:

* inflation ends: $k_{\text{end}} = H a(\eta_{\text{end}})$
 $k \ll k_{\text{end}}$

↳ chances are good, inflation began

↳ solution we find is only valid

for $k > k_{\text{initial}} \sim H a(\eta_{\text{initial}})$

↳ free, massless field

saw, massive field

$$\int \frac{dk}{k} P_{\delta} \propto (-k\eta)^{\delta}, \quad \delta = \frac{m^2}{3H^2} > 0$$

② Observationally

L

② - Observationally
↳ we can only see $K \rightarrow (att)_0$

② Observationally

↳ we can only see $\langle K \rangle (at t_0)$



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↳ need to measure "zero" to get $\langle \xi \rangle = 0$

② Observationally

↳ we can only see $\langle K \rangle (at t)_0$



↳ need to measure "zero" to get $\langle \xi \rangle = 0$

$$G = G|_{L > H} + \xi$$

② Observationally

↳ we can only see $\langle K \rangle$ (alt)



↳ need to measure "zero" to get $\langle \mathcal{S} \rangle = 0$

$$G = G|_{L \gg H} + \mathcal{S}$$

Best we can do:

$$\begin{aligned} & \langle G(x_1) G(x_2) \rangle - \langle G(x_1) \rangle \langle G(x_2) \rangle \\ & \rightarrow \langle \mathcal{S}(x_1) \mathcal{S}(x_2) \rangle - \langle \mathcal{S}(x_1) \rangle \langle \mathcal{S}(x_2) \rangle \end{aligned}$$

$$\int_{L^{-1}} \frac{dk}{k} \quad \frac{\sin kr}{kr} \quad P$$



$$\int_{L^{-1}} \frac{dk}{k} \frac{\sin kr}{kr} \quad P \rightarrow \int_{L^{\wedge}} \frac{d\hat{k}}{\hat{R}} \frac{\sin \hat{k}}{\hat{R}}$$

$$\int_{L^{-1}} \frac{dk}{k} \frac{\sin kr}{kr} P \rightarrow \int_{L^{-1}} \frac{d\hat{k}}{\hat{k}} \frac{\sin \hat{k} r}{\hat{k}} \hat{P} \rightarrow \hat{P} \ln L$$



$$\int_{L^{-1}} \frac{dk}{k} \frac{\sin kr}{kr} \mathcal{P} \rightarrow \int_{L^{-1}} \frac{d\hat{k}}{\hat{k}} \frac{\sin \hat{k}r}{\hat{k}} \mathcal{P} \rightarrow \mathcal{P} \ln\left(\frac{|x_1 - x_2|}{L}\right)$$

$$\int_{L^{-1}} \frac{dk}{k} \frac{\sin kr}{kr} P \rightarrow \int_{L^{-1}r} \frac{d\hat{k}}{\hat{k}} \frac{\sin \hat{k}}{\hat{k}} \mathcal{P} \rightarrow \mathcal{P} \ln\left(\frac{|x_1 - x_2|}{L}\right)$$

$$\langle \psi(x_1) | \psi(x_2) \rangle$$

② Observationally

↳ we can only see $\langle K \rangle (aH)_0$



↳ need to measure "zero" to get $\langle \mathcal{G} \rangle = 0$

$$Q = Q|_{L > H} + \mathcal{G}$$

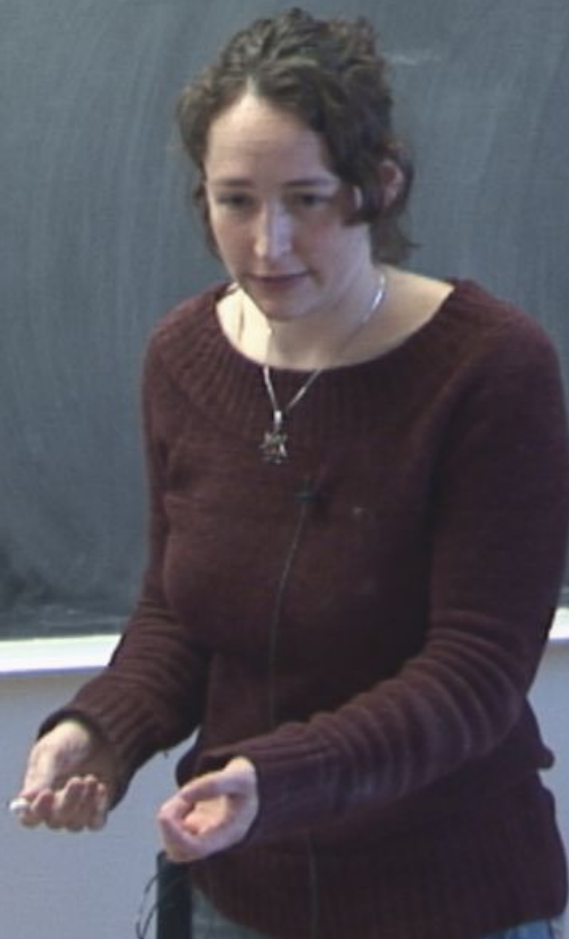
Best we can do:

