

Title: Quantum Field Theory for Cosmology - Achim Kempf - Lecture 15

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Abstract:

QFT for Cosmology, Achim Kempf, Winter 16, Lecture 14

Quantum field theory on FRW spacetimes.



Observations:

Navigation controls for the image: save, print, up, down, 1 / 12, zoom in, zoom out, and full screen.

QFT for cosmology, Achim Kempf, Winter 16, **Lecture 14**

Note Title

Quantum field theory on FRW spacetimes.



Observations:

Observations from galaxy surveys, e.g. Sloan Digital Sky Survey



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On scales $> 1 \text{ GLy}$.

□ The universe is spatially very flat



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On scales $> 1 \text{ GLy}$.

□ The universe is spatially very flat

□ The cosmic expansion is very isotropic.

Friedmann Robertson Walker (FRW) spacetimes:

□ Simplifying approximation:

Spacetime is modeled as having

□ no spatial curvature at all.

□ entirely isotropic expansion

Remark: It is known that the Einstein equations allow for highly nontrivial evolutions of non-isotropic spacetimes, see, e.g., the text by Wainwright & Ellis.

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There are even solutions that only temporarily get very close to flatness. The Einstein eqns are nonlinear

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With these assumptions, we choose convenient coordinates:

* Time coordinate t :

Definition: The motion of galaxies due to the cosmic expansion is called the Hubble flow.

Definition: The peculiar velocity is the "small" extra random velocity that galaxies can possess relative to the general Hubble flow.

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Definition: The peculiar velocity is the "small" extra random velocity that galaxies can possess relative to the general Hubble flow.

Definition: As the time coordinate, t , let us use the proper time, t , of a freely streaming observer who has no peculiar velocity.



(to a good approximation, you can use your wrist watch on earth)

* Space coordinates:

It is convenient to use "comoving coordinates", x_1, x_2, x_3 :

- o At one time, t_0 , (say today) we set up an ordinary rectangular coordinate system.
- o Then, we let our spatial coordinate system shrink or grow to past or future, to match the Hubble flow.

Advantages:

- In the comoving coordinate system, galaxies have constant coordinates,

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Advantages:

- In the comoving coordinate system, galaxies have constant coordinates, except for possible peculiar motion.
- Waves keep their wave lengths numerically constant even while they get physically stretched.

* The metric:

Recall that $ds^2 = g_{\mu\nu}(x) dx^\mu dx^\nu$
is the invariant 4-distance.

In our coordinates, $g_{\mu\nu}(x)$ must read:

because we use wrist watch "proper" time

$$g_{\mu\nu}(t, \vec{x}) = \begin{pmatrix} 1 & & & \\ & -a^2(t) & & \\ & & -a^2(t) & \\ & & & -a^2(t) \end{pmatrix}$$

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because our coordinate system's unit of length means over time a larger and larger proper length.

* The "scale factor":

- o The scale factor function $a(t)$ is needed to take into account the expansion when calculating distances.

- o Example: The proper distance d between two galaxies with comoving distance $(\Delta x_1, \Delta x_2, \Delta x_3)$ at proper time t is:

$$d = \sqrt{|g_{\mu\nu}(t) \Delta x^\mu \Delta x^\nu|}$$

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$$= a(t) \sqrt{(\Delta x_1)^2 + (\Delta x_2)^2 + (\Delta x_3)^2}$$

Note: $\Delta x_0 = t_0 - t_0 = 0$ since we are looking at the distance between the galaxies at equal time.

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Dynamics of $a(t)$:

The function $a(t)$ is determined by *all* equations of motion:

1. Calculate the energy momentum tensor $T_{\mu\nu}(t, \vec{x})$
contributions of at least the most important fields, say $\mathcal{L}_i(t, \vec{x})$.

2. Solve, simultaneously:

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$$R_{\mu\nu}(x) - \frac{1}{2} g_{\mu\nu}(x) R(x) + \Lambda g_{\mu\nu}(x) = 8\pi G T_{\mu\nu}(x)$$

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Semi-classical approximation

We can solve these classically, but not quantum mechanically:

Can quantize only \mathcal{L}_i , not $g_{\mu\nu}$.

\Rightarrow need to "make quantum $T_{\mu\nu}(t, \vec{x})$ classical" for Einstein eqn!

