## Particle spectrograph

Wave operator and propagator

Quadratic (free) action
$$S_{F} == \iiint (h^{\alpha\beta} \mathcal{T}_{\alpha\beta} + \frac{1}{2} \alpha (\partial_{\beta} h^{X}_{\chi} \partial^{\beta} h^{\alpha}_{\alpha} + 2 \partial_{\alpha} h^{\alpha\beta} \partial_{\chi} h_{\beta}^{X} - 2 \partial^{\beta} h^{\alpha}_{\alpha} \partial_{\chi} h_{\beta}^{X} - \partial_{\chi} h_{\alpha\beta} \partial^{\chi} h^{\alpha\beta}))[t, x, y, z] dz dy dx dt$$

Source constraints/gauge generators
$$SO(3) \text{ irreps} \qquad \text{Multiplicities}$$

$$\mathcal{T}_{0^{+}}^{\#2} == 0 \qquad 1$$

$$\mathcal{T}_{1^{-}}^{\#1} \alpha == 0 \qquad 3$$
Total constraints: 4
$$\mathcal{T}_{2^{+}}^{\#1} + \alpha\beta \qquad \mathcal{T}_{2^{+}}^{\#1} + \alpha\beta \qquad \mathcal{T}_{2^{+}}^{$$

(No massive particles)

## Massive and massless spectra

Quadratic pole
Pole residue: 
$$-\frac{1}{\alpha} > 0$$
Polarisations: 2

Unitarity conditions