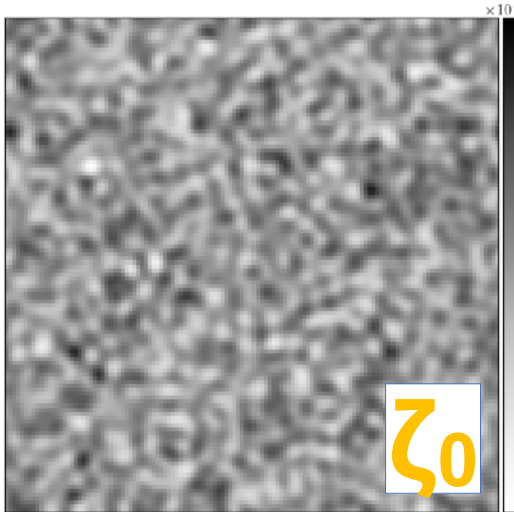
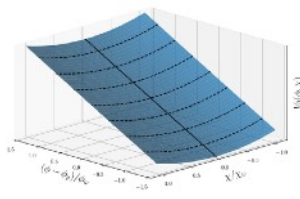
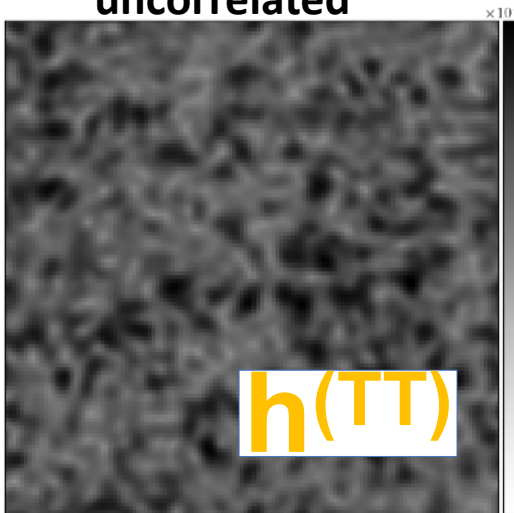


# GRF from $V_0$

scaling  $\nu r \sim 4 \nu \varepsilon_0$

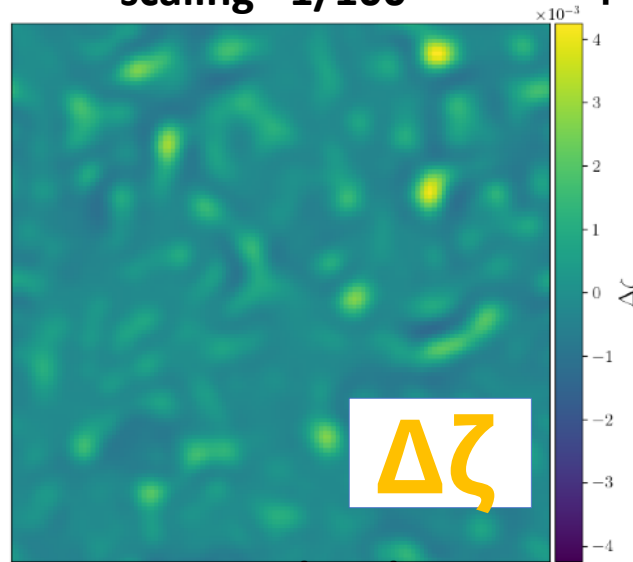


uncorrelated

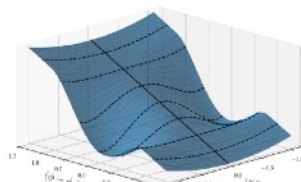
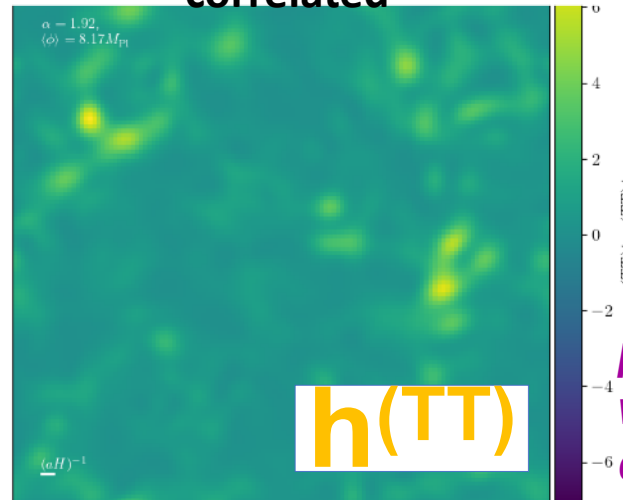


