

A low-angle photograph of cherry blossom trees. The branches are covered in white and light pink flowers, reaching towards a clear blue sky. In the foreground, a large, dark, mossy rock is visible. A bright sun flare is present on the right side of the image, creating a rainbow-like lens flare effect. The text "Energy and momentum densities in hadrons" is overlaid in the center of the image.

Energy and momentum densities in hadrons

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- ▶ The **energy-momentum tensor** (EMT) is an operator characterizing the distribution and flow of energy and momentum.
 - ▶ It's related to space & time symmetry via Noether's theorems.
 - ▶ It's the source of gravitation in general relativity.

- ▶ Matrix elements between hadronic states characterize coveted properties of hadrons:
 - ▶ The distribution & decomposition of energy.
 - ▶ The distribution & decomposition of momentum.
 - ▶ The distribution & decomposition of internal stresses

The EMT from spacetime symmetry

$$\hat{T}_{\text{QCD}}^{\mu\nu}(x) = \sum_q \left\{ \frac{1}{2} \bar{q}(x) i \gamma^{\{\mu} \overleftrightarrow{D}^{\nu\}} q(x) \right\} - 2 \text{Tr} \left[G^{\mu\lambda} G^\nu{}_\lambda \right] + \frac{1}{2} g^{\mu\nu} \text{Tr} \left[G^{\lambda\sigma} G_{\lambda\sigma} \right]$$

► Conserved current from *local* spacetime translations (**Noether's second theorem**):

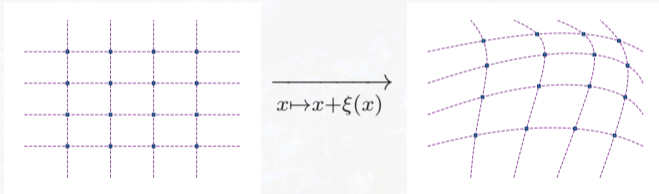
► $x^\mu \mapsto x^\mu + \xi^\mu(x)$

► $S_{\text{QCD}} \mapsto S_{\text{QCD}}$

► $\partial_\mu T_{\text{QCD}}^{\mu\nu} = 0.$

► $T_{\text{QCD}}^{\mu\nu} = T_{\text{QCD}}^{\nu\mu}$

► **Gauge-invariant**



AF, Phys. Rev. D 106 (2022) 125012

► Can be alternatively be derived from action variations:

$$\hat{T}_{\text{Hil}}^{\mu\nu}(x) = - \frac{2}{\sqrt{-g}} \frac{\delta S_{\text{QCD}}}{\delta g_{\mu\nu}(x)}$$

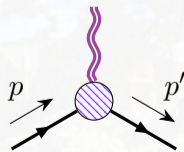
Form factors of the EMT

- ▶ EMT matrix elements give **gravitational form factors** (GFFs).
 - ▶ It's just a name.
 - ▶ EMT is the source of gravitation: $G^{\mu\nu} + \Lambda g^{\mu\nu} = 8\pi T^{\mu\nu}$
 - ▶ But we don't really use gravitation to measure them.
- ▶ Analogy to **electromagnetic form factors**.
- ▶ Spin-zero example:

$$\langle p' | \hat{J}^\mu(0) | p \rangle = 2P^\mu F(t)$$

$$\langle p' | \hat{T}^{\mu\nu}(0) | p \rangle = 2P^\mu P^\nu A(t) + \frac{1}{2}(\Delta^\mu \Delta^\nu - \Delta^2 g^{\mu\nu}) D(t)$$

- ▶ $A(t)$ encodes momentum density
- ▶ $D(t)$ encodes stress distributions (anisotropic pressures)
- ▶ Mix of both encodes **energy density**



