Spinor boost

This vector represents an electron at rest with spin up along the z axis.

$$u_0 = \sqrt{2m} \begin{pmatrix} 1\\0\\0\\0 \end{pmatrix}$$

This matrix boosts a spinor in the z direction where $E^2 = p^2 + m^2$.

$$\Lambda = \frac{1}{\sqrt{2m(E+m)}} \begin{pmatrix} E+m & 0 & p & 0\\ 0 & E+m & 0 & p\\ p & 0 & E+m & 0\\ 0 & p & 0 & E+m \end{pmatrix}$$

Hence

$$u = \Lambda u_0 = \frac{1}{\sqrt{E+m}} \begin{pmatrix} E+m & 0 & p & 0\\ 0 & E+m & 0 & p\\ p & 0 & E+m & 0\\ 0 & p & 0 & E+m \end{pmatrix} \begin{pmatrix} 1\\0\\0\\0\\0 \end{pmatrix} = \frac{1}{\sqrt{E+m}} \begin{pmatrix} E+m\\0\\p\\0 \end{pmatrix}$$

This is the Dirac equation in spinor form.

$$pu = mu$$

Rewrite u as boost.

$$p\Lambda u_0 = m\Lambda u_0$$

Noting that $\gamma^0 u_0 = u_0$ we can rewrite the right hand side as

$$p\Lambda u_0 = m\Lambda \gamma^0 u_0$$

Rewrite u_0 as boost.

$$p\Lambda\Lambda^{-1}u = m\Lambda\gamma^0\Lambda^{-1}u$$

Hence

$$p = m\Lambda \gamma^0 \Lambda^{-1}$$

and

$$\Lambda \gamma^0 = m^{-1} p \Lambda \tag{1}$$

Boost $\gamma^0 u_0 = u_0$ to recover the Dirac equation.

$$\Lambda \gamma^0 u_0 = \Lambda u_0$$

$$m^{-1} \not p u = u$$

$$\not p u = m u$$
(2)