

Lagrangian Field Theory

$$S = \int L(\phi, \partial_\mu \phi) d^4x = \int L dt$$

$$\delta S = 0$$

$$= \int d^4x \left\{ \frac{\partial L}{\partial \phi} \delta \phi + \frac{\partial L}{\partial (\partial_\mu \phi)} \delta (\partial_\mu \phi) \right\}$$

$$= \int d^4x \left\{ \frac{\partial L}{\partial \phi} \delta \phi - \partial_\mu \left(\frac{\partial L}{\partial (\partial_\mu \phi)} \right) \delta \phi \right.$$

$$\left. + \underbrace{\partial_\mu \left(\frac{\partial L}{\partial (\partial_\mu \phi)} \cdot \delta \phi \right)}_{\text{surface term } \delta \text{ on the surface } \delta \phi = 0} \right\}$$

surface term δ on the surface $\delta \phi = 0$.

Thus we have

$$\frac{\partial L}{\partial \phi} - \partial_\mu \left(\frac{\partial L}{\partial (\partial_\mu \phi)} \right) = 0$$

Euler-Lagrange for the field.

HAMILTONIAN FIELD THEORY

Why not] \because in the Lagrangian formulation, terms are explicitly Lorentz invariant.

Why] Makes transition from Quantum Mechanics easier.

Note carefully (for a discrete sys) [and recall]

$$p = \frac{\partial L}{\partial \dot{q}} \quad (\text{not } L) \quad (\text{where } \dot{q} = \frac{dq}{dt}) \quad \text{for each dynamic var. } q$$

$$\text{Then } H \equiv \sum p \dot{q} - L$$

For a continuum generalization, we define

$$\boxed{p(x) = \frac{\partial L}{\partial \dot{\phi}(x)}} = \frac{\partial}{\partial \dot{\phi}(x)} \int \mathcal{L}(\phi(y), \dot{\phi}(y)) d^3y \\ (\because \int L dt = \int \mathcal{L} d^4x)$$

$$\sim \frac{\partial}{\partial \dot{\phi}(x)} \sum_y \mathcal{L}(\phi(y), \dot{\phi}(y)) d^3y$$

$$= \frac{\partial \mathcal{L}(\phi(x), \dot{\phi}(x))}{\partial \dot{\phi}(x)} d^3x$$

$$\Rightarrow p(x) = \pi(x) d^3x \quad \text{where } \boxed{\pi(x) \equiv \frac{\partial \mathcal{L}}{\partial \dot{\phi}(x)}}$$

Thus, the Hamiltonian can be written as

$$H = \sum_x p(x) \dot{\phi}(x) - L$$

in the continuum lit.

$$\sim \boxed{\int d^3x (\pi(x) \dot{\phi}(x) - \mathcal{L}) \equiv \int d^3x \mathcal{H}}$$

example: (Euler Lagrange)

$$\begin{aligned} \mathcal{L} &= \frac{1}{2} \dot{\phi}^2 - \frac{1}{2} (\nabla \phi)^2 - \frac{1}{2} m^2 \phi^2 \\ &= \frac{1}{2} (\partial_\mu \phi)^2 - \frac{1}{2} m^2 \phi^2 \end{aligned}$$

assume ϕ is real.

$$\begin{aligned} \partial_\mu \left(\frac{\partial \mathcal{L}}{\partial (\partial_\mu \phi)} \right) &= \left(\frac{\partial^2}{\partial t^2} - \nabla^2 \right) \phi \\ \frac{\partial \mathcal{L}}{\partial \phi} &= -m^2 \phi \end{aligned}$$

had raised this

so then from Euler Lagrange we have

$$\begin{aligned} \partial_\mu \left(\frac{\partial \mathcal{L}}{\partial (\partial_\mu \phi)} \right) - \frac{\partial \mathcal{L}}{\partial \phi} &= \left(\frac{\partial^2}{\partial t^2} - \nabla^2 + m^2 \right) \phi = 0 \\ &= (\partial^\mu \partial_\mu + m^2) \phi = 0 \end{aligned}$$

example: (Hamiltonian)

$$\pi(x) = \frac{\partial \mathcal{L}}{\partial \dot{\phi}} = \dot{\phi}$$

so

$$\begin{aligned} \mathcal{H} &= \pi \dot{\phi} - \mathcal{L} \\ &= \dot{\phi}^2 - \left(\frac{1}{2} \dot{\phi}^2 - \frac{1}{2} (\nabla \phi)^2 - \frac{1}{2} m^2 \phi^2 \right) \\ &= \frac{1}{2} \dot{\phi}^2 + \frac{1}{2} (\nabla \phi)^2 + \frac{1}{2} m^2 \phi^2 \end{aligned}$$

$$\Rightarrow H = \int d^3x \mathcal{H} = \int d^3x \left[\frac{1}{2} \pi^2 + \frac{1}{2} (\nabla \phi)^2 + \frac{1}{2} m^2 \phi^2 \right]$$

Noether Theorem: To every continuous symmetry, \exists a conserved charge.

Proof: Since the transformation associated with the symmetry must be continuous, in the infinitesimal form I can write

$$\phi(x) \rightarrow \phi'(x) = \phi(x) + \alpha \Delta \phi(x)$$

and the Lagrangian Density ($\delta^4 x$ will remain the same) can then at most change as

$$\mathcal{L}(x) \rightarrow \mathcal{L}(x) + \alpha \partial_\mu J^\mu(x)$$

so that the "equations of motion" remain the same.

Let's first evaluate the change of \mathcal{L} caused by ϕ .

$$\Delta \mathcal{L} = \frac{\partial \mathcal{L}}{\partial \phi} \delta \phi + \frac{\partial \mathcal{L}}{\partial (\partial_\mu \phi)} \delta (\partial_\mu \phi)$$

$$= \frac{\partial \mathcal{L}}{\partial \phi} \alpha \Delta \phi + \frac{\partial \mathcal{L}}{\partial (\partial_\mu \phi)} \cdot \alpha \partial_\mu (\Delta \phi)$$

$$= \partial_\mu \left(\frac{\partial \mathcal{L}}{\partial (\partial_\mu \phi)} \alpha \Delta \phi \right) + \frac{\partial \mathcal{L}}{\partial \phi} \alpha \Delta \phi - \partial_\mu \left[\frac{\partial \mathcal{L}}{\partial (\partial_\mu \phi)} \right] \alpha \Delta \phi$$

$$= \partial_\mu \left(\frac{\partial \mathcal{L}}{\partial (\partial_\mu \phi)} \alpha \Delta \phi \right) + \underbrace{\left[\frac{\partial \mathcal{L}}{\partial \phi} - \partial_\mu \left(\frac{\partial \mathcal{L}}{\partial (\partial_\mu \phi)} \right) \right]}_{\text{From Eq. of Motion}} \alpha \Delta \phi$$