# pinG from $\Delta V$

scaling  $\sim 1/100$



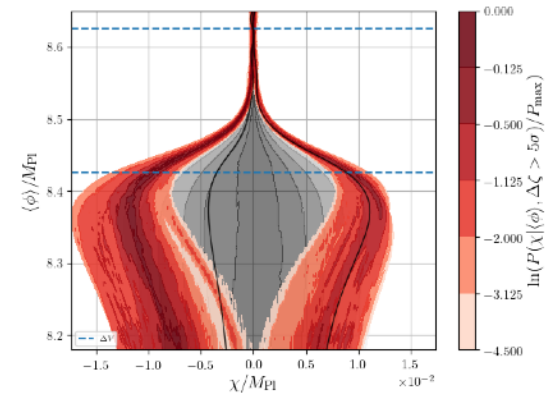
correlated



GRF controlled by  $\varepsilon_0$

cf

pinG controlled by instability strength



strong frozen pinG GW enter horizon  
then stream to a stochastic background,  
“tunable” GW frequency < 30 GHz,  
down to  $\sim 10^{-20}$  Hz

$\zeta_0$  (CMB)  $\sim 10^{-4.3}$

PBH target is  $\Delta \zeta > .01$  to  $.1$

*pinGponGs less radical than PBHs,  
which are super-strain ponGs,  
clustered ponGs near proto-PBHs*

$\Delta \zeta > 1$ : diffusion > drift  
 $\Rightarrow$  coherent Hc emerge from  $\Delta \zeta < 1$

***pinGponG  $\zeta$  + GW***

***via instabilities, strained fields + hysteresis***

***emergence from fluctuation dominance via instability coherent  $H_c$  where  $\zeta < 1$***

***XYZ are ongoing unstable***

***gravitational collapse is  $k_x k_y k_z$  instability  $\Rightarrow$  BH***

***just as cosmic web of XYZ in various components, DM, B,  $\nu$ ,  $\gamma$***

***so cosmic superweb in XYZ, inflaton, & transverse field degrees of freedom  
aka other dimensions =? 11D SUGRA  $\sim$  string theory***

*my favourite Planck figures:*

*quadratic power maps for  $\zeta_0$   $h^{(TT)}$  isocons*

*linear  $\zeta_0$  Wiener maps + flucs from CMB T,E*

*+ current & projected landscapes SO, Litebird, S4 for  $\zeta_0$   $h^{(TT)}$*

*general: full differential lattice field simulations, can be fully encoded in stochastic framework  $\phi = \phi_c + \phi_f$ , communicate across  $k_c(x_c) = H_c(\phi_c)$ , general inflaton and isocon and TT strain (aka gravity wave) fields*

$$d\zeta = -d\alpha (\varepsilon - \varepsilon_c) / \varepsilon_c \stackrel{\sim H_c / \sqrt{\varepsilon_c} M_P}{=} \text{sqrt}(d\sigma^2_{\zeta\zeta}) \text{ GRD}$$

$$dh^{TT} = \stackrel{\sim H_c / M_P}{\text{sqrt}(d\sigma^2_{hh})} \text{ GRD}$$

*f + f\* => c fusion of fluctuations into frozen-out condensate  $k < k_c(x_c)$  = BEC Jeans instability*

*c-instability  $m_{\phi\phi}^2 < 0$  c + c\* fission of the c-*

*trajectories,*

*elastic stretching and relaxation, inelastic creates  $d\zeta/d\alpha$*

*via flow from action to entropy*

*TT stress follows, hence GW follow*

*$\sim 2/M_P^2$  Green-fn \*  $\Pi^{TT}$  (constrained)*

$$h^{TT} = h^{TT}(\text{free}) + h^{TT}(\text{constrained}) \leftarrow$$

CMB BE from Early Universe coherent Field-Strains: generation of spatially intermittent Gravity Wave and Entropic-Scalar coupled Condensates BE in k-space  $\equiv$  UQ in k-space, known since 93 for GW *derive*  $V_{eff}(\phi)$

Planck 2018 X inflation: TTTEEE lowL Epol + CMBlens + **BK15 BB + BAO**

CMB TT power  $L \sim 20\text{-}30$  dip  $\Rightarrow$   $\zeta$ -Spectrum k-dip @  $2\sigma \sim 3\text{bit}$ ; lowL map anomalies  $\sim 3\text{bit}$ ; cold spot  $\sim 15\text{bit}$