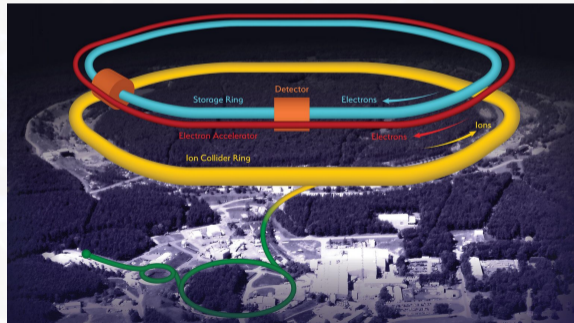
$$P = \frac{1}{2}(p + p')$$

$$\Delta = (p' - p)$$

$$t = \Delta^2$$

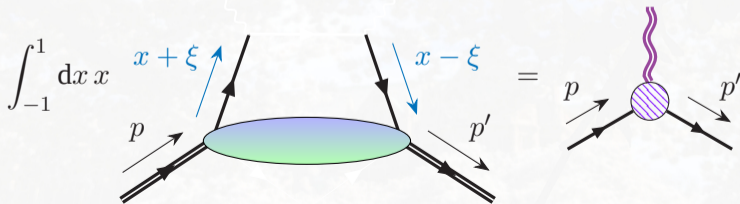
How to get the GFFs

- ▶ **Hard exclusive reactions** are used to measure GFFs—not gravity experiments.
 - ▶ Deeply virtual Compton scattering (DVCS) to probe quark structure.
 - ▶ Deeply virtual meson production (DVMP), *e.g.*, J/ψ or Υ to probe gluon structure.
 - ▶ ...and more!
- ▶ Measured at **Jefferson Lab** and the upcoming **Electron Ion Collider**.

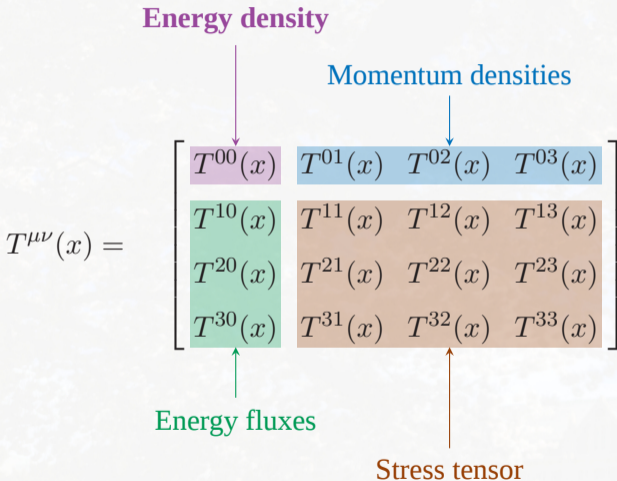


- ▶ **Hard exclusive reactions** are used to measure **GFFs**—not gravitational experiments.
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 - ▶ ...and more!
- ▶ **GFFs** are related to **generalized parton distributions** (GPDs) through Mellin moments—spin-zero example:

$$\int_{-1}^1 dx x H_a(x, \xi, t) = A_a(t) + \xi^2 D_a(t)$$



Components of the EMT



- ▶ **Angular momentum densities** accessible too:

$$J_i(x) = \epsilon_{ijk} (x^j T^{0k}(x) - x^k T^{0j}(x))$$

...basically, from $\mathbf{x} \times \mathbf{p}$

- ▶ For physical states, mixture of internal structure & wave packet dependence.
 - ▶ Removing wave packet dependence is tricky.
 - ▶ Several schemes for dealing with this exist.

- ▶ **Breit frame** densities most common approach.

$$T_{\text{BF}}^{\mu\nu}(\mathbf{x}) \equiv \int \frac{d^3\mathbf{q}}{(2\pi)^3} \frac{\langle \mathbf{q}/2 | \hat{T}^{\mu\nu}(\mathbf{x}) | -\mathbf{q}/2 \rangle}{2\sqrt{m^2 + \mathbf{q}^2/4}}$$

- ▶ Original derivation by Sachs erroneous (see Miller, PRC99 (2019) 035202)
- ▶ More recent justification by Lorcé et al., EPJC 79 (2019) 89
- ▶ Example: spin-zero energy density and stress tensor

$$\mathcal{E}(\mathbf{x}) = m \int \frac{d^3\mathbf{q}}{(2\pi)^3} \frac{1}{\sqrt{1 + \mathbf{q}^2/4m^2}} \left\{ A(-\mathbf{q}^2) + \frac{\mathbf{q}^2}{4m^2} \left(A(-\mathbf{q}^2) + D(-\mathbf{q}^2) \right) \right\} e^{-i\mathbf{q}\cdot\mathbf{x}}$$

$$T^{ij}(\mathbf{x}) = m \int \frac{d^3\mathbf{q}}{(2\pi)^3} \frac{1}{\sqrt{1 + \mathbf{q}^2/4m^2}} \left(\frac{q^i q^j - \mathbf{q}^2 \delta^{ij}}{2} \right) D(-\mathbf{q}^2) e^{-i\mathbf{q}\cdot\mathbf{x}}$$