Also, from previous arguments,

$$\Delta \mathcal{L} = \alpha \partial_\mu J^\mu(x)$$

$$\text{Thus, } \partial_\mu \left(\frac{\partial \mathcal{L}}{\partial (\partial_\mu \phi)} \alpha \Delta \phi \right) = \partial_\mu J^\mu \Rightarrow \partial_\mu \left(\frac{\partial \mathcal{L}}{\partial (\partial_\mu \phi)} \alpha \Delta \phi - J^\mu \right) = 0$$

thus $j^M = \frac{\partial L}{\partial(\partial_\mu \phi)} \Delta \phi - J^M$ is the conserved
noether current, i.e. $\partial_\mu j^M = 0$

Example for Noether

Consider $x^\mu \rightarrow x^\mu - a^\mu$

This can be alternatively expressed as

$$\phi(x) \rightarrow \phi(x + a) = \phi(x) + a^\mu \delta_\mu \phi(x)$$

(taylored)

The Klein-Gordon Field as Harmonic Oscillator

- Idea: 1) Start with a classical theory & then interpret the dynamic variables as operators satisfying canonical commutation relation.
 2) Solve for eigenstates & eigenvalues.

1) Objective: Quantize
 ϕ & π become the canonical variables

$$\boxed{[q_i, p_j] = i\delta_{ij}}$$

$$[q_i, q_j] = [p_i, p_j] = 0$$

$$\boxed{[q_i, p_j] = i\delta_{ij}}$$

For continuous, since $\pi(\vec{x}, t)$ is the momentum density, we have

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

$$[\phi(\vec{x}), \phi(\vec{y})] = [\pi(\vec{x}), \pi(\vec{y})] = 0$$

(We're doing Schrödinger picture)

$H = H(\phi, \pi)$ also becomes an operator.

- 2) Objective: Find the spectrum of H .

$\boxed{\text{Klein-Gordon (Motivation)}}$

Let

$$\phi(\vec{x}, t) = \int \frac{d^3 p}{(2\pi)^3} e^{i\vec{p}\cdot\vec{x}} \tilde{\phi}(\vec{p}, t)$$

For Klein-Gordon we have

$$\left[\frac{\partial^2}{\partial t^2} - \nabla^2 + m^2 \right] \phi = 0$$

$$\Rightarrow \left[\frac{\partial^2}{\partial t^2} + (|\vec{p}|^2 + m^2) \right] \tilde{\phi}(\vec{p}, t) = 0$$

This is the same as the eqⁿ of motion for a SHO with

$$\omega_p^2 = |\vec{p}|^2 + m^2$$

| \vec{p} is not the same as the old $p = \frac{\partial L}{\partial \dot{q}}$. yet, nor is it \vec{p} the conserved 'charge'

This we already knew how to solve. So,

$$H_{\text{SNO}} = \frac{1}{2} p^2 + \frac{1}{2} \omega^2 \phi^2$$

$$\phi = \frac{1}{\sqrt{2\omega}} (a + a^\dagger); \quad p = -i \sqrt{\frac{\omega}{2}} (a - a^\dagger)$$

$$[d, p] = i \Leftrightarrow [a, a^\dagger] = 1$$

Thus

$$H = \omega (a^\dagger a + \frac{1}{2})$$

Now $|0\rangle$ is s.t. $a|0\rangle = 0$

$$\& H|0\rangle = \frac{1}{2}\omega|0\rangle$$

Also using

$$[H_{\text{SNO}}, a^\dagger] = \omega a^\dagger$$

$$[H_{\text{SNO}}, a] = -\omega a$$

we have

$$|n\rangle \equiv (a^\dagger)^n |0\rangle$$

which are the eigenstates of H_{SNO} with eigenvalues $(n + \frac{1}{2})\omega$.

(Claim) These states exhaust the spectrum

L

IDK why (of Pashin) but we can write

$$\phi(\vec{x}) = \int \frac{d^3 p}{(2\pi)^3} \frac{1}{\sqrt{2\omega_p}} (a_p e^{i\vec{p} \cdot \vec{x}} + a_p^\dagger e^{-i\vec{p} \cdot \vec{x}})$$

(for me, this is obvious) \rightarrow $= \int \frac{d^3 p}{(2\pi)^3} \frac{1}{\sqrt{2\omega_p}} (a_p + a_{-p}^\dagger) e^{i\vec{p} \cdot \vec{x}}$
 [actually I missed the a_{-p}^\dagger]

$$\pi(\vec{x}) = \int \frac{d^3 p}{(2\pi)^3} (-i) \sqrt{\frac{\omega_p}{2}} (a_p e^{i\vec{p} \cdot \vec{x}} - a_p^\dagger e^{-i\vec{p} \cdot \vec{x}})$$

$$= \int \frac{d^3 p}{(2\pi)^3} (-i) \sqrt{\frac{\omega_p}{2}} (a_p - a_{-p}^\dagger) e^{i\vec{p} \cdot \vec{x}}$$

(again, now I'm confused)

$$[a_p, a_{p'}^\dagger] = (2\pi)^3 \delta^{(3)}(\vec{p} - \vec{p}')$$

$$(oh \because \Rightarrow [\phi(\vec{x}), \pi(\vec{y})] = i \delta^{(3)}(\vec{x} - \vec{y}) \quad (\text{this is a long calc. see it in call section})$$

We now find H using ϕ & π in terms of a_p, a_p^+ .

$$H = \int d^3x \mathcal{H} = \int d^3x \left[\frac{1}{2} \pi^2 + \frac{1}{2} (\nabla \phi)^2 + \frac{1}{2} m^2 \phi^2 \right]$$

$$\nabla \phi = \int \frac{d^3 p}{(2\pi)^3} \frac{i}{\sqrt{2w_p}} \vec{p} (a_p + a_{-p}^+) e^{i\vec{p} \cdot \vec{x}}$$

$$\begin{aligned} &= \int d^3x \int \frac{d^3 p d^3 p'}{(2\pi)^6} \frac{1}{2} \left[(-i)^2 \sqrt{\frac{w_p w_{p'}}{2}} e^{i(\vec{p} + \vec{p}') \cdot \vec{x}} (a_p - a_{-p}^+) (a_{p'} - a_{-p'}^+) \right. \\ &\quad \left. + \frac{(i)^2}{2\sqrt{w_p w_{p'}}} \vec{p} \cdot \vec{p}' e^{i(\vec{p} + \vec{p}') \cdot \vec{x}} (a_p + a_{-p}^+) (a_{p'} + a_{-p'}^+) \right] \\ &\quad + \frac{m^2}{2\sqrt{w_p w_{p'}}} (a_p + a_{-p}^+) (a_{p'} + a_{-p'}^+) e^{i(\vec{p} + \vec{p}') \cdot \vec{x}} \Big] \\ &= \int d^3x \int \frac{d^3 p d^3 p'}{(2\pi)^3} \delta^{(3)}(\vec{p} + \vec{p}'). \end{aligned}$$

$$\left\{ -\frac{\sqrt{w_p w_{p'}}}{4} (a_p - a_{-p}^+) (a_{p'} - a_{-p'}^+) \right. \\ \left. + -\frac{\vec{p} \cdot \vec{p}' + m^2}{4\sqrt{w_p w_{p'}}} (a_p + a_{-p}^+) (a_{p'} + a_{-p'}^+) \right\}$$