uniform  $n_s = 0.9669 \pm 0.00367 \Rightarrow$  **future  $\pm 0.002$  SO**

12-knot fit from  $k \sim .008$  to  $.3$  uniform  $n_s$  is perfect

&  $H(\alpha) = H_c(\phi_c)$

effective action/entropy  $S_G(\phi)$

acceleration  $\varepsilon(\alpha)$

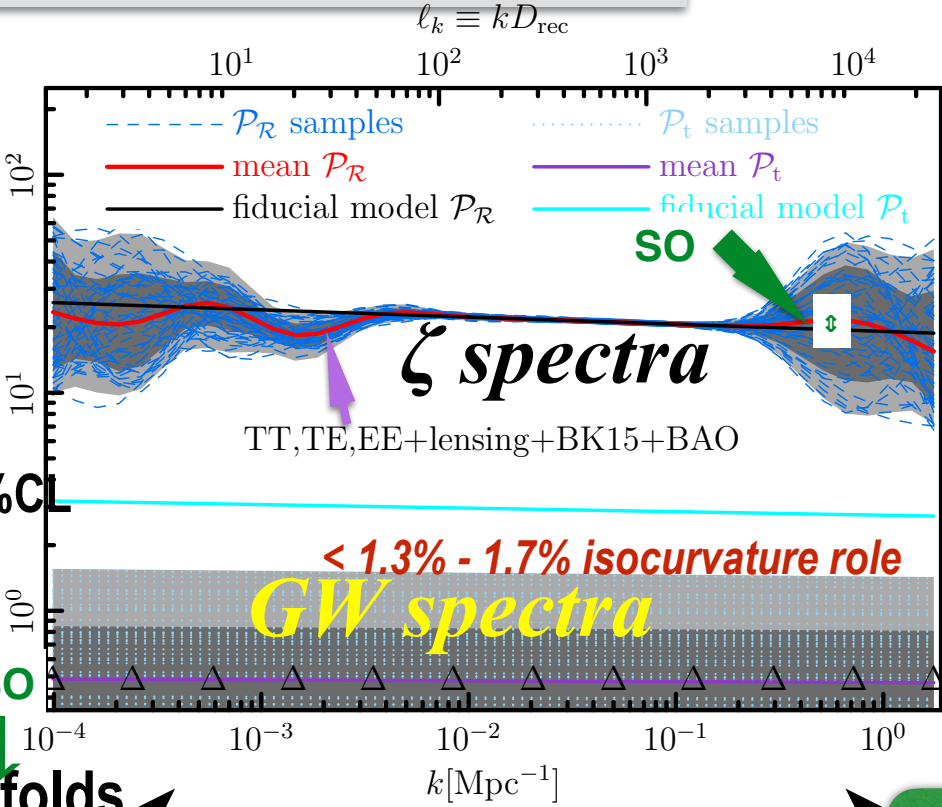
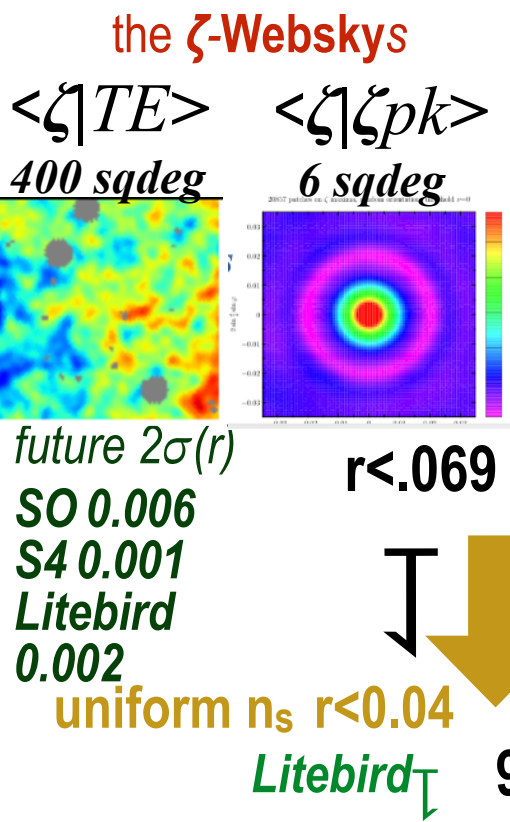
$S_K(\phi) = 2\varepsilon S_G$   
 $= dS_G/d\alpha$

$\sim (\zeta\text{-spec})^{-1}$

entropic luminosity

per efold.

reveals  $S_G$



$\Delta \ln S_G < 0.05$   
 95%CL  
 over 10 efold CMB range

$f f^* \Rightarrow$  c fusion of flucs into frozen-out condensate

k /Mpc

# field strains $n=\text{dof}+4$ cf space strains, time strains

$S_G(\mathcal{E}_{AB}, H_{AB}) \sim \text{sugra}$

$\mathcal{E}\phi^A\phi^B$  generally  $A,B = TXYZ \phi, \chi, \dots$

inflaton strain  $\ln \phi(t)/\phi(t_i) = \mathcal{E}\phi\phi$

transverse field strain  $\ln \chi(t)/\chi(t_i) = \mathcal{E}\chi\chi$

$\mathcal{E}_{AB}$ , dual  $K_{AB} = d\mathcal{E}_{AB}/\mathcal{D}dt = H_{AB}/\mathcal{D}$

$$dH_{\phi\phi}/dt + H_{\phi\phi}^2 + \text{Tr}H_{XX} H_{\phi\phi} = -\tau_{\phi\phi} + c^2 \Delta \mathcal{E}_{\phi\phi} + c^2 \nabla \mathcal{E}_{\phi\phi} \nabla \mathcal{E}_{\phi\phi}$$

the (effective potential) tide  $\tau_{\phi\phi}$  is  $m^2\phi\phi$

$$\text{GRAVITY WAVES } dH^{\text{TT}}_{XX}/dt + \text{Tr}H_{XX} H^{\text{TT}}_{XX} - c_s^2 \Delta \mathcal{E}^{\text{TT}}_{XX} = -\tau_G^{\text{TT}}$$