See Polyakov & Schweitzer, Int. J. Mod. Phys. A 33 (2018) for a great review

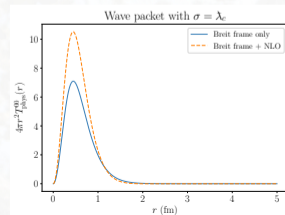
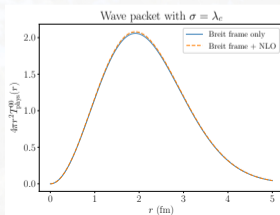
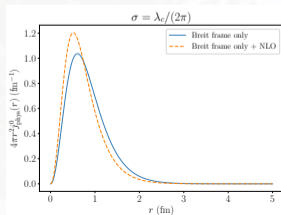
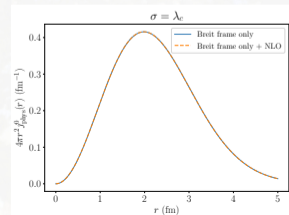
Multipole moment densities

- ▶ Consider hadron as a *medium* & wave function as an arbitrary test function
 - ▶ Newer idea due to Yang Li et al., PLB 838 (2023) 137676
 - ▶ Hadron has potential to contribute to monopole, dipole, etc. densities.
 - ▶ Each of these is an intrinsic property!
- ▶ Breit frame density emerges as *leading*, **monopole** term in infinite expansion:

$$T^{\mu\nu}(\mathbf{x}, t) = \int d^3\mathbf{R} \mathcal{P}(\mathbf{R}, t) T_{\text{BF}}^{\mu\nu}(\mathbf{x} - \mathbf{R}) + \dots$$

- ▶ Higher-order (e.g. quadrupole) densities negligible if packet width $\gtrsim \lambda_C$.

see AF & Miller, 2210.03807



Light front coordinates

- ▶ Stark contrast to the non-relativistic case, where:

$$\rho_{\text{phys}}(\mathbf{x}, t) = \int d^3\mathbf{R} \left| \Psi_{\text{bar}}(\mathbf{R}, t) \right|^2 \rho_{\text{internal}}(\mathbf{x} - \mathbf{R})$$

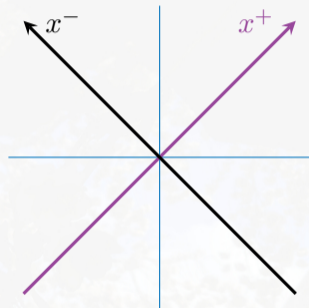
- ▶ The simplicity owes to the **Galilean symmetry** of non-relativistic physics.
- ▶ But the Poincaré group has a Galilean subgroup!
- ▶ **Light front coordinates** exploit this subgroup to simplify densities.

$$x^{\pm} = t \pm z$$

$$\mathbf{x}_{\perp} = (x, y)$$

$$\tau = x^{+} = \text{time}$$

Light front coordinates



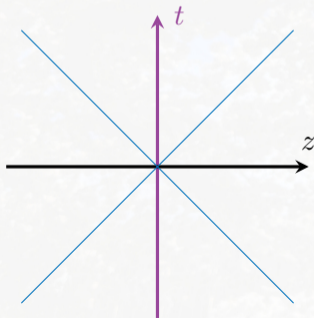
Light front coordinates

- ▶ **Light front coordinates** are a different foliation of spacetime.
- ▶ Entail a new **synchronization convention**.
- ▶ Entail a new spatial grid.