\rightsquigarrow One uses: $\bar{T}_{\mu\nu}(x) := \langle \Omega | T_{\mu\nu}(t, \vec{x}) | \Omega \rangle$

Problem: Energy & momentum are naturally nonlocal because of uncertainty principle.

Remark: $\dot{a}(t)$ is related to curvature between space & time.

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Remark: $\dot{a}(t)$ is related to curvature between space & time.

For now, we will assume that the expansion's scale factor function $a(t)$ is given.

Convenient Definition: The conformal time coordinate,

□ Recall that:

$$g_{\mu\nu}(t, \vec{x}) = \begin{pmatrix} 1 & & & \\ & -a^2(t) & & \\ & & -a^2(t) & \\ & & & -a^2(t) \end{pmatrix}$$

□ It would be convenient if $g_{\mu\nu}$ were proportional to $\eta_{\mu\nu} = \begin{pmatrix} 1 & & & \\ & -1 & & \\ & & -1 & \\ & & & -1 \end{pmatrix}$

□ This can be achieved by choosing a new time coordinate so that time also has a prefactor a^2 , i.e., so that:

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$\sqrt{\quad} - a(t)$

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$$\text{i.e.: } \frac{d\eta}{dt} = \frac{1}{a}$$

$$\text{and therefore } \eta(t) = \int_{t_0}^t \frac{1}{a(t')} dt'$$

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□ Using conformal time and comoving spatial coordinates the metric reads:

$$g_{\mu\nu}(\eta, \vec{x}) = a^2(\eta) \begin{pmatrix} 1 & & & \\ & -1 & & \\ & & -1 & \\ & & & -1 \end{pmatrix} = a^2(\eta) \eta_{\mu\nu}$$

do not mix up
↓ ↓

□ This also implies:

$$g^{\mu\nu}(\eta, \vec{x}) = a^{-2}(\eta) \begin{pmatrix} 1 & & & \\ & -1 & & \\ & & -1 & \\ & & & -1 \end{pmatrix} = a^{-2}(\eta) \eta^{\mu\nu}$$

Recall: $g^{\mu\nu} g_{\nu\sigma} = \delta^{\mu}_{\sigma}$, i.e., $g_{\mu\nu}$ and $g^{\mu\nu}$
are inverse to another.

□ We easily obtain the integral measure needed for the
action.

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are inverse to another.

□ We easily obtain the integral measure needed for the
action:

$$\sqrt{|g|} = \sqrt{|\det(g_{\mu\nu}(\eta, \vec{x}))|} = a^4(\eta)$$

Klein Gordon field in FRW spacetimes

□ Neglecting a potential $V(\phi)$ for now, we obtain the action of the "free K.G. field on the FRW background":

$$S_{KG} = \int \left(\frac{1}{2} g^{\alpha\beta} \phi_{,\alpha} \phi_{,\beta} - \frac{1}{2} m^2 \phi^2 \right) \sqrt{|g|} d^4x$$

$$\stackrel{\text{here}}{=} \int \left(\frac{1}{2} a^{-2}(\eta) \eta^{\alpha\beta} \phi_{,\alpha} \phi_{,\beta} - \frac{1}{2} m^2 \phi^2 \right) a^4 d\eta d^3x$$

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□ Thus, from the general Euler Lagrange equation

$$\left(\frac{1}{\sqrt{|g|}} \frac{\partial}{\partial x^\mu} g^{\mu\nu} \sqrt{|g|} \frac{\partial}{\partial x^\nu} + m^2 \right) \phi(x) = 0$$

$$\left(\frac{1}{a^4(\eta)} \frac{\partial}{\partial x^\mu} \gamma^{\mu\nu} a^2 \frac{\partial}{\partial x^\nu} + m^2 \right) \phi(x) = 0$$

$$\left(\frac{1}{a^4(\eta)} \gamma^{\mu\nu} a^2(\eta) \frac{\partial}{\partial x^\mu} \frac{\partial}{\partial x^\nu} + \frac{1}{a^4(\eta)} 2a'a \frac{\partial}{\partial x^0} + m^2 \right) \phi(x) = 0$$

$a' = \frac{da}{d\eta}$

$$\phi''(\eta, \vec{x}) + 2 \frac{a'(\eta)}{a(\eta)} \phi'(\eta, \vec{x}) - \Delta \phi(\eta, \vec{x}) + a^2(\eta) m^2 \phi(\eta, \vec{x}) = 0$$

is the K.G. eqn. in FRW spacetimes!

problem: the equation above has this general form.

$$\left(\frac{1}{a^4(\eta)} \frac{\partial}{\partial x^\mu} \eta^{\mu\nu} a^2 \frac{\partial}{\partial x^\nu} + m^2 \right) \phi(x) = 0$$

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$$\left(a''(\eta) + 2 \frac{a'(\eta)}{a(\eta)} \frac{\partial}{\partial \eta} - \Delta \right) \phi(\eta, \vec{x}) + a^2(\eta) m^2 \phi(\eta, \vec{x}) = 0$$

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is the K.G. eqn. in FRW spacetimes!