$$\begin{aligned} \langle Q(x_1) Q(x_2) \rangle &= \langle Q|_{L > H}(x_1) Q|_{L > H}(x_2) \rangle \\ &\rightarrow \langle \mathcal{G}(x_1) \mathcal{G}(x_2) \rangle = \langle \mathcal{G}(x_1) \mathcal{G}(x_2) \rangle \end{aligned}$$

$$\int_{L^{-1}} \frac{dk}{k} \frac{\sin kr}{kr} \mathcal{P} \rightarrow \int_{L^{-1}} \frac{d\hat{k}}{\hat{k}} \frac{\sin \hat{k}}{\hat{k}} \mathcal{P} \rightarrow \mathcal{P} \ln \left(\frac{|x_1 - x_2|}{L} \right)$$

$$\langle \mathcal{S}(x_1) \mathcal{S}(x_2) \rangle - \langle \mathcal{S}(x_1) \mathcal{S}(x_3) \rangle = \mathcal{P} \ln \left(\frac{|x_1 - x_2|}{|x_1 - x_3|} \right)$$

↳



$$\int_{L^{-1}} \frac{dk}{k} \frac{\sin kr}{kr} P \rightarrow \int_{L^{-1}} \frac{d\hat{k}}{\hat{k}} \frac{\sin \hat{k}}{\hat{k}} \mathcal{P} \rightarrow \mathcal{P} \ln\left(\frac{|x_1 - x_2|}{L}\right)$$

$$\langle \mathcal{S}(x_1) \mathcal{S}(x_2) \rangle - \langle \mathcal{S}(x_1) \mathcal{S}(x_3) \rangle = \mathcal{P} \ln\left(\frac{|x_1 - x_2|}{|x_1 - x_3|}\right)$$

↳ no measuring device sees only small scales ($k \ll k_{\text{cut}}$)

$$\int_{L^{-1}} \frac{dk}{k} \frac{\sin kr}{kr} P \rightarrow \int_{L^{-1}} \frac{dk}{k} \frac{\sin k}{k} \varphi \rightarrow \varphi \ln\left(\frac{|x_1 - x_2|}{L}\right)$$

$$\langle \varphi(x_1) \varphi(x_2) \rangle - \langle \varphi(x_1) \varphi(x_3) \rangle = \varphi \ln\left(\frac{|x_1 - x_2|}{|x_1 - x_3|}\right)$$

↳ no measuring device sees arbitrarily small scales ($k \ll k_{\text{max}}$)

"smoothing" $\rightarrow \int \frac{dk}{k} \varphi$

$$\int_{L^{-1}} \frac{dk}{k} \frac{\sin kr}{kr} P \rightarrow \int_{L^{-1}} \frac{dk}{k} \frac{\sin kR}{kR} \rho \rightarrow \rho \ln\left(\frac{|x_1 - x_2|}{L}\right)$$

$$\langle \rho(x_1) \rho(x_2) \rangle - \langle \rho(x_1) \rangle \langle \rho(x_2) \rangle = \rho \ln\left(\frac{|x_1 - x_2|}{L}\right)$$

⇒ no measuring device sees arbitrarily small scales ($k \ll k_{\text{max}}$)

"Smoothing" $\rightarrow \int \frac{dk}{k} \rho W(kR)$ window function

\downarrow
 $e^{-k^2 R^2 / 2}$

$$\sigma_R^2 \equiv$$

$$\int_{L^{-1}} \frac{dk}{k} \frac{\sin kr}{kr} P \rightarrow \int_{L^{-1}} \frac{dk}{k} \frac{\sin kR}{kR} \rho \rightarrow \rho \ln\left(\frac{|x_1 - x_2|}{L}\right)$$

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↳ no measuring device sees arbitrarily small scales ($k \ll k_x$)

"Smoothing" $\rightarrow \int \frac{dk}{k} \rho W(kR)$ window function

$\sigma_R^2 \equiv \int \frac{dk}{k} \rho W(kR)$

$\downarrow -k^2 R^2 / 2$
Error

$$\langle \psi(x_1) \psi(x_2) \rangle - \langle \psi(x_1) \rangle \langle \psi(x_2) \rangle = \varphi \ln \left(\frac{|x_1 - x_2|}{|x_1 - x_3|} \right)$$

↳ no measuring device sees arbitrary small scales

"Smoothing" $\rightarrow \int \frac{dk}{k} \varphi$

$$\sigma_R^2 \xrightarrow{R \rightarrow \infty} 0$$