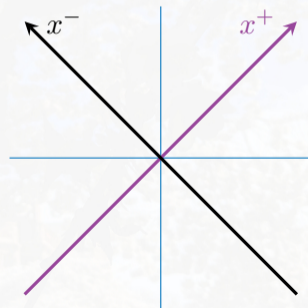
$$x^{\pm} = t \pm z$$

$$\mathbf{x}_{\perp} = (x, y)$$

$$x^{+} = t + z = \text{time}$$



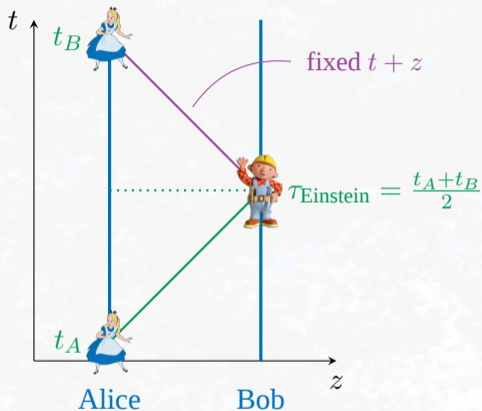
Minkowski coordinates



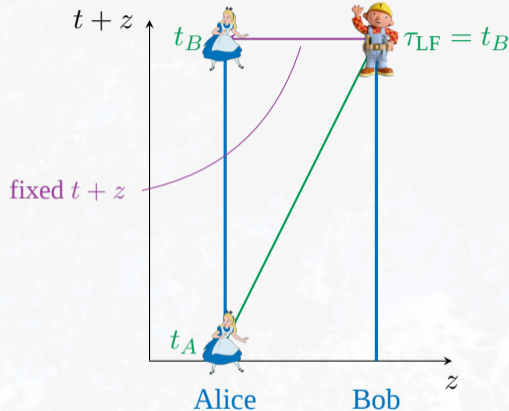
Light front coordinates

Synchronization conventions

Einstein synchronization



Light front synchronization



- ▶ **Einstein synchronization** defined to be isotropic.
- ▶ **Light front synchronization** defines hyperplanes with fixed $t+z$ to be “simultaneous.”
 - ▶ Light travels instantaneously in $-z$ direction by definition.
 - ▶ We take what we see as literally happening now.

Transverse boosts and Terrell rotations

- ▶ Lorentz-boosted objects *appear rotated*.

- ▶ **Terrell rotation** (PR116, 1959)
- ▶ Optical effect: contraction + delay

- ▶ **Light front transverse boost**
undoes Terrell rotation:

$$B_x^{(\text{LF})} = K_x - J_y$$

- ▶ Standard boost + counter-rotation
- ▶ Leaves x^+ (time) invariant
- ▶ Part of the **Galilean subgroup**



Dice images by Ute Kraus,
<https://www.spacetime.travel.org/>

- ▶ Poincaré group has a $(2 + 1)$ D **Galilean subgroup**.
 - ▶ x^+ is time and \mathbf{x}_\perp is space under this subgroup.
 - ▶ x^- can be integrated out.
 - ▶ $P^+ = \frac{1}{\sqrt{2}}(E_{\mathbf{p}} + p_z)$ is the central charge.
 - ▶ x^+ and P^+ are invariant under this subgroup!
- ▶ Basically, light front coordinates should give a **fully relativistic** 2D picture that looks like *non-relativistic* physics.
 - ▶ But with P^+ in place of M .

$$\frac{d\mathbf{P}_\perp}{dx^+} = P^+ \frac{d^2\mathbf{x}_\perp}{dx^{+2}}$$

$$H = P^- = H_{\text{rest}} + \frac{\mathbf{P}_\perp^2}{2P^+}$$

$$\mathbf{v}_\perp = \frac{\mathbf{P}_\perp}{P^+}$$

The cost: lose one spatial dimension (2D densities).



Not the IMF!

- ▶ All momenta can be finite.
- ▶ We didn't boost.
- ▶ LFCs are not the IMF.



Not the rest frame!

- ▶ LFCs are not the IMF.
- ▶ They're also not rest frames.
- ▶ They're not even Cartesian.
- ▶ The reason is x^- .
 - ▶ Fixed x^- is lightlike.



Tilted coordinates

$$\tilde{\tau} = t + z$$

$$\tilde{x} = x$$

$$\tilde{y} = y$$

$$\tilde{z} = z$$

- ▶ Mind the strange metric...

$$\tilde{g}_{\mu\nu} = \begin{bmatrix} 1 & 0 & 0 & -1 \\ 0 & -1 & 0 & 0 \\ 0 & 0 & -1 & 0 \\ -1 & 0 & 0 & 0 \end{bmatrix}$$

- ▶ First defined by Blunden, Burkardt & Miller.
 - ▶ [Phys. Rev. C61 \(2000\) 025206](#)
- ▶ Use light front time.
 - ▶ Use light front synchronization!
 - ▶ Time invariant under **Galilean subgroup**.
- ▶ Use Cartesian spatial coordinates.
 - ▶ Can furnish a **rest frame!**

$$ds^2 = d\tilde{\tau}^2 - 2 d\tilde{\tau} d\tilde{z} - d\tilde{\mathbf{x}}_{\perp}^2$$

$$\partial^2 = -2\tilde{\partial}_z\tilde{\partial}_{\tau} - \tilde{\nabla}^2$$

See AF & Miller, PRD107 (2023) 074036 for full description!

