

# Field kinematics

Momentum	Norm	Frame
$k^\mu$	$k^2 == k_\mu \ k^\mu$	$n^\mu == \frac{k^\mu}{k}$

# Fundamental fields

Fields	Symmetries	SO(3)	Sources
$h_{\alpha\beta}$	StrongGenSet[{1,2},GenSet[(1,2)]]	$\frac{1}{3} \eta_{\alpha\beta}^{#1} 0^+ h + \frac{#1}{2^+} h_{\alpha\beta} + \frac{#1}{1^-} h_\beta \ n_\alpha + \frac{#1}{1^-} h_\alpha \ n_\beta - \frac{1}{3} 0^+ h \ n_\alpha \ n_\beta + 0^+ h \ n_\alpha \ n_\beta$	$\mathcal{T}_{\alpha\beta}$

# SO(3) irreps

SO(3)	Symmetries	Expansion	Sources
$\frac{#1}{0^+} h$	StrongGenSet[{ },GenSet[]]	$h^\alpha_\alpha - h_{\alpha\beta} \ n^\alpha \ n^\beta$	$\frac{#1}{0^+} \mathcal{T}$
$\frac{#2}{0^+} h$	StrongGenSet[{ },GenSet[]]	$h_{\alpha\beta} \ n^\alpha \ n^\beta$	$\frac{#2}{0^+} \mathcal{T}$
$\frac{#1}{2^+} h_{\alpha\beta}$	StrongGenSet[{1,2},GenSet[(1,2)]]	$h_{\alpha\beta} - \frac{1}{3} \eta_{\alpha\beta} \ h^X_X + \frac{1}{3} h^X_X \ n_\alpha \ n_\beta - h_{\beta\chi} \ n_\alpha \ n^X - h_{\alpha\chi} \ n_\beta \ n^X + \frac{1}{3} \eta_{\alpha\beta} \ h_{\chi\delta} \ n^X \ n^\delta + \frac{2}{3} h_{\chi\delta} \ n_\alpha \ n_\beta \ n^X \ n^\delta$	$\frac{#1}{2^+} \mathcal{T}_{\alpha\beta}$
$\frac{#1}{1^-} h_\alpha$	StrongGenSet[{ },GenSet[]]	$h_{\alpha\beta} \ n^\beta - h_{\beta\chi} \ n_\alpha \ n^\beta \ n^X$	$\frac{#1}{1^-} \mathcal{T}_\alpha$