(now $p' = -p$ after integrating)

$$= \int \frac{d^3 p}{(2\pi)^3} \cdot \left\{ -\frac{w_p}{4} (a_p - a_{-p}^+) (a_{-p} - a_p^+) \right.$$

$$\left. + \frac{m^2 + R^2}{4 \frac{w_p}{R}} (a_p + a_{-p}^+) (a_{-p} + a_p^+) \right\}$$

$$= \int \frac{d^3 p}{(2\pi)^3} \frac{w_p}{4} \left\{ 2a_{-p}^+ a_{-p} + 2[a_p, a_p^+] + 2a_p^+ a_p \right\} \\ = \int \frac{d^3 p}{(2\pi)^3} w_p \left(a_p^+ a_p + \frac{1}{2}[a_p, a_p^+] \right)$$

look at
calc
for details

So finally

$$H = \int \frac{d^3 p}{(2\pi)^3} w_p \left(a_p^\dagger a_p + \frac{1}{2} [a_p, a_p^\dagger] \right) \sim \delta(0)$$

There's some talking (physics) here. Look at your class notes for detail.

Then we also have (ignoring the 2nd term)

$$\begin{aligned} \Gamma [H, a_p^\dagger] &= \int \frac{d^3 p'}{(2\pi)^3} w_{p'} [a_{p'}^\dagger, a_p^\dagger, a_p^\dagger] \\ &= \int \frac{d^3 p'}{(2\pi)^3} w_{p'} \left(a_{p'}^\dagger [a_{p'}, a_p^\dagger] + \cancel{[a_{p'}^\dagger, a_{p'}^\dagger] a_{p'}} \right) \\ &= \int \frac{d^3 p'}{(2\pi)^3} w_{p'} a_{p'}^\dagger \cancel{[a_{p'}, a_p^\dagger]} \delta^{(3)}(p' - p) \\ &= w_p a_p^\dagger \end{aligned}$$

So effectively (and similarly)

$$[H, a_p^\dagger] = w_p a_p^\dagger \quad \& \quad [H, a_p] = -w_p a_p$$

Assume $|0\rangle$ s.t. $a_p |0\rangle = 0 \quad \& \quad H |0\rangle = 0$ (ignore the infinity)
now identical to the proof for the number operator being a number we have

$$H(a_p^\dagger a_q^\dagger \dots |0\rangle) = (w_p + w_q + \dots) (a_p^\dagger a_q^\dagger \dots |0\rangle)$$

$$\begin{aligned} \text{Proof: } H a_p^\dagger a_q^\dagger \dots |0\rangle &\quad (\text{assume } H(a_q^\dagger \dots |0\rangle) = (w_q + \dots) |0\rangle) \\ &= ([H, a_p^\dagger] + a_p^\dagger H) a_q^\dagger \dots |0\rangle \end{aligned}$$

$$= w_p a_p^\dagger + a_p^\dagger (w_q + \dots) a_q^\dagger \dots |0\rangle$$

$$= (w_p + w_q + \dots) a_p^\dagger a_q^\dagger \dots |0\rangle$$

$$\& H a_p^\dagger |0\rangle = ([H, a_p^\dagger] + a_p^\dagger H) |0\rangle$$

$$= w_p a_p^\dagger |0\rangle \quad (\text{assuming } H |0\rangle = 0)$$

So by induction we have it.

claim: These states exhaust the spectrum.

Claim: Using ϕ , π & their commutation, we also have
 (a, a^\dagger)

$$\underline{P}^i = - \int d^3x \pi(\vec{x}) \partial_i \phi(\vec{x})$$

$$\Rightarrow \vec{P} = - \int d^3x \pi(\vec{x}) \nabla \phi(\vec{x}) = \int \frac{d^3k}{(2\pi)^3} \vec{P} a_p^\dagger a_p$$

$$\text{Now } [\vec{I}, a_p^\dagger] = \vec{P} a_p^\dagger \quad \& \quad [\vec{I}, a_p] = - \vec{P} a_p^\dagger$$

so then by the same logic we have

a_p^\dagger creates a state of momentum \vec{P} & energy w_p

$$= \sqrt{|\vec{P}|^2 + m^2}$$

(Note \vec{p} can now be interpreted as the momentum)

Similarly the state

$$a_p^\dagger a_q^\dagger \dots |0\rangle \text{ has momentum } \vec{P} + \vec{q} + \dots$$

Interpretation: These excitations are called 'particles' since they are discrete entities that have the proper relativistic energy-momentum relation.
 (Although it doesn't mean something that's localized in space)

Further, $E_p = w_p$.

$$\text{Note } E_p > 0 \Rightarrow E_p = \sqrt{|\vec{P}|^2 + m^2}$$

Remark: The state is unchanged under exchange of particle, (momenta p & p' swapped) thus they obey Bose-Einstein statistics.

The vacuum state $|0\rangle$ is normalized as

$$\langle 0|0\rangle = 1$$

The one-particle state $|\vec{p}\rangle \propto a_p^+ |0\rangle$

is NOT normalized as $\langle \vec{p} | \vec{q} \rangle = (2\pi)^3 \delta^3(\vec{p} - \vec{q})$

as it's not Lorentz invariant.