Momentum and velocity

- ▶ Energy & momentum are spacetime translation generators.

$$i[\tilde{E}, \hat{M}] = \frac{\partial \hat{M}}{\partial \tilde{\tau}} \quad - i[\tilde{\mathbf{p}}, \hat{M}] = \tilde{\nabla} \hat{M}$$

- ▶ On-shell dispersion relation:

$$\tilde{E} = \frac{m^2 + \tilde{\mathbf{p}}^2}{2\tilde{p}_z} = \frac{m^2 + \tilde{p}_z^2}{2\tilde{p}_z} + \frac{\tilde{\mathbf{p}}_\perp^2}{2\tilde{p}_z}$$

Energy-momentum

$$\tilde{E} = E$$

$$\tilde{p}_x = p_x$$

$$\tilde{p}_y = p_y$$

$$\tilde{p}_z = E + p_x = p^+$$

Velocity

$$\tilde{\mathbf{v}} = \nabla_{\mathbf{p}} \tilde{E}$$

$$\tilde{v}_x = \tilde{p}_x / \tilde{p}_z$$

$$\tilde{v}_y = \tilde{p}_y / \tilde{p}_z$$

$$\tilde{v}_z = 1 - \tilde{E} / \tilde{p}_z$$

- ▶ Rest occurs when $\tilde{\mathbf{v}} = 0$.

Energy-momentum tensor in tilted coordinates

Energy density

Momentum densities

Energy fluxes

Stress tensor

$$\tilde{T}^\mu{}_\nu(x) = \begin{bmatrix} \tilde{T}^0_0(x) & \tilde{T}^0_1(x) & \tilde{T}^0_2(x) & \tilde{T}^0_3(x) \\ \tilde{T}^1_0(x) & \tilde{T}^1_1(x) & \tilde{T}^1_2(x) & \tilde{T}^1_3(x) \\ \tilde{T}^2_0(x) & \tilde{T}^2_1(x) & \tilde{T}^2_2(x) & \tilde{T}^2_3(x) \\ \tilde{T}^3_0(x) & \tilde{T}^3_1(x) & \tilde{T}^3_2(x) & \tilde{T}^3_3(x) \end{bmatrix}$$

- ▶ All 16 components of EMT have clear meaning in tilted coordinates.
- ▶ The **energy density** integrates to the usual “instant form” energy.

$$\tilde{E} = E$$

- ▶ *Relativistically exact* energy density.
- ▶ Will give standard mass decomposition.
- ▶ Can describe system at rest.

Smearing functions

- ▶ Physical energy-momentum tensor:

$$\int d\tilde{z} \langle \Psi | \hat{T}^{\mu}_{\nu}(x) | \Psi \rangle = \int d^3 \tilde{\mathbf{R}} \mathcal{P}^{\mu}_{\nu\alpha}{}^{\beta}(\tilde{\mathbf{R}}, \tilde{\tau}, \Psi) [\tilde{T}^{\alpha}_{\beta}(\tilde{\mathbf{x}}_{\perp} - \tilde{\mathbf{R}}_{\perp})]_{\text{internal}}$$

↑ Internal density
Smearing function

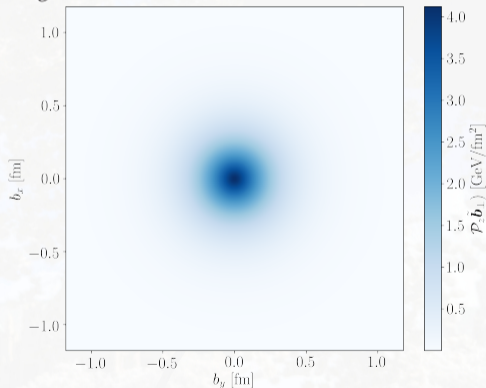
↑ invariant under LF boosts

- ▶ **Smearing function** contains all wave packet & velocity dependence.
- ▶ Only **smearing function** modified by Lorentz boosts.
- ▶ **Internal density** is boost-invariant. (due to Galilean subgroup)
- ▶ **Internal density** is rest frame density!
- ▶ Galilean subgroup allows such a separation.
 - ▶ Multiple separations exist.
 - ▶ Will describe scheme for separation in upcoming work.
- ▶ I'm short on time; will just give results for **internal densities**.