Problem: the equation above has this general form:

$$\phi'' + \cancel{\alpha} \phi' + \cancel{\omega^2} \phi = 0$$

→
a time-dependent
friction-like term
that is entirely new.

← a term that also occurs in the usual
harmonic oscillator. Notice though
that it is now time-dependent.

Strategy: Use a new, re-scaled, field variable χ :

We try to change from $\phi(\eta, \vec{x})$ to a new field variable, say $\chi(\eta, \vec{x})$, so that the equation of motion for χ has no "friction"-type term.

This simple ansatz succeeds:

$$\chi(\eta, \vec{x}) := a(\eta) \phi(\eta, \vec{x})$$

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we have:
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$$\text{and: } \phi_{,i} = \frac{\partial}{\partial x^i} \frac{1}{a(\eta)} \chi(\eta, \vec{x}) = \frac{1}{a} \chi_{,i} \text{ for } i=1,2,3$$

Using these, the action in terms of x becomes

$$S_{KG} = \int \frac{1}{2} \left(\dot{x}^2 - \sum_{i=1}^3 x_{,i}^2 - \underbrace{\left(m^2 a^2 - \frac{a''}{a} \right)}_{\text{like a time-dependent mass term } m_{\text{eff}}^2(\eta)} x^2 \right) d\eta d^3x$$

Note that this term is like a time-dependent mass term $m_{\text{eff}}^2(\eta)$

Exercise: verify

□ Equation of motion:

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□ Equation of motion:

* Do

$$\frac{\delta S'}{\delta \phi(\eta, \vec{x})} = 0 \quad \text{and} \quad \frac{\delta S'}{\delta x(\eta, \vec{x})} = 0$$

yield ?

□ Equation of motion:

* Do

$$\frac{\delta S'}{\delta \phi(\eta, \vec{x})} = 0 \quad \text{and} \quad \frac{\delta S'}{\delta \chi(\eta, \vec{x})} = 0$$

yield equivalent equations of motion?

* Yes, because:

$$0 = \frac{\delta S}{\delta \phi} = \frac{\delta S}{\delta x} \frac{\delta x}{\delta \phi}$$

⌈ if $\delta S/\delta x$ vanishes then
also $\delta S/\delta \phi$ vanishes.

* Thus, we may calculate the equation of motion directly in terms of x from $S[x]$, to obtain:

verify!

$$x'' - \Delta x + \left(m^2 a^2 - \frac{a''}{a}\right) x = 0 \quad (\text{EOM!})$$

Remark:

We could have obtained this equation of

$$0 = \frac{\delta \mathcal{L}}{\delta \phi} = \frac{\delta \mathcal{L}}{\delta \mathcal{X}} \frac{\delta \mathcal{X}}{\delta \phi}$$

⌊ if $\delta S / \delta \mathcal{X}$ vanishes then
also $\delta S / \delta \phi$ vanishes.

* Thus, we may calculate the equation of motion directly in terms of \mathcal{X} from $S[\mathcal{X}]$, to obtain:

verify!

$$\mathcal{X}'' - \Delta \mathcal{X} + \left(m^2 a^2 - \frac{a''}{a} \right) \mathcal{X} = 0 \quad (\text{EOM!})$$

Remark:

We could have obtained this equation of motion directly from that of ϕ by change of variable. But finding the action for \mathcal{X}

Preparation for quantization:

* We need the canonically conjugate field

$$\pi^{(c)}(\eta, \vec{x})$$

to the field $\mathcal{X}(\eta, \vec{x})$, i.e., the Legendre transform of \mathcal{X} :

* To this end, we consider the Lagrangian:

$$L = \int \frac{1}{2} \left(\dot{\mathcal{X}}^2 - \sum_{i=1}^3 x_{,i}^2 - \left(m^2 a^2 - \frac{a''}{a} \right) \mathcal{X} \right) d^3x$$