$$dH_{XX}/dt + H_{XX}^2 = -\tau_{GXX} + c_s^2 \Delta \mathcal{E}_{XX} + \dots$$

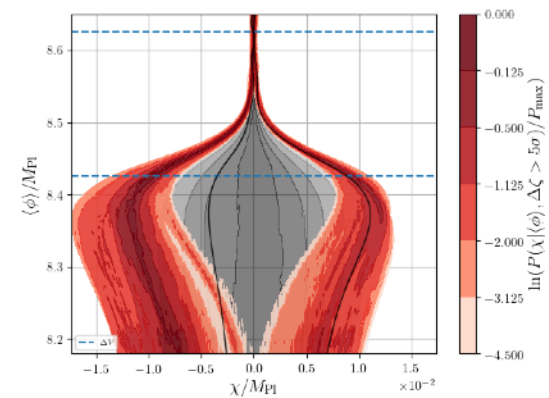
is the homogeneous ellipsoid acceleration equation  $\tau_{GXX}$  is the usual tide  $\nabla\nabla\Phi_N$

$\sim$  Raychaudhuri eqn

Lyapunov if  $H_{AB} > 0$  instability, eg XYZ

damping if  $H_{AB} < 0$  eg  $k_c$

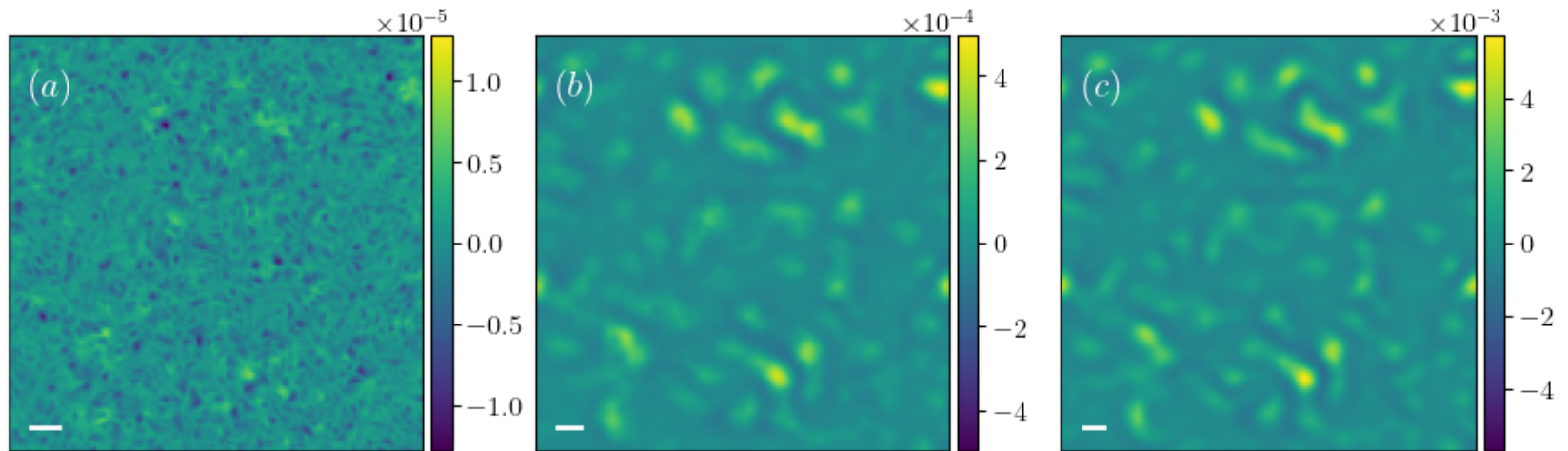
oscillation if  $-i\omega_{AB} = H_{AB}$



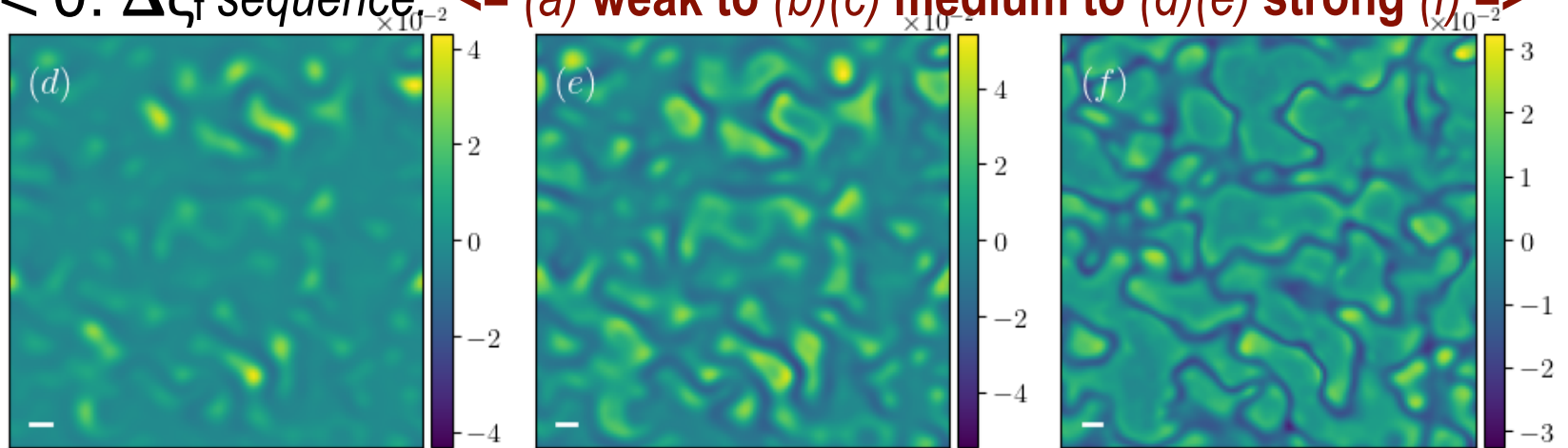
**varieties of pinGs, depends upon**  
**instability wavenumber  $k_p$**   
**instability strength  $m^2 < 0$**   
**duration**

