

To get some IMPORTANT MATH over with

(27)

→ Lorentz transformations & 4-vectors

Now that we know that Einstein's relativity =

$$\begin{aligned} &= \text{invariance of } s_{12}^2 = c^2(t_2 - t_1)^2 - (\vec{r}_2 - \vec{r}_1)^2 \\ &= c^2(t_2' - t_1')^2 - (\vec{r}_2' - \vec{r}_1')^2 \end{aligned}$$

in any inertial frame

we need to bite the bullet and find the transformations ("Lorentz")

of $\vec{r}, t \rightarrow \vec{r}', t'$ of the coordinates of any spacetime point between O & O' .

These are the generalisation of

$$t' = t$$

$$\vec{r}' = \vec{r} - \vec{v}t, \text{ Galileo's transforms,}$$

and should reduce to them in the " $c \rightarrow \infty$ "

limit (or $|\vec{v}|/c \rightarrow 0$ limit).

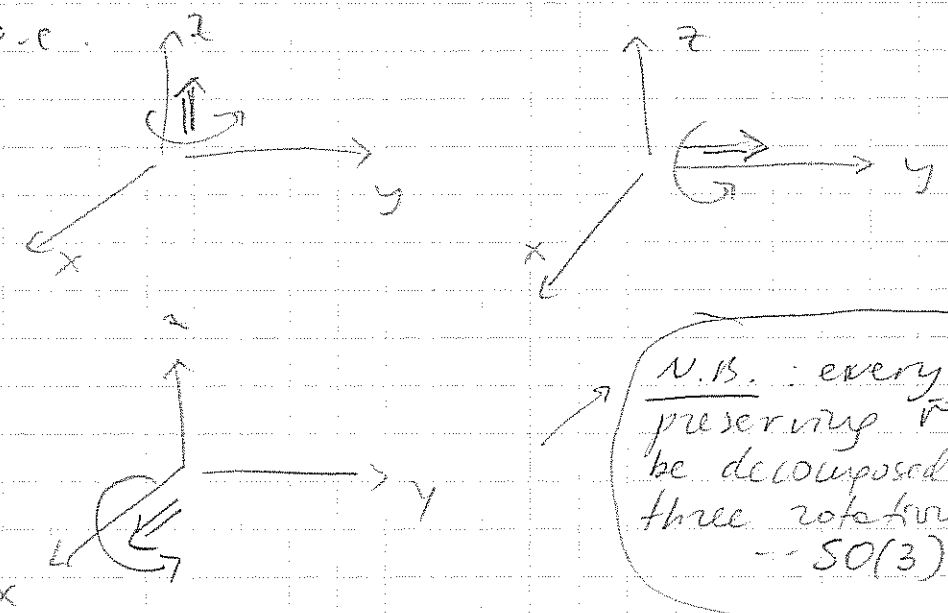
We'll argue via the close analogy of s^2 to

distance $(\vec{r}_1 - \vec{r}_2)^2$ in ordinary Euclidean space.

In (x, y, z) -space (\mathbb{R}^3) distances to the

origin (or between any two points) are preser-

ved by rotations in the $x-y, y-z, z-x$ plane, i.e.



N.B.: every rotation preserving r^2 can be decomposed into three rotations -- $SO(3)$ "group of transformations"

what's preserved is $x^2 + y^2 + z^2 = \text{const}$

spheres in \mathbb{R}^3 are invariant under rotations.

Similarly in 4d space,

taking $(t_2, \vec{r}_2) \equiv (t_1, \vec{r}_1)$; $(t_1, \vec{r}_1) \equiv (0, \vec{0})$

"rotations" preserving $s^2 = c^2 t^2 - \vec{r}^2$ should consist of: (1) ordinary rotations