Proof: Consider a boost in \hat{z} -direction (3-direction)

$$P_3' = \gamma(P_3 + \beta E)$$

$$E' = \gamma(E + \beta P_3)$$

Noting $\delta(f(x) - f(x_0)) = \frac{1}{|f'(x_0)|} \delta(x - x_0)$ we have

$$\delta^3(\vec{p} - \vec{q}) = \delta^3(\vec{p}' - \vec{q}') \cdot \frac{1}{\left| \frac{dP_3'}{dP_3} \right|}$$

$$= \delta^{(3)}(\vec{p}' - \vec{q}'). \frac{dP_3'}{dP_3} = \delta^{(3)}(\vec{p}' - \vec{q}') \gamma \left(1 + \beta \frac{dE}{dP_3} \right)$$

$$= \delta^{(3)}(\vec{p}' - \vec{q}') \frac{\gamma}{E} \left(E + \beta \left(E \frac{dE}{dP_3} \right) \right)$$

$$\text{Now use } E^2 = |\vec{p}|^2 + m^2$$

$$\Rightarrow \gamma E \frac{dE}{dP_3} = \beta P_3$$

$$= \delta^{(3)}(\vec{p}' - \vec{q}') \frac{\gamma}{E} (E + \beta P_3)$$

$$= \delta^{(3)}(\vec{p}' - \vec{q}') \frac{E'}{E}$$

This shows that $E \delta^{(3)}(\vec{p} - \vec{q})$ is Lorentz invariant.

$$\text{Thus } |\vec{p}\rangle \equiv \sqrt{2E_p} a_p^+ |0\rangle$$

$$\text{so that } \langle \vec{q} | \vec{p} \rangle = 2E_p (2\pi)^3 \delta^{(3)}(\vec{p} - \vec{q})$$

\downarrow
some part missing
 \uparrow

The Lorentz invariant integral is

$$\int \frac{d^3 p}{(2\pi)^3} \frac{1}{2E_p} = \int \frac{d^4 p}{(2\pi)^4} (2\pi) \delta(p^2 - m^2) \Big|_{p^0 > 0}$$

(Sci did a better job in class)

Now the particle in space interpretation:

$$\begin{aligned}\phi(x)|0\rangle &= \int \frac{d^3 p}{(2\pi)^3} \frac{1}{\sqrt{2E_p}} e^{-ip \cdot x} a_p^+ |0\rangle \\ &= \int \frac{d^3 p}{(2\pi)^3} \frac{1}{2E_p} e^{-ip \cdot x} |p\rangle\end{aligned}$$

$\phi(x)$ acting on $|0\rangle$ creates a particle at position x .

Now "the position-space representation" of state $|p\rangle$ is

$$\langle 0| \phi(x) |\vec{p}\rangle = \langle 0 | \frac{d^3 p'}{(2\pi)^3} \frac{1}{\sqrt{2E_{p'}}} (a_{p'} e^{i\vec{p}' \cdot \vec{x}} + a_{p'}^+ e^{-i\vec{p}' \cdot \vec{x}}) |0\rangle$$

$$\begin{aligned}&\sqrt{2E_p} a_p^+ |0\rangle \\ &= \int \frac{d^3 p'}{(2\pi)^3} \frac{1}{\sqrt{2E_{p'}}} \sqrt{2E_p} \langle 0 | a_{p'}, a_{p'}^+ |0\rangle e^{i\vec{p}' \cdot \vec{x}} + \underbrace{\langle 0 | a_{p'}^+ a_{p'}^+ |0\rangle}_{\sqrt{2E_p}} \\ &= \int \frac{d^3 p'}{(2\pi)^3} \frac{\sqrt{2E_p}}{\sqrt{2E_{p'}}} \langle 0 | [a_{p'}, a_{p'}^+] + \cancel{\overrightarrow{a_{p'}^+ a_{p'}}}^0 |0\rangle e^{i\vec{p}' \cdot \vec{x}} \\ &= \int \frac{d^3 p'}{(2\pi)^3} \frac{\sqrt{2E_p}}{\sqrt{2E_{p'}}} (2\pi)^3 \delta^{(3)}(\vec{p} - \vec{p}') e^{i\vec{p}' \cdot \vec{x}} \\ &= e^{i\vec{p} \cdot \vec{x}} \cdot \frac{2E_p}{2E_{p'}}$$

just as $\langle x | p \rangle \propto e^{i\vec{p} \cdot \vec{x}}$ in non-relativistic QM.

§ 2.4

The Klein-Gordan Field in Space-Time

$$\phi(\vec{x}) = \phi(\vec{x}, t) = e^{iHt} \phi(\vec{x}) e^{-iHt}$$

$$\pi(\vec{x}) = \pi(\vec{x}, t) = \dots$$

$$i \frac{d}{dt} \mathcal{O} = [\mathcal{O}, H]$$

just differentiate this with t.

$$i \frac{d}{dt} \phi(\vec{x}, t) = \left[\phi(\vec{x}, t), \int d^3x' \left\{ \frac{1}{2} \pi^2(\vec{x}', t) + \frac{1}{2} (\nabla \phi(\vec{x}', t))^2 + \frac{1}{2} m^2 \phi^2(\vec{x}', t) \right\} \right]$$

$$= \int d^3x' \cancel{\pi(\vec{x}', t)} [\phi(\vec{x}, t), \pi(\vec{x}', t)] \downarrow i \delta^{(3)}(\vec{x} - \vec{x}')$$

$$= i \pi(\vec{x}, t)$$

Similarly, (ΔK why this is valid) had something to do with Total divergence.

$$i \frac{d}{dt} \pi(\vec{x}, t) \stackrel{?}{=} \left[\pi(\vec{x}, t), \int d^3x' \left\{ \frac{1}{2} \pi^2(\vec{x}', t) + \frac{1}{2} \phi(\vec{x}', t) (-\nabla^2 + m^2) \phi(\vec{x}', t) \right\} \right]$$

$$\stackrel{?}{=} \int d^3x' (-i \delta^{(3)}(\vec{x} - \vec{x}') (-\nabla^2 + m^2) \phi(\vec{x}', t))$$

$$= -i (-\nabla^2 + m^2) \phi(\vec{x}, t)$$

Combining these we have

$$\frac{d^2}{dt^2} \phi = (\nabla^2 - m^2) \phi$$

which is the Klein-Gordan eqⁿ.

The time dependence is better understood in terms of

$$\underline{a_p, a_p^+}$$

$$[H, a_p] = -E_p a_p \quad | \quad [H, a_p^+] = +E_p a_p^+$$

$$\Rightarrow H a_p = a_p (H - E_p) \quad | \quad \Rightarrow H a_p^+ = a_p^+ (H + E_p)$$

$$\Rightarrow H^n a_p = a_p (H - E_p)^n \quad | \quad H^n a_p^+ = a_p^+ (H + E_p)^n$$

Now

$$e^{iHt} a_p e^{-iHt} = \left(1 + \frac{(iHt)}{1!} + \frac{(iHt)^2}{2!} + \frac{(iHt)^3}{3!} + \dots \right) a_p e^{-iHt}$$

$$= a_p \left(1 + i(H - E_p)t + \frac{i(H - E_p)t^2}{2!} + \dots \right) a_p e^{-iHt}$$

$$= a_p e^{-iE_p t} \quad e^{i(A+B)} = e^{iA} e^{iB} \neq -i[A, B] = 0$$

$$\therefore \boxed{e^{iHt} a_p e^{-iHt} = a_p e^{-iE_p t}}; \boxed{e^{iHt} a_p^+ e^{-iHt} = a_p^+ e^{iE_p t}}$$