**we chose a symmetry breaking  $S_{G_c}$  Higgs-like (+-)**  
**also tried string-like  $(0, 2\pi)$**   
**+ many different potentials**  
**pinGponG results are generic**

$$\zeta_f(x \mid \Delta V + V_0; \text{Bunch-Davies GRF IC}) = \Delta \zeta_f + \zeta_f(x \mid V_0; \text{BD GRF IC})$$



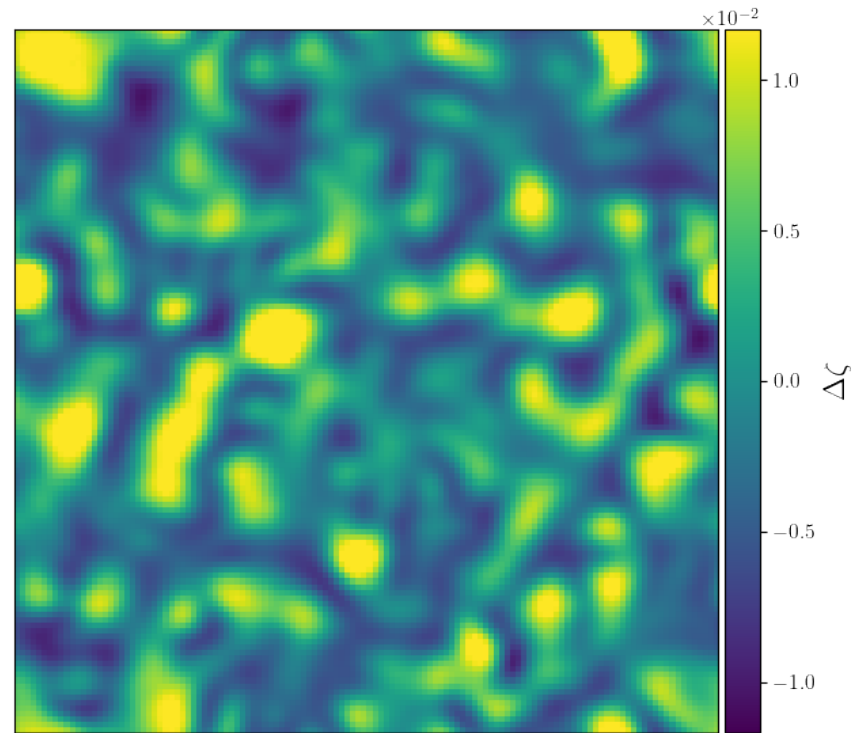
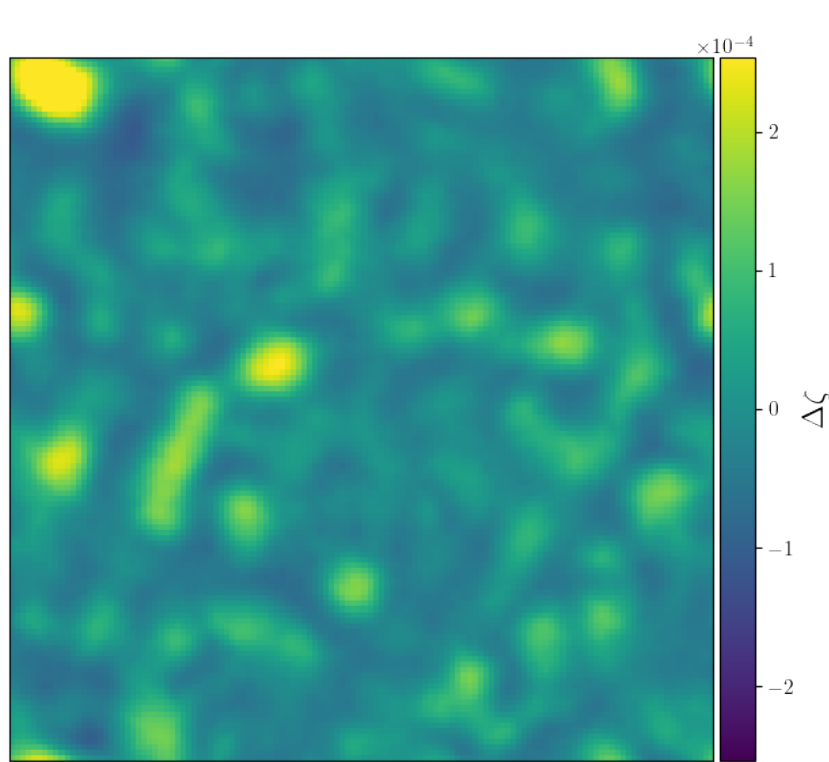
$m_{\perp\perp}^2 < 0$ :  $\Delta \zeta_f$  sequence:  **$\Leftarrow$  (a) weak to (b)(c) medium to (d)(e) strong (f)  $\Rightarrow$**