(in $x-y, y-z, z-x$ plane)

which preserve s^2 since clearly they preserve t & \vec{r}^2

(2) "rotations" in $t-x, t-y, t-z$ planes

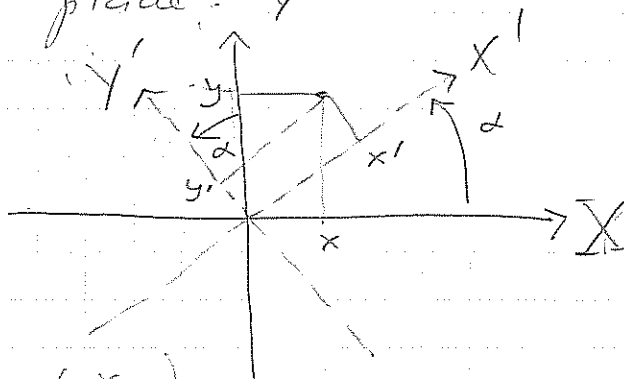
(these are called "hyperbolic" rotations, we'll see why)

recall usual rotus, say in $x-y$ plane: Y

$$z' = z$$

$$x' = \cos \alpha x + \sin \alpha y$$

$$y' = -\sin \alpha x + \cos \alpha y$$



$$\begin{pmatrix} x' \\ y' \\ z' \end{pmatrix} = \begin{pmatrix} \cos \alpha & \sin \alpha & 0 \\ -\sin \alpha & \cos \alpha & 0 \\ 0 & 0 & 1 \end{pmatrix} \begin{pmatrix} x \\ y \\ z \end{pmatrix}$$

self-read \Downarrow

In the xt plane, we similarly want

to 'rotate', but we want $c^2 t^2 - x^2 = c^2 t'^2 - x'^2$

"Trick" let $t = i\tau/c, t' = i\tau'/c$ ("analytically continue")

$$c^2 t^2 - x^2 = c^2 t'^2 - x'^2$$

$$\Downarrow$$
$$-\tau^2 - x^2 = -\tau'^2 - x'^2$$

$$\tau^2 + x^2 = \tau'^2 + x'^2$$

take this as a trick to motivate equs. on bottom of p. (30) or top of p. (31)

BUT now we know what the transform is, since this allowed us to reduce s^2 to usual Euclidean distance

Transformation of $\tau, x \rightarrow \tau', x'$

must be of the form $x' = \cos \zeta x + \sin \zeta \tau$

$$\tau' = -\sin \zeta x + \cos \zeta \tau$$

But now, we know $\tau = -ict$
 $\tau' = -ict'$

So we have

$$(*) \begin{cases} x' = \cos \zeta x + \sin \zeta (-ict) \\ -ict' = -\sin \zeta x + \cos \zeta (-ict) \end{cases}$$

This is nouseusical, for now, since mixes real & imaginary coordinates, but if we take $\zeta = -i\psi$

$$(**) \begin{cases} \sin \zeta = \frac{e^{i\zeta} - e^{-i\zeta}}{2i} = \frac{e^{-\psi} - e^{+\psi}}{2i} = -i \frac{e^{\psi} - e^{-\psi}}{2} = i \sinh \psi \\ \cos \zeta = \frac{e^{i\zeta} + e^{-i\zeta}}{2} = \frac{e^{-\psi} + e^{+\psi}}{2} = \cosh \psi \end{cases}$$

we'll obtain ^{(plugging (**))} from (*):

$$x' = \cosh \psi x + i \sinh \psi (-ict)$$

so: $x' = \cosh \psi x + \sinh \psi ct$, & for t' :

$$\begin{aligned} -ict' &= -i \sinh \psi x + \cosh \psi (-ict) \\ &= (-i) \sinh \psi x + (-i) \cosh \psi ct, \text{ cancel } (-i), \end{aligned}$$

so: $ct' = \sinh \psi x + \cosh \psi ct$

self-read ↑

Hence the transforms that preserve

$$c^2 t^2 - x^2 = c^2 t'^2 - x'^2$$

have the form

$$\begin{cases} x' = \cosh \psi x + \sinh \psi ct \\ ct' = \sinh \psi x + \cosh \psi ct \end{cases}$$

This is all good, but what is ψ ?

