

1. The Poincaré group, continued

(1/2)

Using

$$J_i = \frac{1}{2} \epsilon_{ijk} M_{jk} \quad , \quad (1)$$

we find

$$M_{ij} = \epsilon_{ijk} J_k \quad . \quad (2)$$

We also define

$$M_{0i} = K_i \quad . \quad (3)$$

The commutation relations become in terms of K_i

$$\otimes [M_{\mu\nu}, L_\rho] = i(\eta_{\mu\rho} L_\nu - \eta_{\nu\rho} L_\mu) \quad (4)$$

$$\bullet [M_{0i}, L_0] = [K_i, L_0] = i\eta_{00} L_i$$

$$\rightarrow \boxed{[K_i, L_0] = i L_i} \quad (5)$$

$$\bullet [M_{0i}, L_j] = [K_i, L_j] = -i\eta_{ij} L_0$$

$$\rightarrow \boxed{[K_i, L_j] = i\delta_{ij} L_0} \quad (6)$$

$$\bullet [M_{ij}, L_0] = 0$$

$$\rightarrow \boxed{[J_i, L_0] = 0} \quad (7)$$

$$\bullet [M_{ij}, L_k] = i(\eta_{ik} L_j - \eta_{jk} L_i) = -i(\delta_{ik} L_j - \delta_{jk} L_i)$$

$$\rightarrow \epsilon_{ije} [J_e, L_k] = -i(\delta_{ik} L_j - \delta_{jk} L_i) \quad (8)$$

Multiply (8) by ϵ_{ijm} to get

$$2[J_m, L_k] = -i(\epsilon_{kjm} L_j - \epsilon_{ikm} L_i)$$

$$= -i(\epsilon_{kim} L_i - \epsilon_{ikm} L_i)$$

$$= 2i\epsilon_{ikm} L_i = -2i\epsilon_{imk} L_i = 2i\epsilon_{mik} L_i$$

$$= -2i\epsilon_{mki} L_i$$

$$\text{Thus: } \boxed{[J_i, L_j] = i\epsilon_{ijk} L_k} \quad (9)$$

$$\otimes [M_{\mu\nu}, M_{\rho\sigma}] = i(\eta_{\mu\rho} M_{\nu\sigma} + \eta_{\nu\sigma} M_{\mu\rho} - \eta_{\mu\sigma} M_{\nu\rho} - \eta_{\nu\rho} M_{\mu\sigma}) \quad (10) \quad (2)$$

$$\bullet [M_{0i}, M_{0j}] \equiv [K_i, K_j] = i\eta_{00} M_{ij} = i\epsilon_{ijk} J_k$$

$$\rightarrow \boxed{[K_i, K_j] = i\epsilon_{ijk} J_k} \quad (11)$$

$$\bullet [M_{0i}, M_{jk}] = \epsilon_{jkl} [K_i, J_l] = i(\eta_{ik} M_{0j} - \eta_{ij} M_{0k}) \\ = -i(\delta_{ik} K_j - \delta_{ij} K_k)$$

$$\rightarrow \epsilon_{jkl} [K_i, J_l] = -i(\delta_{ik} K_j - \delta_{ij} K_k) \quad (12)$$

multiply (12) by ϵ_{jkm} , to find

$$2\delta_{em} [K_i, J_e] = -i(\epsilon_{jim} K_j - \epsilon_{ikm} K_k) \\ = -i(\epsilon_{jim} K_j - \epsilon_{ijm} K_j) \\ = -2i\epsilon_{imj} K_j$$

$$\rightarrow [K_i, J_m] = -i\epsilon_{imj} K_j$$

or in other words,

$$[J_m, K_i] = \epsilon_{imj} K_j = -\epsilon_{mij} K_j,$$

$$\rightarrow \boxed{[J_i, K_j] = -\epsilon_{ijk} K_k} \quad (13)$$

$$\otimes [M_{ij}, M_{kl}] = \dots = \dots$$

~~Explicitly:~~

Explicitly:

$$\epsilon_{ija} \epsilon_{keb} [J_a, J_b] = -i(\delta_{ik} \epsilon_{jla} + \delta_{jl} \epsilon_{ika} - \delta_{il} \epsilon_{jka} - \delta_{jk} \epsilon_{ila}) J_c$$

multiply by $\epsilon_{ijc} \epsilon_{ked}$, to find

$$\boxed{[J_a, J_b] = i\epsilon_{abc} J_c} \quad (14)$$

Gamma matrices in 4 spacetime dimensions

① In the Dirac representation,

$$\gamma_D^0 = \begin{pmatrix} \mathbb{1}_2 & 0 \\ 0 & -\mathbb{1}_2 \end{pmatrix}, \quad \gamma_D^i = \begin{pmatrix} 0 & \sigma^i \\ -\sigma^i & 0 \end{pmatrix},$$

with $\mathbb{1}_2 = \text{diag}(1, 1)$ & σ^i the Pauli matrices.