*domain wall memory in  $\Delta \zeta_f$*

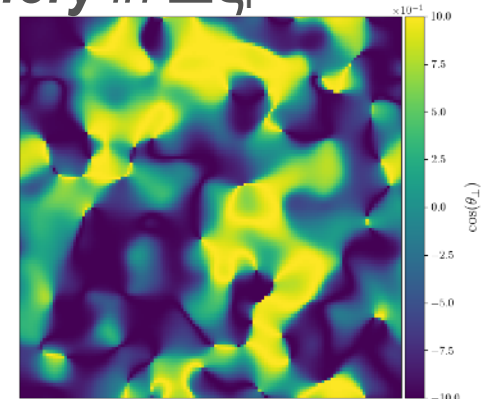


$$\zeta_f(x \mid \Delta V + V_0; \text{Bunch-Davies GRF IC}) = \Delta \zeta_f + \zeta_f(x \mid V_0; \text{BD GRF IC})$$



*string memory in  $\Delta \zeta_f$*

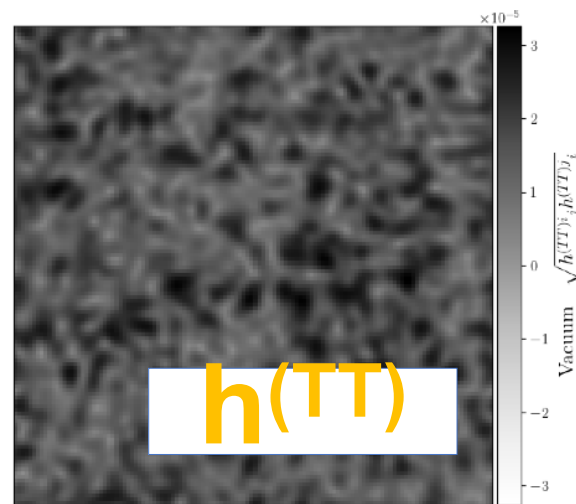
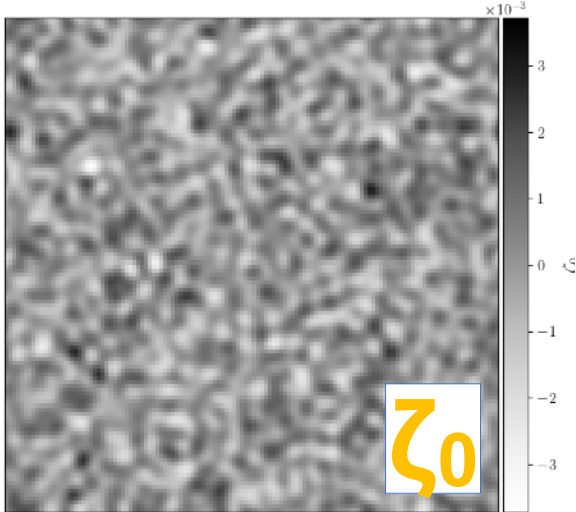
$\mathbf{m}_{\perp\perp}^2 < 0$ :  $\Delta \zeta_f$  sequence: **medium to strong** =>





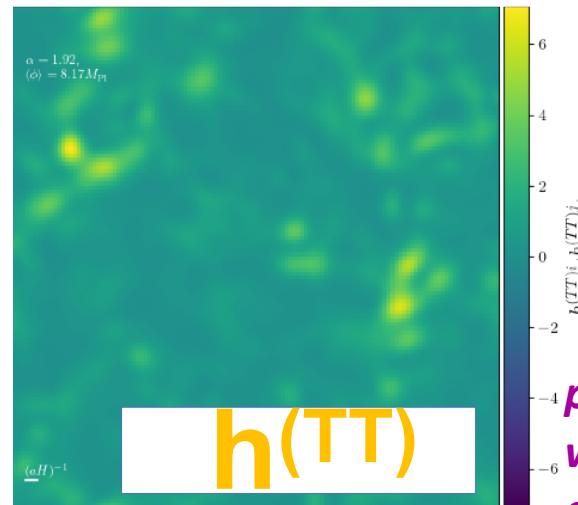
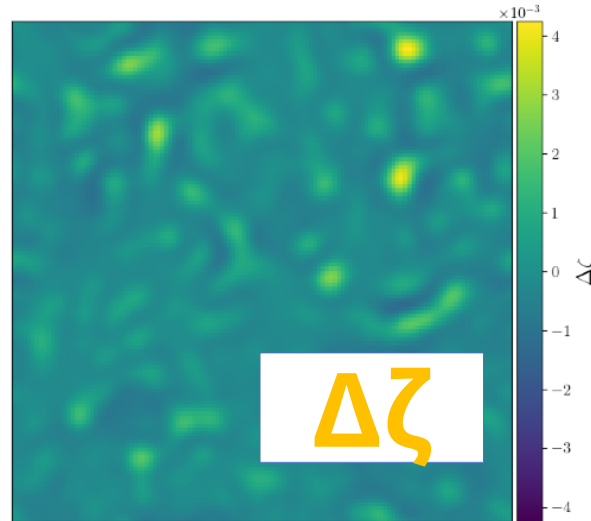
# GRF from $V_0$