Clearly, ψ must be related to motion of O' wrt O with some velocity V in the x direction. The origin O

has coordinates $(t, \vec{0})$ in the

O frame. In the O' frame the

coordinates of the origin of O are

$$\begin{cases} x' = \sinh \psi ct \\ ct' = \cosh \psi ct \end{cases} \rightarrow \text{hence } \frac{x'}{ct'} = \tanh \psi$$

this is velocity of O wrt O' divided by c

hence the name "hyperbolic rotation"

(NB. for those who are reading L&L, note that I am considering the same transform to that in the book — except I have the O & O' frames switched)

So, we have $\tanh \psi = V_x(\text{of } \theta \text{ wrt } \theta')/c$
(or $= -V_x(\text{of } \theta' \text{ wrt } \theta)/c$)

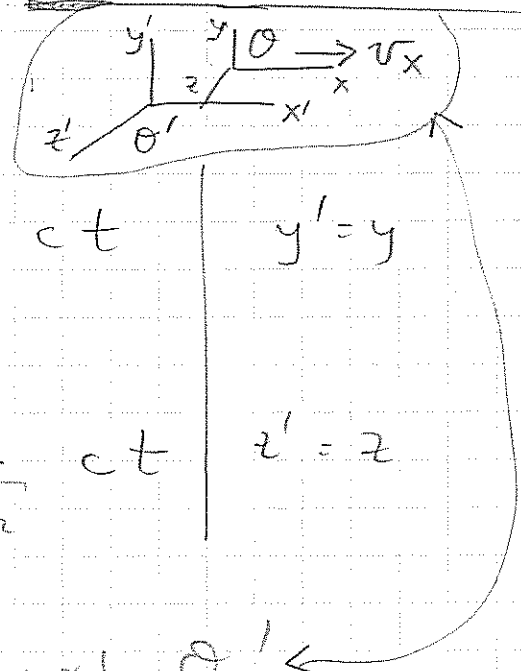
then, since $\cosh \psi = \frac{1}{\sqrt{1 - \tanh^2 \psi}}$
 $\sinh \psi = \frac{\tanh \psi}{\sqrt{1 - \tanh^2 \psi}}$

Proof: use basics
 $\sinh \psi = \frac{e^\psi - e^{-\psi}}{2}$
 $\cosh \psi = \frac{e^\psi + e^{-\psi}}{2}$
 $\tanh \psi = \frac{e^\psi - e^{-\psi}}{e^\psi + e^{-\psi}}$
 $1 - \tanh^2 \psi = \frac{1}{\cosh^2 \psi}$
 $\cosh^2 \psi - \sinh^2 \psi = 1$
($\cos^2 \alpha + \sin^2 \alpha = 1$)

we have

$$\cosh \psi = \frac{1}{\sqrt{1 - \frac{V_x^2}{c^2}}}$$
$$\sinh \psi = \frac{V_x/c}{\sqrt{1 - V_x^2/c^2}}$$

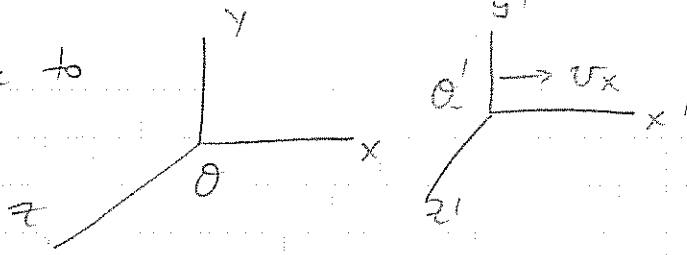
∴ transform from eq of p (31) become



$$\left| \begin{array}{l} x' = \frac{1}{\sqrt{1 - \frac{V_x^2}{c^2}}} x + \frac{V_x/c}{\sqrt{1 - V_x^2/c^2}} ct \\ ct' = \frac{V_x/c}{\sqrt{1 - \frac{V_x^2}{c^2}}} x + \frac{1}{\sqrt{1 - V_x^2/c^2}} ct \end{array} \right| \begin{array}{l} y' = y \\ z' = z \end{array}$$

where v_x is the velocity of θ wrt θ'
(unprimed) (primed)