$$\otimes \{\gamma_D^0, \gamma_D^0\} = 2(\gamma_D^0)^2 = 2\mathbb{1}_4 = 2\eta^{00}\mathbb{1}_4, \text{ since } \eta^{00} = 1.$$

$$\otimes \{\gamma_D^0, \gamma_D^i\} = \begin{pmatrix} \mathbb{1}_2 & 0 \\ 0 & -\mathbb{1}_2 \end{pmatrix} \begin{pmatrix} 0 & \sigma^i \\ -\sigma^i & 0 \end{pmatrix} + \begin{pmatrix} 0 & \sigma^i \\ -\sigma^i & 0 \end{pmatrix} \begin{pmatrix} \mathbb{1}_2 & 0 \\ 0 & -\mathbb{1}_2 \end{pmatrix} = 0$$

$$\otimes \{\gamma_D^i, \gamma_D^j\} = - \begin{pmatrix} \{\sigma^i, \sigma^j\} & 0 \\ 0 & \{\sigma^i, \sigma^j\} \end{pmatrix} = -2\delta^{ij} \begin{pmatrix} \mathbb{1}_2 & 0 \\ 0 & \mathbb{1}_2 \end{pmatrix} \\ = 2\eta^{ij}\mathbb{1}_4$$

Putting everything together, $\{\gamma^\mu, \gamma^\nu\} = 2\eta^{\mu\nu}\mathbb{1}_4$.

In the Weyl representation

$$\gamma_W^0 = \begin{pmatrix} 0 & \mathbb{1}_2 \\ \mathbb{1}_2 & 0 \end{pmatrix}, \quad \gamma_W^i = \gamma_D^i = \begin{pmatrix} 0 & \sigma^i \\ -\sigma^i & 0 \end{pmatrix}.$$

We have $U = \frac{1}{\sqrt{2}} \begin{pmatrix} \mathbb{1}_2 & -\mathbb{1}_2 \\ \mathbb{1}_2 & \mathbb{1}_2 \end{pmatrix} \rightarrow U^\dagger = \frac{1}{\sqrt{2}} \begin{pmatrix} \mathbb{1}_2 & \mathbb{1}_2 \\ -\mathbb{1}_2 & \mathbb{1}_2 \end{pmatrix}$, so

$$U \gamma_D^0 U^\dagger = \begin{pmatrix} 0 & \mathbb{1}_2 \\ \mathbb{1}_2 & 0 \end{pmatrix} \equiv \gamma_W^0.$$

$$\text{Also, } U \gamma_D^i U^\dagger = \begin{pmatrix} 0 & \sigma^i \\ -\sigma^i & 0 \end{pmatrix} \equiv \gamma_W^i \quad \left. \vphantom{U \gamma_D^i U^\dagger} \right\} \rightarrow \gamma_W^\mu = U \gamma_D^\mu U^\dagger.$$

⊗ using $\delta_w^\mu = U \delta_D^\mu U^\dagger$, we find

$$\begin{aligned} \{\delta_w^\mu, \delta_w^\nu\} &= \{U \delta_D^\mu U^\dagger, U \delta_D^\nu U^\dagger\} \\ &= U \delta_D^\mu U^\dagger U \delta_D^\nu U^\dagger + U \delta_D^\nu U^\dagger U \delta_D^\mu U^\dagger \\ &= U \{\delta_D^\mu, \delta_D^\nu\} U^\dagger = 2 \eta^{\mu\nu} \mathbb{1}_4, \end{aligned}$$

where we used the fact that U is a unitary matrix

② ⊗ $\delta^\mu \delta_\mu = \eta_{\mu\nu} \delta^\mu \delta^\nu = \frac{1}{2} (\eta_{\mu\nu} + \eta_{\nu\mu}) \delta^\mu \delta^\nu$

$$\begin{aligned} &= \frac{1}{2} (\eta_{\mu\nu} \delta^\mu \delta^\nu + \eta_{\nu\mu} \delta^\nu \delta^\mu) = \frac{1}{2} \eta_{\mu\nu} \{\delta^\mu, \delta^\nu\} \\ &= \eta_{\mu\nu} \eta^{\mu\nu} = 4. \end{aligned}$$