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* Thus, the Legendre transformed variable reads:

$$\pi^{(x)}(\eta, \vec{x}) := \frac{\delta L}{\delta \dot{\mathcal{X}}} = \dot{\mathcal{X}}(\eta, \vec{x}) \quad (\text{EOM 2})$$

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* Thus, the Legendre transformed variable reads:

$$\pi^{(x)}(\eta, \vec{x}) := \frac{\delta L}{\delta \dot{x}(\eta, \vec{x})} = \dot{x}(\eta, \vec{x}) \quad (\text{EOM 2})$$

* Which is the field that is conjugate to ϕ ?

$$S_{k.v.} = \int \left(\frac{1}{2} a^{-2}(\eta) \eta^{\alpha\beta} \phi_{,\alpha} \phi_{,\beta} - \frac{1}{2} m^2 \phi^2 \right) a^4 d\eta d^3x$$

\Rightarrow The field $\pi^{(\phi)}$ which is conjugate to ϕ reads:

$$\pi^{(\phi)} := \frac{\delta L}{\delta \phi'} = a^2 \phi'$$

* Compare:

$$\pi^{(x)} = x'$$

⇒ The field $\pi^{(\phi)}$ which is conjugate to ϕ reads:

$$\pi^{(\phi)} := \frac{\delta \mathcal{L}}{\delta \phi'} = a^2 \phi'$$

* Compare:

$$\begin{aligned}\pi^{(x)} &= x' \\ &= (a\phi)' \\ &= a\phi' + a'\phi \\ &= \frac{1}{a} \pi^{(\phi)} + a'\phi \quad , \text{i.e., } \pi^{(\phi)}, \pi^{(x)} \text{ are different!}\end{aligned}$$

Quantization:

$$[\hat{\phi}(\vec{z}, \vec{z}), \hat{\pi}^{(x)}(\vec{z}, \vec{z}')] \equiv i\delta^3(\vec{z} - \vec{z}')$$

$$[\hat{\phi}(\vec{z}, \vec{z}), \hat{\phi}(\vec{z}, \vec{z}')] \equiv 0$$

$$[\hat{\pi}^{(x)}(\vec{z}, \vec{z}), \hat{\pi}^{(x)}(\vec{z}, \vec{z}')] \equiv 0$$

Proposition:

In terms of the fields $\hat{\mathcal{E}} \equiv a \hat{\phi}$, $\hat{\pi}^{(x)} \equiv \hat{\mathcal{E}}'$, these commutation relations become:

$$[\hat{\mathcal{E}}(\vec{z}, \vec{z}), \hat{\pi}^{(x)}(\vec{z}, \vec{z}')] \equiv i\delta^3(\vec{z} - \vec{z}')$$

□ Quantization:

$$[\hat{\phi}(\eta, \vec{x}), \hat{\pi}^{(\phi)}(\eta, \vec{x}')] = i \delta^3(\vec{x} - \vec{x}')$$

$$[\hat{\phi}(\eta, \vec{x}), \hat{\phi}(\eta, \vec{x}')] = 0$$

$$[\hat{\pi}^{(\phi)}(\eta, \vec{x}), \hat{\pi}^{(\phi)}(\eta, \vec{x}')] = 0$$

□ Proposition:

In terms of the fields $\hat{\mathcal{C}} := a \hat{\phi}$, $\hat{\pi}^{(\mathcal{C})} := \hat{\pi}^{(\phi)}$, these commutation relations become:

$$[\hat{\mathcal{C}}(\eta, \vec{x}), \hat{\pi}^{(\mathcal{C})}(\eta, \vec{x}')] = i \delta^3(\vec{x} - \vec{x}')$$

$$[\hat{\phi}(\eta, \vec{x}), \hat{\pi}^{(\phi)}(\eta, \vec{x}')] = i \delta^3(\vec{x} - \vec{x}')$$

$$[\hat{\phi}(\eta, \vec{x}), \hat{\phi}(\eta, \vec{x}')] = 0$$

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$$[\phi(\eta, \vec{x}), \phi(\eta, \vec{x}')] = 0$$

$$[\hat{\pi}^{(\phi)}(\eta, \vec{x}), \hat{\pi}^{(\phi)}(\eta, \vec{x}')] = 0$$

□ Proposition:

In terms of the fields $\hat{\mathcal{H}} := a \hat{\phi}$, $\hat{\pi}^{(x)} := \hat{x}$, these commutation relations become:

$$[\hat{\mathcal{H}}(\eta, \vec{x}), \hat{\pi}^{(x)}(\eta, \vec{x}')] = i\delta^3(\vec{x} - \vec{x}')$$

$$[\hat{x}(\eta, \vec{x}), \hat{x}(\eta, \vec{x}')] = 0$$

$$[\hat{\pi}^{(x)}(\eta, \vec{x}), \hat{\pi}^{(x)}(\eta, \vec{x}')] = 0$$

□ Proof Only the first ECR is nontrivial to check:

$$\begin{aligned} [\hat{\mathcal{X}}(\vec{q}, \vec{x}), \hat{\Pi}^{(0)}(\vec{q}, \vec{x}')] &\equiv [a(\vec{q}) \hat{\phi}(\vec{q}, \vec{x}), \frac{1}{a(\vec{q})} \hat{\Pi}^{(0)}(\vec{q}, \vec{x}') + a'(\vec{q}) \hat{\phi}(\vec{q}, \vec{x}')] \\ &\equiv [\hat{\phi}(\vec{q}, \vec{x}), \hat{\Pi}^{(0)}(\vec{q}, \vec{x}')] \\ &\equiv i\delta^3(\vec{x} - \vec{x}') \end{aligned}$$

□ Thus, the change from ϕ to \mathcal{X} is fairly trivial:

Notice, however:

□ Proof Only the first CCR is nontrivial to check:

$$\begin{aligned}
 [\hat{\mathcal{X}}(\eta, \vec{x}), \hat{\Pi}^{(\phi)}(\eta, \vec{x}')] &= [a(\eta) \hat{\phi}(\eta, \vec{x}), \frac{1}{a(\eta)} \hat{\Pi}^{(\phi)}(\eta, \vec{x}') + a'(\eta) \hat{\phi}(\eta, \vec{x}')] \\
 &= [\hat{\phi}(\eta, \vec{x}), \hat{\Pi}^{(\phi)}(\eta, \vec{x}')] \\
 &= i\delta^3(\vec{x} - \vec{x}')
 \end{aligned}$$

□ Thus, the change from ϕ to \mathcal{X} is fairly trivial.

Notice, however:

$$L \xrightarrow[\text{L.T.}]{\text{L.T. } \phi \text{ replaced by } \Pi\phi} H^{(\phi)} := \int \phi' \Pi^{(\phi)} d^3x - L \quad \left. \vphantom{H^{(\phi)}} \right\} \leftarrow \text{How to ...}$$

$$= i\delta^3(\vec{x} - \vec{x}')$$

□ Thus, the change from ϕ to χ is fairly trivial.

Notice, however:

$$L \begin{array}{l} \xrightarrow{\text{L.T. } \phi' \text{ replaced by } \pi^{\phi}} H^{(\phi)} := \int \phi' \pi^{(\phi)} d^3x - L \\ \searrow \text{L.T. } \chi' \text{ replaced by } \pi^{\chi} H^{(\pi)} := \int \chi' \pi^{(\chi)} d^3x - L \end{array} \left. \begin{array}{l} \} \\ \} \end{array} \right\} \begin{array}{l} \leftarrow \\ \swarrow \end{array} \left. \begin{array}{l} \\ \\ \end{array} \right\} \begin{array}{l} \text{they have no reason} \\ \text{to be the same!} \end{array}$$

□ Question:

How can both be valid generators of time evolution,

i.e., how can we have:

$$i\dot{\hat{\phi}}' = [\hat{\phi}', \hat{H}^{(\phi)}] \quad \text{and} \quad i\dot{\hat{x}}' = [\hat{x}', \hat{H}^{(x)}]$$

and yet $\hat{H}^{(\phi)} \neq \hat{H}^{(x)}$?

□ Should there not be one Hamiltonian for all variables?

□ Answer: Yes, and it is, of course $\hat{H}^{(\phi)}$.

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□ Should there not be one Hamiltonian for all variables?

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This extra term is there if the variable \hat{Q} has also explicit time-dependence, e.g., $\hat{Q} = \cos(\omega t + \phi) \hat{q} + c \hat{p}$, or here: $\hat{x} = \frac{1}{a} \hat{\phi}$.