Go back to



$$x' = \gamma \left(x - \frac{v_x}{c} ct \right)$$

$$ct' = \gamma \left(ct - \frac{v_x}{c} x \right)$$

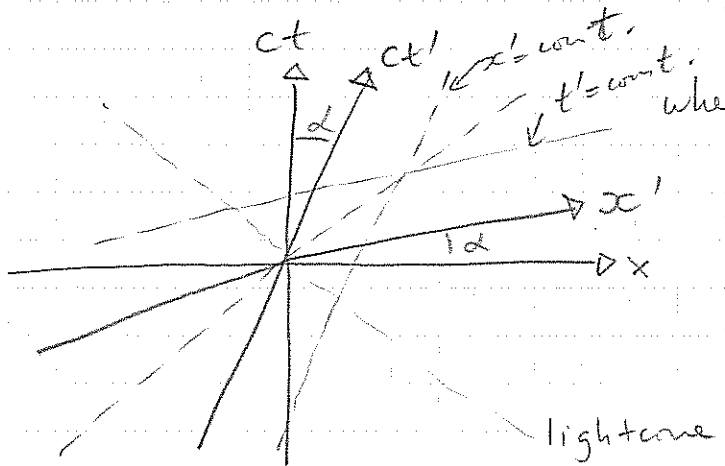
$$\gamma \equiv \frac{1}{\sqrt{1 - v_x^2/c^2}} \in (1, \infty)$$

points where $x' = 0$ will give the ct' axis in $x-ct$ plane

$$x' = 0 \Rightarrow x = \frac{v_x}{c} ct; \text{ note: } ct' \text{ axis} \equiv \text{worldline of } O' \text{ (moves w/ } v_x \text{)}$$

points where $t' = 0$ will give x' axis in $x-ct$ plane

$$t' = 0 \Rightarrow ct = \frac{v_x}{c} x$$



$$\text{where } \tan \alpha = \frac{v_x}{c}$$

Clearly, lines of constant x' & ct' are parallel to the ct' axis (constant x') and the x' axis (constant t'), respectively.

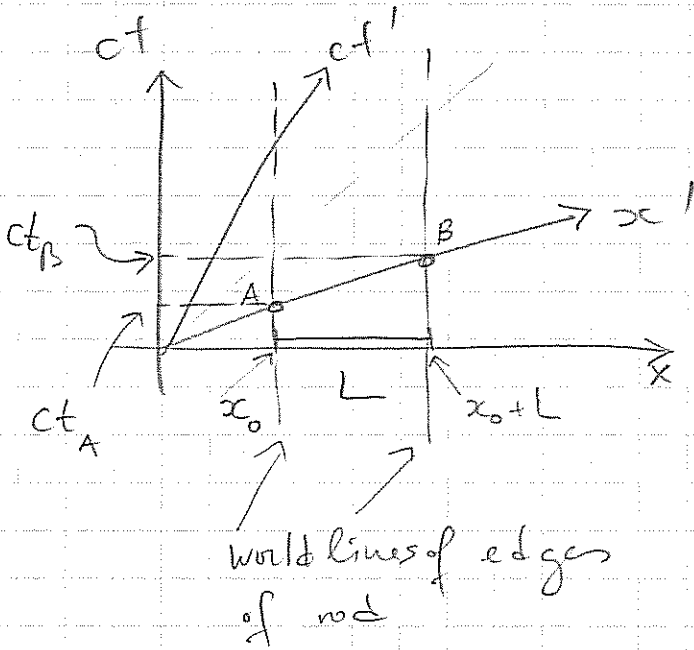
Also clear that $x' = ct'$ is the same lightcone.

"Hyperbolic" rotation maps ct' & $x' = \text{const}$ lines to tilted lines on (x, ct) diagram; the angle is easy to remember

- by (1) recall ct' axis $\equiv O'$ worldline (moves w/ v_x in $x-ct$)
 (2) lightcone is invariant, so x' axis symmetric to ct' axis wrt lightcone

An example of use:

let a rod be @ rest in θ



length of rod in θ' (moving frame)

$x'_B - x'_A = ?$ (need x_B, t_B and x_A, t_A)