⊗ $\delta^\mu \delta^\alpha \delta_\mu = \delta^\mu (\{\delta^\alpha, \delta_\mu\} - \delta_\mu \delta^\alpha) = \delta^\mu (2\delta_\mu^\alpha - \delta_\mu \delta^\alpha)$

$$= -2\delta^\alpha.$$

⊗ $\delta^\mu \delta^\alpha \delta^\beta \delta_\mu = \delta^\mu \delta^\alpha (\{\delta^\beta, \delta_\mu\} - \delta_\mu \delta^\beta) = \delta^\mu \delta^\alpha (2\delta_\mu^\beta - \delta_\mu \delta^\beta)$

$$\begin{aligned} &= 2\delta^\beta \delta^\alpha - \delta^\mu \delta^\alpha \delta_\mu \delta^\beta = 2\delta^\beta \delta^\alpha - \delta^\mu (\{\delta^\alpha, \delta_\mu\} - \delta_\mu \delta^\alpha) \delta^\beta \\ &= 2\delta^\beta \delta^\alpha - \delta^\mu (2\delta_\mu^\alpha - \delta_\mu \delta^\alpha) \delta^\beta = 2\{\delta^\alpha, \delta^\beta\} \\ &= 4\eta^{\alpha\beta} \end{aligned}$$

⊗ $\delta^\mu \delta^\alpha \delta^\beta \delta^\gamma \delta_\mu = (\{\delta^\alpha, \delta^\beta\} - \delta^\beta \delta^\alpha) \delta^\gamma \delta_\mu = 2\delta^\beta \delta^\alpha \delta^\gamma - \delta^\beta \delta^\alpha \delta^\gamma \delta_\mu$

$$\begin{aligned} &= 2\delta^\beta \delta^\alpha \delta^\gamma - 4\delta^\alpha \eta^{\beta\gamma} \\ &= 2(2\delta^{\beta\gamma} - \delta^\beta \delta^\gamma) \delta^\alpha - 4\delta^\alpha \eta^{\beta\gamma} \\ &= -2\delta^\beta \delta^\gamma \delta^\alpha, \end{aligned}$$

previous identity!

⊗ Consider first $\mu = 0$

$$\begin{aligned} \circ \{ \gamma^0, \gamma_5 \} &= i (\gamma_1 \gamma_2 \gamma_3 + \gamma_0 \gamma_1 \gamma_2 \gamma_3 \gamma^0) = i (\gamma_1 \gamma_2 \gamma_3 - \gamma_1 \gamma_0 \gamma_2 \gamma_3 \gamma^0) \\ &= i (\gamma_1 \gamma_2 \gamma_3 + \gamma_1 \gamma_2 \gamma_0 \gamma_3 \gamma^0) = i (\gamma_1 \gamma_2 \gamma_3 - \gamma_1 \gamma_2 \gamma_3) = 0 \end{aligned}$$

similarly, $\{ \gamma^1, \gamma_5 \} = \{ \gamma^2, \gamma_5 \} = \{ \gamma^3, \gamma_5 \} = 0$

$$\rightarrow \{ \gamma^\mu, \gamma_5 \} = 0.$$

$$\begin{aligned} \circ (\gamma_5)^2 &= -\gamma_0 \gamma_1 \gamma_2 \gamma_3 \gamma_0 \gamma_1 \gamma_2 \gamma_3 = \gamma_1 \gamma_0 \gamma_2 \gamma_3 \gamma_0 \gamma_1 \gamma_2 \gamma_3 = -\gamma_1 \gamma_2 \gamma_0 \gamma_3 \gamma_0 \gamma_1 \gamma_2 \gamma_3 \\ &= \gamma_1 \gamma_2 \gamma_3 \gamma_1 \gamma_2 \gamma_3 = -\gamma_2 \gamma_1 \gamma_3 \gamma_1 \gamma_2 \gamma_3 = -\gamma_2 \gamma_3 \gamma_2 \gamma_3 = 1 \end{aligned}$$