Thus

$$\begin{aligned} \phi(\vec{x}, t) &= \int \frac{d^3 p}{(2\pi)^3} \frac{1}{\sqrt{2E_p}} e^{iHt} (a_p e^{i\vec{p} \cdot \vec{x}} + a_p^+ e^{-i\vec{p} \cdot \vec{x}}) e^{-iHt} \\ &= \int \frac{d^3 p}{(2\pi)^3} \frac{1}{\sqrt{2E_p}} a_p e^{i(\vec{p} \cdot \vec{x} - E_p t)} + a_p^+ e^{-i(\vec{p} \cdot \vec{x} - E_p t)} \end{aligned}$$

$$\phi(\vec{x}, t) = \int \frac{d^3 p}{(2\pi)^3} \frac{1}{\sqrt{2E_p}} a_p e^{-i\vec{p} \cdot \vec{x}} + a_p^+ e^{+i\vec{p} \cdot \vec{x}} \Big|_{p^0 = E_p}$$

$$\dot{\phi}(\vec{x}, t) = \frac{d}{dt} \phi(\vec{x}, t)$$

Relating $\phi(x)$ to $\underline{\phi(0)}$

using $[\vec{P}, a_p] = -\vec{p} a_p$ & $[\vec{P}, a_p^+] = \vec{p} a_p^+$ we have

$$e^{-i\vec{P} \cdot \vec{x}} a_p e^{i\vec{P} \cdot \vec{x}} = a_p e^{i\vec{p} \cdot \vec{x}}; e^{-i\vec{P} \cdot \vec{x}} a_p^+ e^{i\vec{P} \cdot \vec{x}} = a_p^+ e^{-i\vec{p} \cdot \vec{x}}$$

and therefore

$$\begin{aligned}\phi(x) &\stackrel{\text{DK why}}{=} e^{i(Ht - \vec{P} \cdot \vec{x})} \phi(0) e^{-i(Ht - \vec{P} \cdot \vec{x})} \\ &= e^{i\vec{P} \cdot \vec{x}} \phi(0) e^{-i\vec{P} \cdot \vec{x}}\end{aligned}$$

where $\underline{P}^M = (H, \vec{P})$

Remarks: <missing>

Causality

In the given formalism (so far i.e.)

"amplitude for a particle to propagate from y to x is
 $\langle 0 | \phi(x) \phi(y) | 0 \rangle$ "

We call this $D(x-y) = \langle 0 | \phi(x) \phi(y) | 0 \rangle$

$$= \int \frac{d^3 p}{(2\pi)^3} \frac{1}{2E_p} e^{-ip \cdot (x-y)}$$

Remark:
 It has been shown that the measure $\int \frac{d^3 p}{(2\pi)^3} \frac{1}{2E_p}$ is
 Lorentz invariant & thus if $f(p) = e^{-ip \cdot (x-y)}$
 is Lorentz invariant which T is, then

$$\int \frac{d^3 p}{(2\pi)^3} \frac{f(p)}{2E_p} \text{ is also. (page 23, eq 2.40)}$$

Consider particular values of $x-y$ & find the integral

i) First, let $x-y$ be s.t.

$$x^0 - y^0 = t \quad \delta \vec{x} - \vec{y} = 0$$

(Note: If the interval from y to x is timelike, then there
 always a frame in which this holds)

$$D(x-y) = \frac{4\pi}{(2\pi)^3} \int_0^\infty dp \frac{p^2}{2\sqrt{p^2 + m^2}} e^{-i\sqrt{p^2 + m^2}t}$$

$$= \frac{1}{4\pi^2} \int_m^\infty dE \sqrt{E^2 - m^2} e^{-iEt}$$

$$\sim e^{-imt}$$

$t \rightarrow \infty$

Next we consider $x-y$ s.t. $x^0 - y^0 = 0$, $\vec{x} - \vec{y} = \vec{z}$.

$$\begin{aligned}\Delta(x-y) &= \int \frac{d^3 p}{(2\pi)^3} \frac{1}{2\epsilon_p} e^{i\vec{p} \cdot \vec{z}} \\ &= \frac{2\pi}{(2\pi)^3} \int_0^\infty dp \frac{p^2}{2\epsilon_p} \frac{e^{ipz} - e^{-ipz}}{ip} \\ &= \frac{-i}{2(2\pi)^2} \int_{-\infty}^\infty dp \frac{p}{\sqrt{p^2 + m^2}} e^{ipz}\end{aligned}$$

Then what peskin does, I'm not so sure: $f = -ip$

$$\frac{1}{8\pi^2} \int_{-\infty}^\infty df \frac{f e^{-pf}}{\sqrt{m^2 - p^2}} \underset{f \rightarrow \infty}{\sim} e^{-mf}$$

(look at page 27, 26)

its non zero.

So is causality gone?

Well γ
is truncated

$\boxed{[\phi(x), \phi(y)]}$ should be 0 for $(x-y)^2 < 0$

thus causality is preserved 'quite generally'

We already have for $x^0 - y^0$, $[\phi(x), \phi(y)] = 0$
so then

in general we have

$$[\phi(x), \phi(y)]$$

$$= \int \frac{d^3 p}{(2\pi)^3} \frac{1}{\sqrt{2E_p}} \int \frac{d^3 q}{(2\pi)^3} \frac{1}{\sqrt{2E_q}} \times$$

$$\underbrace{[(a_p e^{-ip \cdot x} + a_p^+ e^{ip \cdot x}), (a_q e^{iq \cdot y} + a_q^+ e^{iq \cdot y})]}_{\text{Four terms}}$$

$$[(a_p e^{-ip \cdot x}, a_q^+ e^{iq \cdot y})] + [(a_p e^{-ip \cdot x}, a_q^+ e^{iq \cdot y})]$$

$$+ [a_p^+ e^{ip \cdot x}, a_q e^{-iq \cdot y}] + [a_p^+ e^{ip \cdot x}, a_q^+ e^{iq \cdot y}]$$

"

$$e^{i(q \cdot y - p \cdot x)} (2\pi)^3 \delta(\vec{p} - \vec{q})$$

$$- e^{i(p \cdot x - q \cdot y)} (2\pi)^3 \delta(\vec{q} - \vec{p})$$

L

$$= \int \frac{d^3 p}{(2\pi)^3} \frac{1}{\sqrt{2E_p}} \left[e^{ip(y-x)} - e^{ip(x-y)} \right]$$

$$= \int \frac{d^3 p}{(2\pi)^3} \frac{1}{\sqrt{2E_p}} \left[e^{-ip(x-y)} - e^{-ip(y-x)} \right]$$

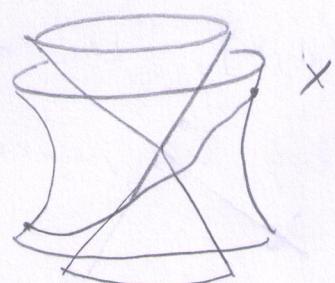
$$= \Delta(x-y) - \Delta(y-x)$$

When $(x-y)^2 < 0$ This case
(Note both terms are separately Lorentz invariant)

I can take $(x-y) \rightarrow -(x-y)$

by a continuous Lorentz Transform & then $\Delta(x-y) - \Delta(x-y) = 0$

However when $(x-y)^2 > 0$ then $\sim e^{-imt} - e^{imt}$ (more remarks skipped)



TODD: CALCULATIONS for § 1.3

1) Derive $a^+ a$ is in fact the number operator

$$(a^+ a) \underbrace{a^+ |0\rangle}_{|1\rangle} = a^+ [a, a^+] |0\rangle = (1)(a^+ |0\rangle)$$

$|1\rangle$: its eigenvalue is 1.