$A(x_0, ct_A)$
 $B(x_0 + L, ct_B)$

$\frac{ct_A}{x_0} = \tan \alpha$

$\frac{ct_B}{x_0 + L} = \tan \alpha$

so $ct_B - ct_A = L \tan \alpha$

$x'_B - x'_A = \gamma(x_B - x_A) - \frac{v}{c} \gamma(ct_B - ct_A)$

$= \gamma(L - \frac{v}{c} L \tan \alpha) = \gamma L (1 - \tan^2 \alpha)$

$= \frac{1}{\sqrt{1 - \frac{v^2}{c^2}}} L (1 - \frac{v^2}{c^2}) = L \sqrt{1 - \frac{v^2}{c^2}}$

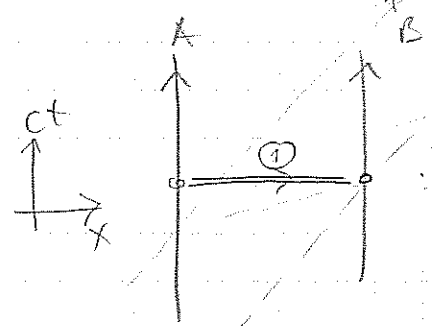
even though $x'_B - x'_A$ looks "longer" in Euclidean geometry of page, it isn't

(Lorentz contracted)

Moral: coordinates in tilted axes are not straightforward to read off diagram -- But it's useful to see which events are simultaneous, or occur @ same place, in which frame. (distances in tilted x', ct' not Cartesian)

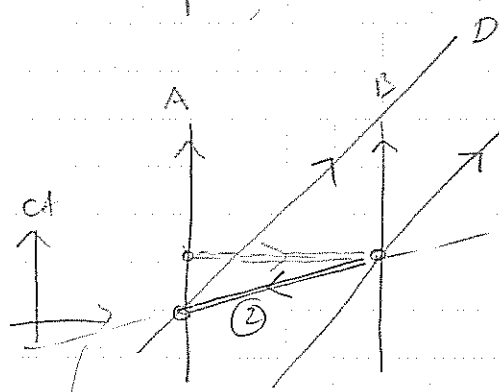
Another ex - of use of diagrams & causality --

- suppose 'tachyons' - moving faster than light - exist and, for simplicity, allow for instantaneous transmission of information



A & B two observers

A sends instantaneous info to B



C happens to be at same space point & same time as when B gets signal she can communicate immediately (as per her rest frame) with D D happens to be at position of A when he gets signal But this arrives BEFORE A even sent the signal to B in the 1st place!

this is the $t' = \text{const}$ line for $C \neq D$

Anal. (i) A can receive answer from B before he sent signal --

(-- NOT so easy --)

Einstein

(ii) Relativity & instantaneous propagation of signals are incompatible (also true for faster than light --)

(iii) For $A \neq B$ signal (2) travels \rightarrow see H.W. backward in time, for $C \neq D$, signal (1) --

i.e. timelike, causally connected

(iv) events which are in each others' lightcone always have well defined time ordering, so no problem w/ causality!

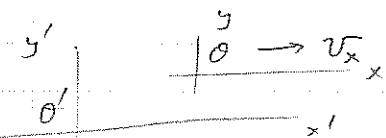
these (bottom of p. 32) are the Lorentz transforms. There are, in fact, three more (so-called "boosts") - in the $y-t$ & $z-t$ plane. They look just like the above, but $x \rightarrow y$, $v_x \rightarrow v_y$ (and primes).

The sign in front of terms linear w/ $\frac{v_x}{c}$ is best recalled by forgetting $\sqrt{1 - v_x^2/c^2}$ & noticing that

$$x' \approx x + v_x t + \mathcal{O}(v_x^2/c^2)$$

$$t' \approx t + \mathcal{O}\left(\frac{v_x}{c}\right)$$

So one gets Galilean transforms and these tell us, clearly, that it is \mathcal{O}' moving in $+x$ direction w/ $|v_x|$ (or \mathcal{O}' moving in $-x$ w/ $|v_x|$),
 (because x' is increasing w/ t for fixed x)



Summary: Interval $s^2 = c^2 t^2 - x^2$ is preserved by $3+3=6$ kind of "rotations" \rightarrow