$$\begin{aligned} \circ \gamma_5^+ &= -i \gamma_3^+ \gamma_2^+ \gamma_1^+ \gamma_0^+ = i \gamma_3 \gamma_2 \gamma_1 \gamma_0 = -i \gamma_3 \gamma_2 \gamma_0 \gamma_1 = i \gamma_3 \gamma_0 \gamma_2 \gamma_1 \\ &= -i \gamma_0 \gamma_3 \gamma_2 \gamma_1 = i \gamma_0 \gamma_3 \gamma_1 \gamma_2 = -i \gamma_0 \gamma_1 \gamma_3 \gamma_2 = i \gamma_0 \gamma_1 \gamma_2 \gamma_3 \\ &= \gamma_5. \end{aligned}$$

$$\begin{aligned} 3) \circ \text{tr}(\gamma^\mu \gamma^\nu) &= \text{tr} \left[\frac{1}{2} (\gamma^\mu \gamma^\nu + \gamma^\nu \gamma^\mu) \right] = \frac{1}{2} \text{tr} \{ \gamma^\mu, \gamma^\nu \} \\ &= \text{Tr}(\mathbb{1}_4) \eta^{\mu\nu} = 4 \eta^{\mu\nu} \end{aligned}$$

$$\circ \text{tr}(\gamma_5) = i \text{tr}(\gamma_0 \gamma_1 \gamma_2 \gamma_3) = i \text{tr}(\gamma_1 \gamma_2 \gamma_3 \gamma_0). \text{ At the same time,}$$

$$\text{tr}(\gamma_5) = -i \text{tr}(\gamma_1 \gamma_0 \gamma_2 \gamma_3) = i \text{tr}(\gamma_1 \gamma_2 \gamma_0 \gamma_3) = -i \text{tr}(\gamma_1 \gamma_2 \gamma_3 \gamma_0) = -\text{tr}(\gamma_5)$$

$$\rightarrow \text{tr}(\gamma_5) = 0.$$

⊗ To show $\text{tr}(\gamma_5 \gamma^\mu \gamma^\nu) = 0$, it's simpler to consider different cases:

$$- \underline{\mu=\nu=0} \rightarrow \text{tr}(\gamma_5 \gamma^0 \gamma^0) = \text{tr}(\gamma_5) = 0$$

$$- \underline{\mu=\nu \neq 0} \rightarrow \text{tr}(\gamma_5 \gamma^\mu \gamma^\mu) = -\text{tr}(\gamma_5) = 0$$

$$- \underline{\mu=0, \nu=1} \rightarrow \text{tr}(\gamma_5 \gamma^0 \gamma^1) = i \text{tr}(\gamma_0 \gamma_1 \gamma_2 \gamma_3 \gamma_0 \gamma^1)$$

$$= i \text{tr}(\gamma^0 \gamma^1 \gamma_0 \gamma_1 \gamma_2 \gamma_3) = -i \text{tr}(\gamma_2 \gamma_3) = 0$$

⋮

$$\rightarrow \underline{\text{tr}(\gamma_5 \gamma^\mu \gamma^\nu) = 0}$$

$$\otimes \text{tr}(\gamma^\mu \gamma^\nu \gamma^\alpha \gamma^\beta) = \text{tr}[\gamma^\mu \gamma^\nu \gamma^\alpha \gamma^\beta - \gamma^\nu \gamma^\mu \gamma^\alpha \gamma^\beta]$$

$$= 8 \eta^{\mu\nu} \eta^{\alpha\beta} - \text{tr}(\gamma^\nu \gamma^\mu \gamma^\alpha \gamma^\beta)$$

$$= 8 \eta^{\mu\nu} \eta^{\alpha\beta} - \text{tr}(\gamma^\mu \gamma^\alpha \gamma^\nu \gamma^\beta - \gamma^\nu \gamma^\alpha \gamma^\mu \gamma^\beta)$$

$$= 8 \eta^{\mu\nu} \eta^{\alpha\beta} - 8 \eta^{\mu\alpha} \eta^{\nu\beta} + \text{tr}(\gamma^\mu \gamma^\alpha \gamma^\nu \gamma^\beta)$$

$$= 8 \eta^{\mu\nu} \eta^{\alpha\beta} - 8 \eta^{\mu\alpha} \eta^{\nu\beta} + \text{tr}(\gamma^\nu \gamma^\mu \gamma^\alpha \gamma^\beta)$$