scaling  $\nu_r \sim 4 \nu_{\varepsilon 0}$



# pinG from $\Delta V$

scaling  $\sim 1/100$



GRF controlled by  $\varepsilon_0$

cf

pinG controlled by instability strength

strong frozen pinG GW enter horizon  
then stream to a stochastic background,  
“tunable” GW frequency  $< 30$  GHz,  
down to  $\sim 10^{-20}$  Hz

*pinGponGs less radical than PBHs,  
which are super-strain ponGs,  
extreme tail modifications of  $V_{\text{eff}}$ ?*

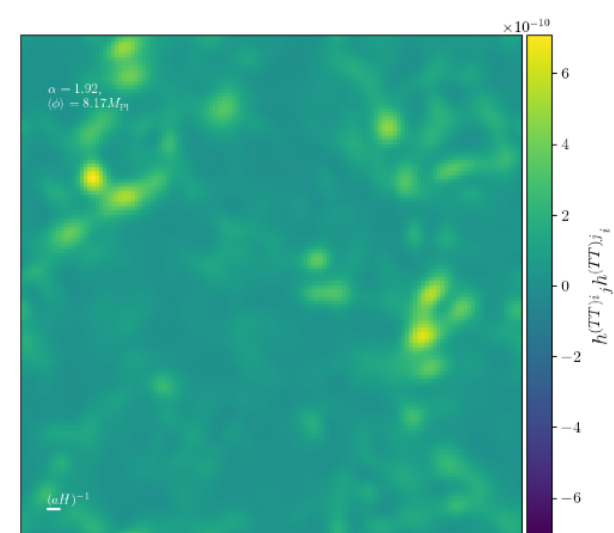
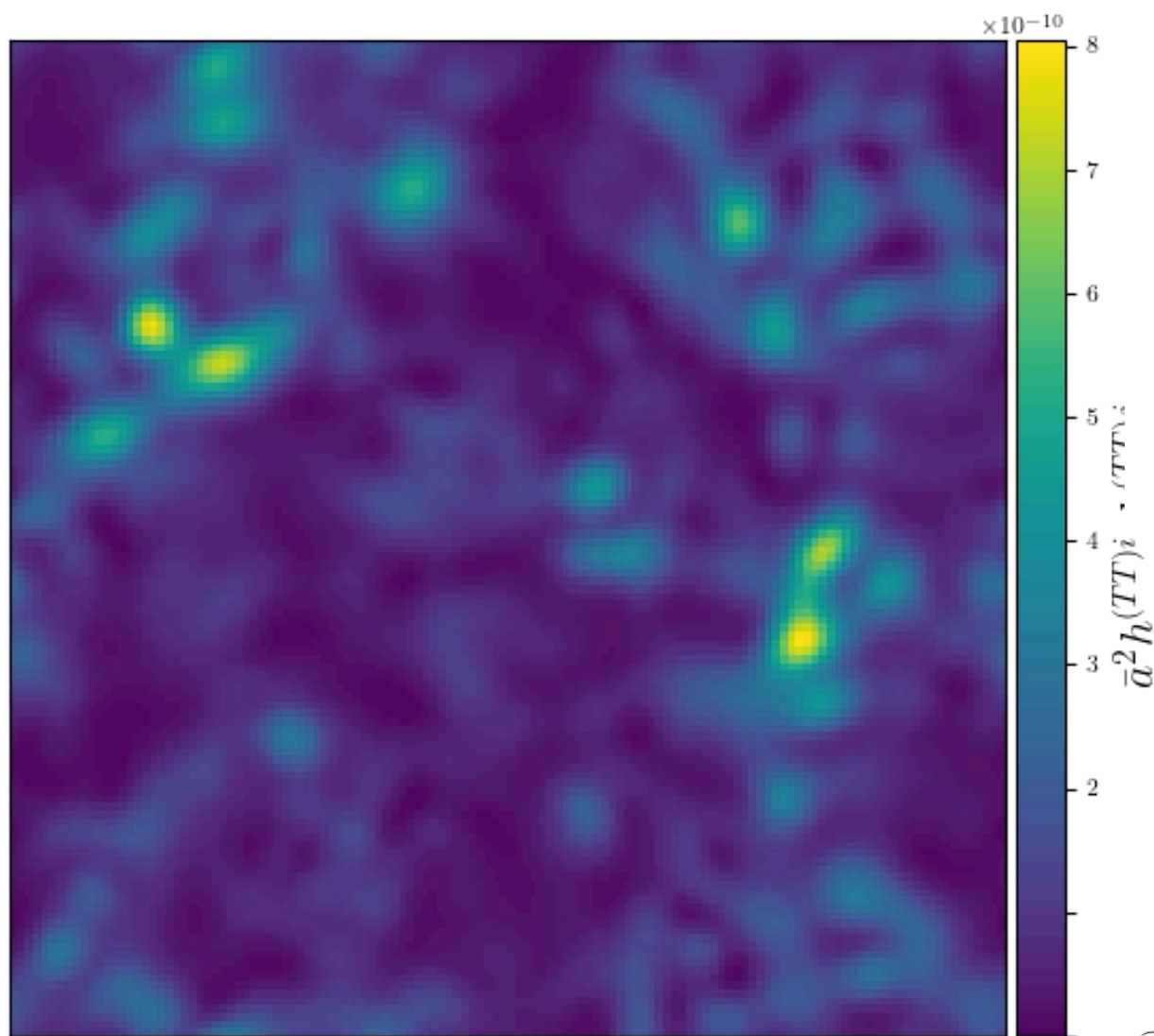
PBH target is  $\Delta \zeta > .01$  to  $.1$