- ▶ $-\tilde{T}^0_3 = T^{++}$ gives $\tilde{P}_z = P^+$ density

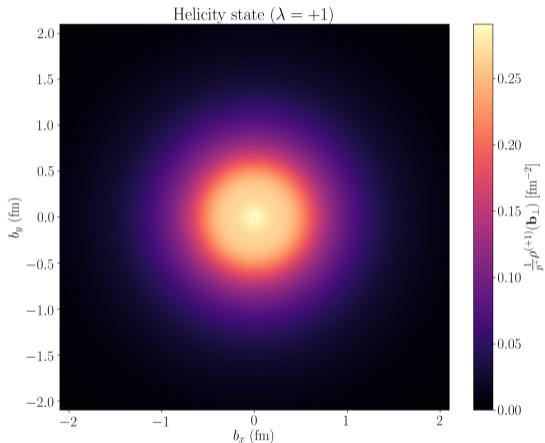
$$\rho_{P^+}^{(\text{LF})}(\mathbf{b}_\perp, \mathbf{s}_\perp) = \int \frac{d^2 \Delta_\perp}{(2\pi)^2} \frac{\langle p', \mathbf{s}_\perp | T^{++}(0) | p, \mathbf{s}_\perp \rangle}{2m} e^{-i \Delta_\perp \cdot \mathbf{b}_\perp}$$

- ▶ Set $\tilde{P}_z = P^+ = m$ for rest.
- ▶ Works for any polarization state.
- ▶ Structure *relative to center-of- P^+* .
- ▶ Boost invariance: \mathbf{P}_\perp independent!
- ▶ Proton dipole model on right.
 - ▶ $f_2(1270)$ pole
 - ▶ Agrees with Kharzeev's analysis in RPD104 (2021) 054015
 - ▶ 2D radius of 0.45 fm
- ▶ Get back standard P^+ density!