Assuming $|m\rangle$ is st. $a^+ a |m\rangle = m|m\rangle$, then
 $(a^+ a) \underbrace{a^+ |m\rangle}_{|m+1\rangle} = a^+ [a, a^+] + a^+ (a^+ a |m\rangle)$

$$|m+1\rangle = a^+ + a^+ m|m\rangle$$

$$= (m+1) a^+ |m\rangle$$

Thus $a^+ a$ is the number operator.

2) Verify $[a_p, a_{p'}^+] = (2\pi)^3 \delta^{(3)}(\vec{p} - \vec{p}')$

$$\Rightarrow [\phi(\vec{x}), \pi(\vec{y})] = i \delta^{(3)}(\vec{x} - \vec{y})$$

$$[\phi(\vec{x}), \pi(\vec{y})] = \int \frac{d^3 p}{(2\pi)^3} \frac{1}{\sqrt{2\omega_p}} \frac{d^3 p'}{(2\pi)^3} (-i) \sqrt{\frac{\omega_{p'}}{2}}$$

$$[a_p e^{i\vec{p} \cdot \vec{x}} + a_{-p}^* e^{-i\vec{p} \cdot \vec{x}}, a_{p'} e^{i\vec{p}' \cdot \vec{y}} - a_{-p'}^* e^{-i\vec{p}' \cdot \vec{y}}]$$

what you remembered was for $[A, BC] = [A, B]C + B[A, C]$; $[AB, C] = A[B, C] + [A, C]B$

$$= \cancel{A}[B, C] + \cancel{C}[B, A] + \cancel{A}[C, B] + \cancel{C}[A, B]$$

(This is plain stupid; use the other expression for $\phi \& \pi$)

$$- \int \frac{d^3 p}{(2\pi)^3} \frac{1}{\sqrt{2\omega_p}} \frac{d^3 p'}{(2\pi)^3} (-i) \sqrt{\frac{\omega_{p'}}{2}}$$

$$\underbrace{[a_p + a_{-p}^*, a_{p'} - a_{-p'}^*]}_{e^{i(\vec{p} \cdot \vec{x} + \vec{p}' \cdot \vec{y})}}$$

$$a_p [a_{-p}^*, a_{p'}] (-a_{-p'}^*) + (\partial_{p'}) [a_p, -a_{-p'}^*] (\partial_{-p'}^*)$$

$$= \int \frac{d^3 p}{(2\pi)^3} \frac{1}{\sqrt{2\omega_p}} \frac{d^3 p'}{(2\pi)^3} \sqrt{\frac{\omega_{p'}}{2}} \left[(-i)(2\pi)^3 \frac{1}{2} \delta^{(3)}(\vec{p}' + \vec{p}) + (-i)(2\pi)^3 \cancel{\delta^{(3)}(\vec{p} + \vec{p}')} \right]$$

$$= \int \frac{d^3 p}{(2\pi)^3} \frac{i}{\sqrt{2\omega_p}} \frac{d^3 p'}{(2\pi)^3} \cancel{\delta^{(3)}(\vec{p} + \vec{p}')} e^{i(\vec{p} \cdot \vec{x} + \vec{p}' \cdot \vec{y})} = i \int \frac{d^3 p}{(2\pi)^3} e^{i(\vec{p} \cdot \vec{x} - \vec{y})} e^{i(\vec{p} \cdot \vec{x} + \vec{p}' \cdot \vec{y})} = i \delta^3(\vec{x} - \vec{y})$$

$$\begin{aligned}
 3) & \text{ show } \frac{1}{4} \left[-(\alpha_p - \alpha_{-p}) (\alpha_{-p} - \alpha_p^+) + (\alpha_p + \alpha_{-p}^+) (\alpha_{-p} + \alpha_p^+) \right] \\
 & = \alpha_{p \circ p}^+ + \frac{1}{2} [\alpha_p, \alpha_p^+] \quad \text{and integral} \\
 & \quad \frac{d^3 p}{(2\pi)^3} w_p \\
 & - \alpha_p \alpha_{-p} + \alpha_p \alpha_{-p}^+ + \alpha_{-p}^+ \alpha_{-p} + \alpha_{-p}^+ \alpha_p^+ \\
 & + \alpha_p \alpha_{-p} + \alpha_p \alpha_{-p}^+ + \alpha_{-p}^+ \alpha_{-p} + \alpha_{-p}^+ \alpha_p^+ \\
 & = - \overrightarrow{[\alpha_p, \alpha_{-p}]}^0 + 2 \alpha_p \alpha_{-p}^+ + 2 \alpha_{-p}^+ \alpha_{-p} - \overrightarrow{[\alpha_{-p}^+, \alpha_p^+]}^0 \\
 & = 2 \alpha_{-p}^+ \alpha_{-p} + 2 [\alpha_p, \alpha_p^+] + 2 \alpha_p^+ \alpha_p
 \end{aligned}$$

$$4) \text{ Show that: } [\alpha^+ \alpha, \alpha^+] = \alpha^+$$

$$\begin{aligned}
 [\alpha^+ \alpha, \alpha^+] &= \alpha^+ \alpha \alpha^+ - \alpha^+ \alpha^+ \alpha \\
 &= \alpha^+ [\alpha, \alpha^+] + \cancel{\alpha^+ \alpha^+ \alpha} - \cancel{\alpha^+ \alpha^+ \alpha} \\
 &= \alpha^+
 \end{aligned}$$

or you could use

$$[\alpha^+ \alpha, \alpha^+] = \alpha^+ [\alpha, \alpha^+] + [\alpha^+, \alpha^+] \alpha$$

$$5) \text{ Show eq' (2.33) of Peierls holds}$$

$$\vec{P} = - \int d^3 \vec{x} \ \pi(\vec{x}) \nabla \phi(\vec{x}) = \int \frac{d^3 p}{(2\pi)^3} \vec{P} \ \alpha_p^+ \alpha_p$$

$$6) \text{ Show that } \delta(f(x) - f(x_0)) = \frac{1}{|f'(x_0)|} \delta(x - x_0)$$

