Shift
$$H \rightarrow H' = H - i \int d^4y D_F(x-y) F(y)$$

 $F(y) = -9 \, \Psi(y) \, \Psi(y) \, H(y)$

$$S_{H} = \int d^{4}x \left(-\frac{1}{2}H\hat{D}_{H}H + FH\right)$$

$$\rightarrow S_{H'} = \int d^{4}x \left(-\frac{1}{2}H'\hat{D}_{H}H' + FH'\right)$$

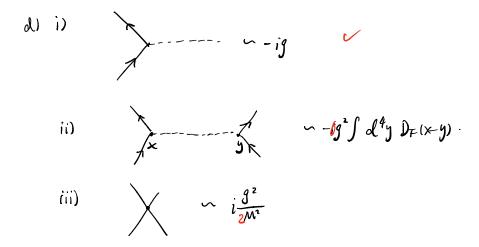
$$= \int d^{4}x \left\{-\frac{1}{2}H'\hat{D}_{H}H' + FH'\right\}$$

$$+ \int d^{4}x \left\{-\frac{1}{2}H'\hat{D}_{H}H' + FH'\hat{D}_{H}H' + FH'\hat{D}_{H}H' + FH'\hat{D}_{H}H' + FH'\hat{D}_{H}H' + FH'\hat{D}_{H}H' + FH'\hat{D}_{H}H' + FH'\hat{D}_$$

$$\int Leff = \overline{\psi} \widehat{D}_{4} + i \int d^{4}y F(x) \frac{i}{M^{2}} \delta^{(4)}(x-y) F(y)$$

$$= -F(x) \frac{1}{2M^{2}}$$

$$= -\frac{g^{2}}{2M^{2}} (\overline{\psi} \psi)^{2}$$



e) We went from small scale physics to large scale by integrating field in generating function out.