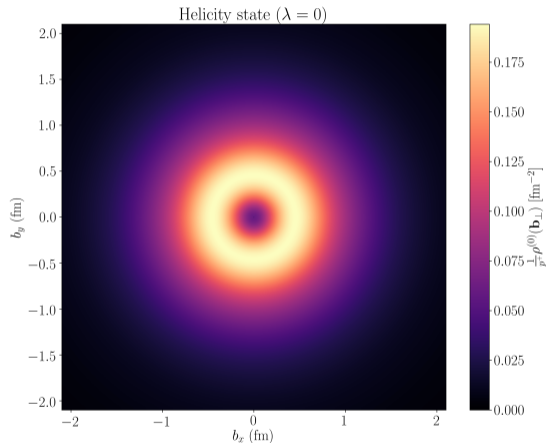


Spin-one targets

Helicity +1



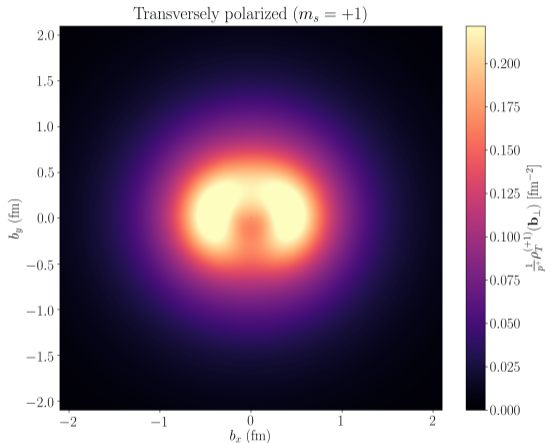
Helicity 0



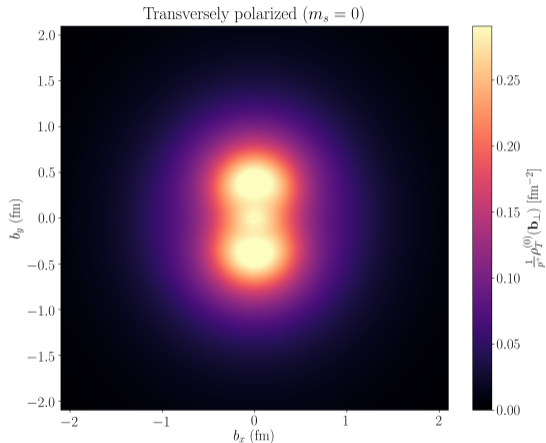
$\tilde{P}_z = P^+$ density depends on helicity for spin-one targets.
AF & Wim Cosyn, PRD106 (2022) 114013

Transverse polarization

Transverse, $m_s = +1$



Transverse, $m_s = 0$



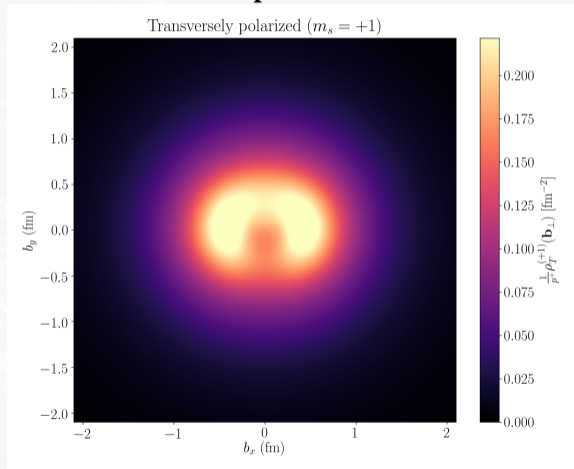
Transverse polarization contains helicity-flip contributions.

AF & Wim Cosyn, PRD106 (2022) 114013

Why $\sin \phi$ modulations?

- ▶ P^+ density of transpol. deuteron.
 - ▶ Spin-up along x -axis
 - ▶ But left-handed coords.
- ▶ This is the P^+ density in every frame.
 - ▶ Includes the rest frame.
- ▶ Not an IMF artifact!
 - ▶ Never boosted to IMF.
- ▶ Effect of **synchronization scheme**.
 - ▶ Effect of taking what we see literally.
 - ▶ This is a known effect; relativistic wheel.
 - ▶ Explained by George Gamow in 1938, *Mr Tompkins in Wonderland*

Trans. pol. deuteron

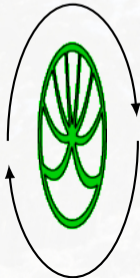


The relativistic wheel

Static wheel



Spinning wheel

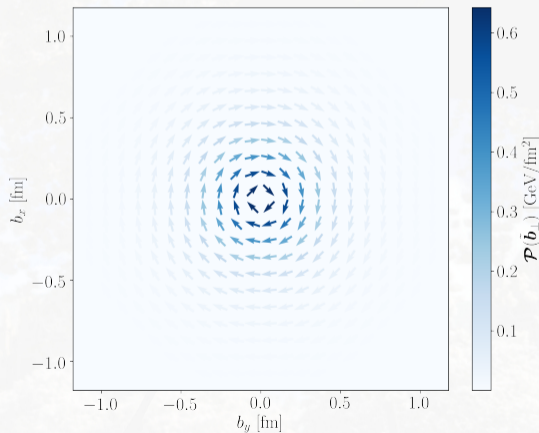


- ▶ **Static wheel** has regularly-placed spokes.
- ▶ Consider **spinning wheel**, axis oblique to observer.
 - ▶ *The wheel is considered at rest.*
- ▶ Spokes moving away are **redshifted**.
 - ▶ *Appear to move slower.*
 - ▶ *Pile up; appear to become denser.*
- ▶ Spokes moving towards are **blueshifted**.
 - ▶ *Appear to move faster.*
 - ▶ *Appear to become rarer.*
- ▶ These same distortions are present in nuclei!
 - ▶ **Light front densities** bake in optical effects.
- ▶ Also see videos at:
<https://www.spacetime-travel.org/rad>
(green wheel is relevant case)