The Klein-Gordan Propagator

(stripped down version)

We know

$$[\phi(x), \phi(y)] = c\text{-no.} = \int \frac{d^3 p}{(2\pi)^3} \frac{1}{2E_p} (e^{-ip \cdot (x-y)} - e^{ip \cdot (x-y)})$$

(as was shown earlier)

$$\text{also } \langle 0 | [\phi(x), \phi(y)] | 0 \rangle = [\phi(x), \phi(y)]$$

But also know

$$\Delta(x-y) = \langle 0 | \phi(x) \phi(y) | 0 \rangle = \int \frac{d^3 p}{(2\pi)^3} e^{-ip \cdot (x-y)}$$

So that

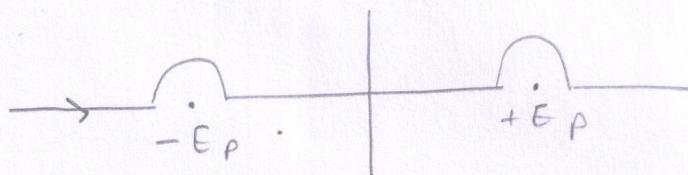
$$[\phi(x), \phi(y)] = \Delta(x-y) - \Delta(y-x)$$

$$[\phi(x), \phi(y)] = \int \frac{d^3 p}{(2\pi)^3} \left\{ \frac{1}{2E_p} e^{-ip \cdot (x-y)} \Big|_{p^0 = E_p} + \right.$$

$$\left. \frac{1}{2(-E_p)} e^{-ip \cdot (x-y)} \Big|_{p^0 = -E_p} \right\}$$

$$= \int_{x^0 > y^0} \frac{d^3 p}{(2\pi)^3} \int \frac{dp^0}{2\pi i} \frac{-1}{p^2 - m^2} e^{ip \cdot (x-y)} \quad \begin{matrix} \text{(look at (A.1c))} \\ Q \text{ eqn 2.54} \end{matrix}$$

given the contours



Not needed.

for $x^0 > y^0$ closed below.



B For $x^0 < y^0$ (then if the events are time-like? Then do we show that the future can't affect the past?) then we choose the closed above contour & get the commutator = 0. (for space-like, ignore this)

P

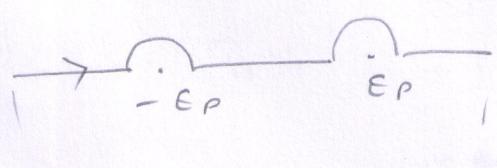
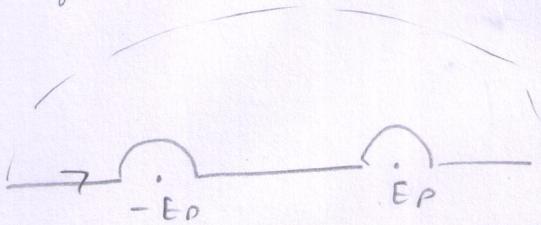
Now consider

$$\int \frac{d^3 p}{(2\pi)^3} \int \frac{dp^0}{2\pi i} \frac{-1}{p^2 - m^2} e^{-ip \cdot (x-y)}$$

together with

for $x^0 < y^0$

for $x^0 > y^0$



$$= \Theta(x^0 - y^0) \langle 0 | [\phi(x), \phi(y)] | 0 \rangle \equiv D_R(x-y)$$

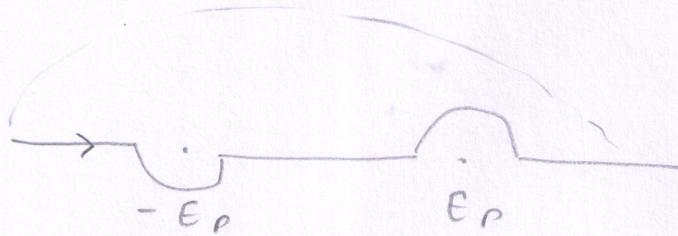
it's called the retarded Green's function.

↓
some discussions missing

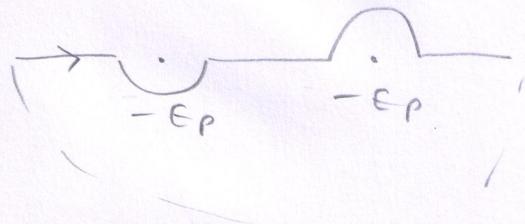
In fact, now we consider the same integral

$$\int \frac{d^3 p}{(2\pi)^3} \int \frac{dp^0}{2\pi i} = \frac{1}{p^2 - m^2} e^{-ip \cdot (x-y)}$$

with for $x^0 < y^0$ the contour



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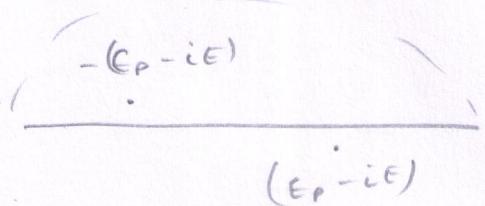
(H. the Feynman prescription)

a more convenient way to write this is

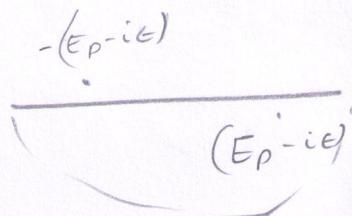
$$\int \frac{d^4 p}{(2\pi)^4} \frac{i}{p^2 - m^2 + i\epsilon} e^{-ip \cdot (x-y)} = \Delta_F(x-y)$$

so that the poles are at $p^0 = \pm(E_p - i\epsilon)$

displaced merely I use the contour



l



In that case, as follows from the prev. discussions,

$$\Delta_F(x-y) = \begin{cases} \Delta(x-y) & \text{for } x^0 > y^0 \\ \Delta(y-x) & \text{for } x^0 < y^0 \end{cases} \quad \begin{matrix} \text{ask why} \\ \text{there's no} \\ \text{minus sign for} \\ \text{this} \end{matrix}$$

$$= \theta(x^0 - y^0) \langle 0 | \phi(x) \phi(y) | 0 \rangle + \theta(y^0 - x^0) \langle 0 | \phi(y) \phi(x) | 0 \rangle$$

$$= \langle 0 | T \phi(x) \phi(y) | 0 \rangle$$

Time ordering (latest on the left and so on)
 ↓commutes missing>

CALCULATIONS

§ 2.4

Q1 Show that $[A(\vec{r}), B(\vec{r}')] = [A(\vec{r}, t), B(\vec{r}', t)]$

given: $[A(\vec{r}), B(\vec{r}')] = \underbrace{\text{c}}_{\text{complex no.}}$

Q2. Show that if $H a_p = a_p (n - E_p)$ then

$$H^n a_p = a_p (n - E_p)^n$$

let $H^m a_p = a_p (n - E_p)^m$

then $H^{m+1} a_p = \underbrace{H a_p}_{H a_p} (n - E_p)^m$
 $= a_p (n - E_p) (n - E_p)^m$
 $= a_p (n - E_p)^{m+1}$