$$= 8 \eta^{\mu\nu} \eta^{\alpha\beta} - 8 \eta^{\mu\alpha} \eta^{\nu\beta} + \text{tr}(\gamma^\alpha \gamma^\nu \gamma^\mu \gamma^\beta - \gamma^\mu \gamma^\nu \gamma^\alpha \gamma^\beta)$$

$$- \text{tr}(\gamma^\nu \gamma^\mu \gamma^\alpha \gamma^\beta)$$

$$= 8 \eta^{\mu\nu} \eta^{\alpha\beta} - 8 \eta^{\mu\alpha} \eta^{\nu\beta} + 8 \eta^{\mu\nu} \eta^{\alpha\beta} - \text{tr}(\gamma^\mu \gamma^\nu \gamma^\alpha \gamma^\beta)$$

$$\Rightarrow \text{tr}(\gamma^\mu \gamma^\nu \gamma^\alpha \gamma^\beta) = 4(\eta^{\mu\nu} \eta^{\alpha\beta} + \eta^{\mu\beta} \eta^{\alpha\nu} - \eta^{\mu\alpha} \eta^{\nu\beta})$$

$$\otimes \text{We notice that } \gamma_5 = i \gamma_0 \gamma_1 \gamma_2 \gamma_3$$

Since the γ -matrices anticommute,

$$\gamma_5 = i \gamma_0 \gamma_1 \gamma_2 \gamma_3 = \frac{i}{4!} \epsilon_{0123} \epsilon^{\mu\nu\rho\sigma} \gamma_\mu \gamma_\nu \gamma_\rho \gamma_\sigma = \frac{i}{4!} \epsilon^{\mu\nu\rho\sigma} \gamma_\mu \gamma_\nu \gamma_\rho \gamma_\sigma$$

$$\text{Thus: } \epsilon_{\mu\nu\alpha\beta} \text{tr}(\gamma_5 \gamma^\mu \gamma^\nu \gamma^\alpha \gamma^\beta) = 4i \epsilon_{\mu\nu\alpha\beta} \epsilon^{\mu\nu\alpha\beta}$$

$$\rightarrow \text{tr}[(\gamma_5)^2] = 4 \rightarrow \text{tr}(1_4) = 4, \text{ which is identically satisfied.}$$

The Dirac field

Part A.

① Assume that $[\psi] = [\bar{\psi}] = [M]^a$.

Since $[d^4x] = [M]^{-4}$, $[\partial] = [M]^1$,

for the action \mathcal{S} to be dimensionless we should require that $a = \frac{3}{2} \rightarrow [\psi] = [\bar{\psi}] = [M]^{\frac{3}{2}}$.

② We start from

$$\mathcal{S} = \int d^4x [i \bar{\psi} \gamma^\mu \partial_\mu \psi - m \bar{\psi} \psi]$$

$$\rightarrow \mathcal{S}^{\dagger} = \int d^4x [(i \bar{\psi} \gamma^\mu \partial_\mu \psi)^{\dagger} - (m \bar{\psi} \psi)^{\dagger}]$$

$$= \int d^4x [-i \partial_\mu \psi^{\dagger} \gamma^{\mu\dagger} \bar{\psi}^{\dagger} - m \psi^{\dagger} \bar{\psi}^{\dagger}]$$

$$= \int d^4x [-i \partial_\mu \psi^{\dagger} \underbrace{\gamma^0 \gamma^\mu \gamma^0}_{\bar{\psi}} (\psi^{\dagger} \gamma^0)^{\dagger} - m \psi^{\dagger} (\psi^{\dagger} \gamma^0)^{\dagger}]$$

$$= \int d^4x [-i \partial_\mu \bar{\psi} \gamma^\mu \psi - m \bar{\psi} \psi], \quad \textcircled{*}$$

where we used $\gamma^{0\dagger} = \gamma^0$, $(\gamma^0)^2 = 1$.

where we used $\gamma^{0\dagger} = \gamma^0$, $(\gamma^0)^2 = 1$.