Transverse momentum density

$$\mathcal{P}_{\perp}^{(\text{LF})}(\mathbf{b}_{\perp}, \mathbf{s}_{\perp}) = \int \frac{d^2 \Delta_{\perp}}{(2\pi)^2} \frac{\langle p', \mathbf{s}_{\perp} | T^{+i}(0) | p, \mathbf{s}_{\perp} \rangle}{2m} e^{-i \Delta_{\perp} \cdot \mathbf{b}_{\perp}} \Big|_{\mathbf{P}_{\perp}=0, P^+=m}$$

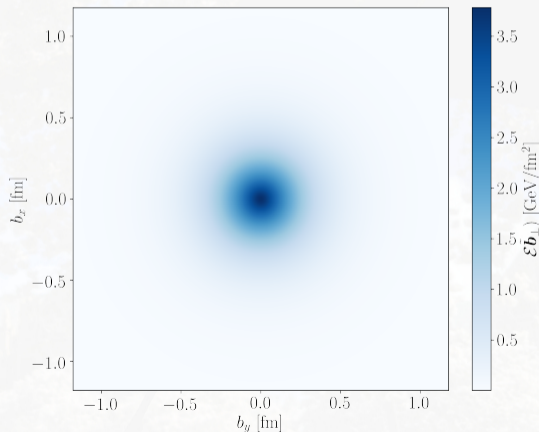
- ▶ $-\tilde{T}_i^0 = T^{+i}$ gives $\tilde{\mathbf{P}}_{\perp} = \mathbf{P}_{\perp}$ density
 - ▶ Works for any polarization state.
 - ▶ Structure *relative to center-of- P^+* .
- ▶ Proton dipole model on right
 - ▶ $f_2(1270)$ pole.
 - ▶ Longitudinal polarization



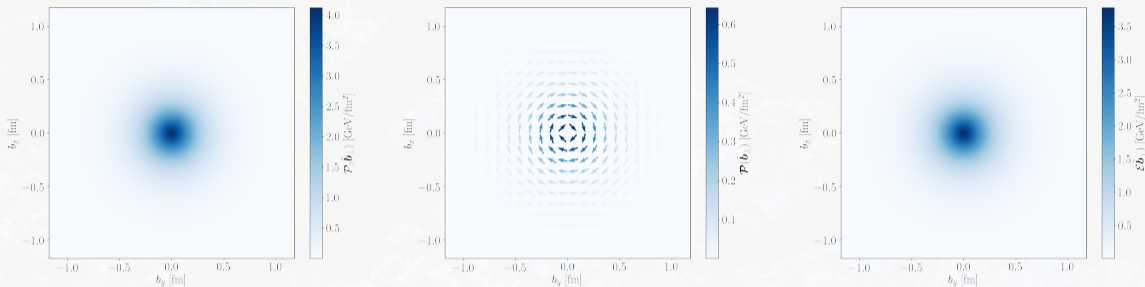
$$\mathcal{E}_{\perp}^{(\text{LF})}(\mathbf{b}_{\perp}, \mathbf{s}_{\perp}) = \frac{1}{2} \int \frac{d^2 \Delta_{\perp}}{(2\pi)^2} \frac{\langle p', \mathbf{s}_{\perp} | T^{++}(0) + T^{+-}(0) | p, \mathbf{s}_{\perp} \rangle e^{-i \Delta_{\perp} \cdot \mathbf{b}_{\perp}}}{2m} \Big|_{P_{\perp}=0, P^+=m}$$

- ▶ $-\tilde{T}_i^0 = T^{+i}$ gives $\tilde{P}_{\perp} = P_{\perp}$ density
 - ▶ Works for any polarization state.
 - ▶ Showing light front helicity state.
 - ▶ Structure *relative to center-of- P^+* .

- ▶ Proton dipole model on right
 - ▶ $f_2(1270)$ pole.
 - ▶ Longitudinal polarization
 - ▶ Use $D(0) = -2$ [from lattice]
 - [Pefkou et al., PRD 105 (2022)]
 - ▶ $D(t)$ has extra σ pole
 - ▶ Radius $0.53 \text{ fm} > 0.45 \text{ fm}$



Conclusions & outlook



- ▶ The **energy-momentum tensor** encodes interesting internal properties of hadrons.
 - ▶ Energy & momentum densities among them
 - ▶ Also stresses, but I didn't have time to cover these
- ▶ There are subtleties in how to identify “internal” properties here.
 - ▶ Tilted light front coordinates allow exact relativistic rest frame densities

...and, most importantly:

Thanks for your time and attention!