Recall that in QM:
$$i\hat{Q}' = [\hat{Q}, \hat{H}] + i \frac{\partial}{\partial t} \hat{Q}$$

□ Explicitly:

* From $\hat{x} = a\hat{\phi}$ and $i\hat{\phi}' = [\hat{\phi}, \hat{H}^{(\phi)}]$ we obtain:

$$i\left(\frac{1}{a}\hat{x}\right)' = \frac{1}{a} [\hat{x}, \hat{H}^{(\phi)}]$$

$$\Rightarrow i\frac{1}{a}\hat{x}' - i\frac{a'}{a^2}\hat{x} = \frac{1}{a} [\hat{x}, \hat{H}^{(\phi)}]$$

$$\Rightarrow i\hat{x}' = [\hat{x}, \hat{H}^{(\phi)}] + i\frac{a'}{a}\hat{x}$$

* But we also have:

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$$\Rightarrow i \frac{1}{a} \hat{x}' - i \frac{a'}{a^2} \hat{x} = \frac{1}{a} [\hat{x}', H^{(a)}]$$

$$\Rightarrow i \hat{x}' = [\hat{x}', H^{(a)}] + i \frac{a'}{a} \hat{x}$$

* But we also have:

$$i \hat{x}' = [\hat{x}', H^{(b)}]$$

\Rightarrow We must have: $H^{(a)} \neq H^{(b)}$

Since there are multiple Hamiltonians, which, if anyone, is the energy,

□ One usually defines the energy as the generator of time evolution. We saw that in the presence of gravity this is ambiguous: one can define many different Hamiltonians for the same theory (same action).

□ Therefore, with Einstein, we define the energy (density) not as the generator of time evolution but as a

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□ Recall: The Einstein equation

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□ Recall: The Einstein equation

$$\underbrace{R_{\mu\nu}(x) - \frac{1}{2}g_{\mu\nu}(x)R(x) + \Lambda g_{\mu\nu}(x)}_{\text{curvature}} = \underbrace{8\pi G T_{\mu\nu}(x)}_{\text{"energy momentum"}}$$

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□ Recall: The K.G. field's energy-momentum tensor

$$T_{\mu\nu}^{\text{KG}}(\eta, \vec{x}) = \frac{2}{\sqrt{|\eta|}} \frac{\delta S}{\delta g^{\mu\nu}} = \phi_{,\mu} \phi_{,\nu} - g_{\mu\nu} \left[\frac{1}{2} g^{\alpha\beta} \phi_{,\alpha} \phi_{,\beta} - \frac{1}{2} m^2 \phi^2 \right]$$

□ Consider $T_{00}(\eta, \vec{x})$, which is called the "energy density":

! geometry, there is also
of the term "density":

or, say $\tilde{Q}_{\mu\nu}$, there is
tensor density " $\tilde{Q}_{\mu\nu}$,

$\tilde{Q}_{\mu\nu} := Q_{\mu\nu} \sqrt{g}$, which

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$$T_{00}(\eta, \vec{x}) = a^{-4} \frac{1}{2} \pi^{(\phi)^2} + \frac{1}{2} \sum_{i=1}^3 \phi_{,i}^2 + \frac{a^2}{2} m^2 \phi^2 \quad (T)$$

□ Exercises:

a) Verify (T).

b) ... $U(\phi)$

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in flat geometry, there is also

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$\tilde{\tilde{Q}}_{\mu\nu} := \tilde{Q}_{\mu\nu} \sqrt{|g|}$, which

is a scalar density

of weight

$$T_{00}(\eta, \vec{x}) = a^{-4} \frac{1}{2} \pi^{(\phi)2} + \frac{1}{2} \sum_{i=1}^3 \phi_{,i}^2 + \frac{a^2}{2} m^2 \phi^2 \quad (T)$$

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a) Verify (T).

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no.

□ Exercises:

$$T_{00}(\eta, \vec{x}) = a^{-4} \frac{1}{2} \pi^{(\phi)^2} + \frac{1}{2} \sum_{i=1}^3 \dot{\phi}_{,i}^2 + \frac{a^2}{2} m^2 \phi^2 \quad (T)$$

a) Verify (T).

b) Calculate $H^{(\phi)}$.

Notice that $H^{(\phi)}$ is not a scalar.

c) Show that $H^{(\phi)}(\eta) = \int_{\mathbb{R}^3} T_{00}(\eta, \vec{x}) \sqrt{g} d^3x$.

d) Calculate $H^{(0)}(\eta)$.