Q3. <The exam question>

$$\langle 0 | \phi(x) \phi(y) | 0 \rangle = \int \frac{d^3 p}{(2\pi)^3} \frac{1}{2E_p} e^{-ip \cdot (x-y)}$$

$$\langle 0 | \phi(x) \phi(y) | 0 \rangle = \langle 0 | \int \frac{d^3 p}{(2\pi)^3} \frac{d^3 p'}{(2\pi)^3} \frac{1}{\sqrt{2E_p}} \frac{1}{\sqrt{2E_{p'}}} (a_p e^{-ipx} + a_p^+ e^{ipx}) \\ (a_{p'} e^{-ip'x'} + a_{p'}^+ e^{ip'x'}) | 0 \rangle$$

(assume $x' = y$)

$$= \int \frac{d^3 p}{(2\pi)^3} \frac{d^3 p'}{(2\pi)^3} \frac{1}{2\sqrt{E_p E_{p'}}} \langle 0 | a_p a_{p'}^+ | 0 \rangle e^{i(p'x' - px)}$$

$$\Rightarrow \int \frac{d^3 p}{(2\pi)^3} \frac{d^3 p'}{(2\pi)^3} \frac{1}{2\sqrt{E_p E_{p'}}} \langle 0 | [a_p, a_{p'}^+] + a_{p'}^+ a_p | 0 \rangle e^{i(p'x' - px)}$$

$$= \int \frac{d^3 p}{(2\pi)^3} \frac{d^3 p'}{(2\pi)^3} \frac{1}{2\sqrt{E_p E_{p'}}} \langle 0 | \delta^3(\vec{p} - \vec{p}') \delta^3(\vec{p} - \vec{p}') e^{i(p'x' - px)} | 0 \rangle$$

$$= \int \frac{d^3 p}{(2\pi)^3} \frac{e^{i(p'(x-x')}}{2E_p}$$

Q4.

$$\text{Show } \int_0^\infty dp \frac{p^2}{2\sqrt{p^2+m^2}} e^{-i\sqrt{p^2+m^2}t} = \int dE \sqrt{E^2-m^2} e^{-iEt}$$

$$E^2 = p^2 + m^2 \rightarrow dE dt = p dp$$

$$dE = \frac{p dp}{E}$$

then it obvious.

Q5. Show that

$$\int \frac{d^3 p}{(2\pi)^3} \frac{1}{2E_p} e^{i\vec{p} \cdot \vec{x}} = \frac{2\pi}{(2\pi)^3} \int_0^\infty dp \frac{p^2}{2E_p} \frac{e^{ipx} - e^{-ipx}}{ipx}$$

$$\boxed{\int d^3 r = \iiint d\phi \sin\theta r^2 dr d\theta}$$

$$= \frac{2\pi}{(2\pi)^3} \int_0^\pi \int_0^\infty p^2 dp d\theta \sin\theta e^{ipx \cos\theta}$$

$$\left. \begin{aligned} & \frac{2\pi}{(2\pi)^3} \int_0^\infty dp \frac{p^2}{2E_p} \frac{2x \sin(px)}{2ipx} \\ &= \frac{4\pi}{(2\pi)^3} \int_0^\infty dp \frac{p^2}{2E_p} \frac{\sin(px)}{px} \end{aligned} \right)$$

Thinking 4 attempts
(removed for clarity)

$$\boxed{\int d(\cos\theta) \cdot e^{ipx(\cos\theta)}}$$

$$= \frac{e^{ipx} - e^{-ipx}}{px}$$

$$= \frac{2\pi}{(2\pi)^3} \int_0^\infty \frac{p^2 dp}{2E_p} \frac{e^{ipx} - e^{-ipx}}{px}$$

Done.

Q6.

$$\begin{aligned} & \int_0^\infty dp \frac{p^2}{2\epsilon_p} \frac{e^{ipx}}{ipx} - \int_0^\infty dp \frac{p^2}{2\epsilon_p} \frac{e^{-ipx}}{ipx} \\ = & \int_0^\infty dp \frac{p^2}{2\epsilon_p} \frac{e^{ipx}}{ipx} - \int_0^{-\infty} dp \frac{p^2}{2\epsilon_p} \frac{e^{-ipx}}{ipx} \\ = & \int_0^\infty dp \frac{p^2}{2\epsilon_p} \frac{e^{ipx}}{ipx} + \int_{-\infty}^0 dp \frac{p^2}{2\epsilon_p} \frac{e^{ipx}}{ipx} \\ = & \int_{-\infty}^\infty dp \frac{p^2}{2\epsilon_p} \frac{e^{ipx}}{ipx} \end{aligned}$$

(That's what had to be shown, forgot to write it as a question)

Q.7 Show eq (5.54) holds.

$$\int \frac{dp^0}{2\pi i} \frac{-1}{p^2 - m^2} e^{-i p \cdot (x-y)}$$

~~$p^2 = m^2$~~ Assume p^2 is the 4 vector p .
Then $p^2 - m^2 = p_0^2 + \vec{p}^2 - m^2$

$$\int \frac{dp^0}{2\pi i} \frac{-1}{(p+m)(p-m)} e^{-i p \cdot (x-y)} \quad p^2 - p_0^2 - \vec{p}^2 = m^2$$

$$= \int \frac{dp^0}{2\pi i} \frac{1}{2m} \frac{(p+m) - (p-m)}{(p+m)(p-m)}$$

$$= \int \frac{dp^0}{2\pi i} \frac{1}{2m} \left[\frac{1}{(\cancel{p+m})(p-m)} - \frac{1}{(p+m)} \right] e^{-i p \cdot (x-y)}$$

$e^{-i p \cdot (x-y)}$
Q. Where's the singularity? $\therefore p$ is now a 4 vector

$$p^{\mu} p_{\mu} = m^2 \quad |\vec{p}|^2 = p^2 = m^2$$

$$|E|^2 = m^2 + \vec{p}^2$$

$$(p^0)^2 - |E|^2 = \frac{(p^0)^2 - m^2 - |\vec{p}|^2}{p^2 - m^2}$$

$$\frac{1}{(p_0 + E)(p_0 - E)} \\ \frac{1}{2E} \left(\frac{p_0 + E - p_0 + E}{(p_0 + E)(p_0 - E)} \right) \\ \frac{1}{p_0 - E} = \frac{1}{p_0 + E}$$