$\Delta \zeta > 1$  is (semi-) eternal inflation

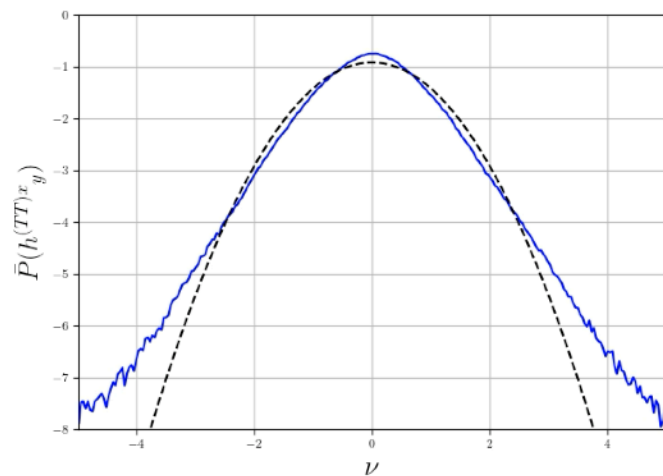
**pinGponG GW correlated with pinGponG  $\zeta$   
instability TT amplifies anisotropic stress  
source for GW. 2 stages,  
during inflation propagation from  $\Pi^{TT}$   
late times further propagation  
 $\Rightarrow$  overlap of the GW sources  
 $\sim$  stochastic background**

**complete reconstruction of  $\Pi^{TT}$  &  $h^{TT}$  from  $\zeta$**

*frozen  $h^{TT}$  re-enter horizon  $\Rightarrow$  flow to GW ping overlap,  
stochastic GW - enough overlap tends to Gaussian*



frozen  $h^{\text{TT}}$  re-enter horizon  
 flow to GW ping overlap,  
 stochastic GW  
 enough overlap tends to Gaussian



*finally after 15 years, 5 papers in next few months, 0a,0b (90s + recent) bond on general stochastic morrison thesis work with bond+braden*

paper 0: bond, stochastic framework, emergence of Signal (c) from Noise (f), coherent from incoherent, ph condensate defines coherence.  $k_c(x_c)$ , boundary between kL and ks aka kf

paper 1: morrison, bond, braden 24 pinGs methods and relation to stochastic inflation

paper 2: morrison, bond, braden 24 pinGs as source population

$$\zeta(x,t) \sim \int \Delta \zeta_{nG}\text{-Prominences}(x-x_c) dN_c(x_c R_c) + \text{Gaussian random } \zeta\text{-flucs}$$

paper 3: morrison, bond, braden 24 pinGs as functions of strained transverse gaussian field

$$\zeta(x,t) \sim \sum_p \Delta \zeta_{nG}(\chi_p(x, \alpha_e)) + \text{Gaussian random } \zeta\text{-flucs}, \quad \chi_p(x, \alpha_e) = \text{Gaussian random}$$

paper 4: morrison, bond, braden 24 nonGaussian Gravity Waves from transverse traceless pinGs

***clustered pinGponG sources are generic***

**$\{\mathbf{k}_p\}$  could be anywhere & everywhere**

**at low L, relation to anomalies? GW: correlated QU aka BE**

***stochasticity depends on degree of wave propagation inside horizon***

**can be strong in the 50 e-folds below the CMB-LSS regime,**

**from  $k \sim 1/\text{Mpc}$  down to  $k \sim 1/\text{cm}$ ,**

**e.g., modifying galaxy formation intermittently, seeds for PBH, VMBH, SMBH.**

**JWST issues, weak constraint from first stars**