Notice that

$$\partial_\mu (\bar{\psi} \gamma^\mu \psi) = \partial_\mu \bar{\psi} \gamma^\mu \psi + \bar{\psi} \gamma^\mu \partial_\mu \psi$$

$$\rightarrow \partial_\mu \bar{\psi} \gamma^\mu \psi = -\bar{\psi} \gamma^\mu \partial_\mu \psi + \partial_\mu (\bar{\psi} \gamma^\mu \psi)$$

Plugging the above into $\textcircled{2}$, we observe

$$\mathcal{L}^{\dagger} = \mathcal{L} - \underbrace{i \int d^4x \partial_\mu (\bar{\psi} \gamma^\mu \psi)}_{\text{total derivative}}$$

$\textcircled{3}$ To find the equations of motion for ψ , we vary the action w.r.t. $\bar{\psi}$

$$\delta_{\bar{\psi}} \mathcal{L} = \int d^4x \delta \bar{\psi} [i \gamma^\mu \partial_\mu \psi - m \psi] = 0$$

$$\boxed{\rightarrow i \gamma^\mu \partial_\mu \psi - m \psi = 0} \quad \textcircled{4}$$

$$\text{Similarly, } \delta_\psi \mathcal{L} = \int d^4x [i \bar{\psi} \gamma^\mu \partial_\mu \delta \psi - m \bar{\psi} \delta \psi]$$

$$= \int d^4x [-i \partial_\mu \bar{\psi} \gamma^\mu - m \bar{\psi}] \delta \psi = 0$$

$$\rightarrow \boxed{i \partial_\mu \bar{\psi} \gamma^\mu + m \bar{\psi} = 0} \quad \textcircled{5}$$

$$\textcircled{4} \quad \psi \rightarrow \psi' = e^{i\alpha} \psi \quad \rightarrow \quad \bar{\psi} \rightarrow \bar{\psi}' = \bar{\psi} e^{-i\alpha}$$

It is easy to see that the action is invariant under this transformation.

Infinitesimally,

$$\delta\psi = i\alpha\psi, \quad \delta\bar{\psi} = -i\alpha\bar{\psi}$$

$$\rightarrow j^\mu = \frac{\delta\mathcal{L}}{\delta\partial_\mu\psi} \delta\psi + \bar{\psi} \frac{\delta\mathcal{L}}{\delta\partial_\mu\bar{\psi}} = -\bar{\psi}\gamma^\mu\psi$$

$$\text{Therefore } \partial_\mu j^\mu = -\partial_\mu\bar{\psi}\gamma^\mu\psi - \bar{\psi}\gamma^\mu\partial_\mu\psi$$

Using $\textcircled{1}$, $\textcircled{2}$ from the previous point, we observe that $\partial_\mu j^\mu = 0$.

$\textcircled{5}$ We know that

$$\begin{aligned} T^{\mu\nu} &= \frac{\delta\mathcal{L}}{\delta\partial_\mu\psi} \partial^\nu\psi + \partial^\nu\bar{\psi} \frac{\delta\mathcal{L}}{\delta\partial_\mu\bar{\psi}} - \eta^{\mu\nu}\mathcal{L} \\ &= i\bar{\psi}\gamma^\mu\partial^\nu\psi - \eta^{\mu\nu}\mathcal{L} \end{aligned}$$

$$\rightarrow \partial_\mu T^{\mu\nu} = i\partial_\mu(\bar{\psi}\gamma^\mu\partial^\nu\psi) - \partial^\nu\mathcal{L} = 0, \text{ on the equations of motion (}\mathcal{L}=0\text{ too!)}$$

$$\textcircled{6} \quad \pi = \frac{\delta\mathcal{L}}{\delta\dot{\psi}_0} = i\bar{\psi}\gamma^0 = i\psi^\dagger$$

$$\bar{\pi} = \frac{\delta\mathcal{L}}{\delta\dot{\bar{\psi}}_0} = 0$$

$$\begin{aligned} \textcircled{7} \quad H &= \int d^3\vec{x} T^{00} = \int d^3\vec{x} (i\bar{\psi}\gamma^0\dot{\psi} - \mathcal{L}) \\ &= \int d^3\vec{x} (-i\bar{\psi}\gamma^i\partial_i\psi + m\bar{\psi}\psi) \end{aligned}$$

$$P^i = \int d^3\vec{x} T^{0i} = \int d^3\vec{x} (i\bar{\psi}\gamma^0\partial^i\psi)$$

$$= \int d^3\vec{x} i\psi^\dagger\partial^i\psi = \int d^3\vec{x} \pi\partial^i\psi$$