- 3 rotations of space (xy / xz / yz)
- 3 "boosts" ("hyperbolic" rotations) in three directions $\rightarrow (x+ / y+ / z+)$

total of 6 parameters account for all the "Lorentz transformations" (discrete can be added: P & T)

rotations of space \equiv SO(3) "group of transformations"

SO(3) = 3x3 orthogonal matrices w/ unit determinant

set of transforms of $\begin{pmatrix} x \\ y \\ z \end{pmatrix}$ preserving $|\vec{r}|$

$$\begin{pmatrix} x' \\ y' \\ z' \end{pmatrix} = \hat{O} \begin{pmatrix} x \\ y \\ z \end{pmatrix} \quad \text{or} \quad \begin{pmatrix} x' \\ y' \\ z' \end{pmatrix}^T = \begin{pmatrix} x \\ y \\ z \end{pmatrix}^T \hat{O}^T$$

$\hat{O} \in \text{SO}(3)$, acting on 3 vectors

$\hat{O}^T \hat{O} = \mathbb{1} \iff$ orthogonal, Recall

$$\begin{aligned} \vec{r}_2 \cdot \vec{r}_1 &= \begin{pmatrix} x_2 & y_2 & z_2 \end{pmatrix} \begin{pmatrix} x_1 \\ y_1 \\ z_1 \end{pmatrix} = \begin{pmatrix} x_2 \\ y_2 \\ z_2 \end{pmatrix}^T \begin{pmatrix} x_1 \\ y_1 \\ z_1 \end{pmatrix} = \\ &= \begin{pmatrix} x_2' \\ y_2' \\ z_2' \end{pmatrix}^T \underbrace{\hat{O}^T \hat{O}}_{\mathbb{1}} \begin{pmatrix} x_1' \\ y_1' \\ z_1' \end{pmatrix} = \begin{pmatrix} x_2' & y_2' & z_2' \end{pmatrix} \begin{pmatrix} x_1' \\ y_1' \\ z_1' \end{pmatrix} = \\ &= \vec{r}_2' \cdot \vec{r}_1' \end{aligned}$$

rotations preserve $\vec{r}_2 \cdot \vec{r}_1$

For Lorentz transforms, this generalizes very nicely --- except: (1) Lorentz transforms should involve not 3×3 , but 4×4 matrices - since they act not in (x, y, z) but in (ct, x, y, z) space

(2) Lorentz transforms preserve not the $\vec{r}_1 \cdot \vec{r}_2$ inner product, but a more complicated one: $c^2 t_2 t_1 - \vec{r}_1 \cdot \vec{r}_2$

N.B.: don't get confused by this last statement ---

--- in analogy w/ rotations which preserve

$$(\vec{r}_1 - \vec{r}_2)^2 = (\vec{r}_1 - \vec{r}_2) \cdot (\vec{r}_1 - \vec{r}_2) \text{ for all } \vec{r}_1 \neq \vec{r}_2$$

we note that

$$(\vec{r}_1 - \vec{r}_2)^2 = \vec{r}_1 \cdot \vec{r}_1 - 2 \vec{r}_1 \cdot \vec{r}_2 - \vec{r}_2 \cdot \vec{r}_2$$

but this is $(\vec{r}_1 - \vec{0})^2$
 \neq must be invariant

this is $(\vec{r}_2 - \vec{0})^2$
 \neq must be invariant

hence

$\vec{r}_2 \cdot \vec{r}_1$ must be rotationally invariant (and it is)

\rightarrow same logic for Lorentz: if $c^2(t_2 - t_1)^2 - (\vec{r}_1 - \vec{r}_2)^2$ is

invariant, for all $(t_1, \vec{r}_1) \neq (t_2, \vec{r}_2)$,
then it must be that $c^2 t_2 t_1 - \vec{r}_1 \cdot \vec{r}_2$
is also invariant.

Just like \vec{r} , $\vec{r}_1 \cdot \vec{r}_2$ notation is very
useful when considering nonrelativistic physics
(where space is isotropic & so laws are invariant
under rotations), it is useful to
introduce similar notation for (ct, x, y, z)

Introduce

$$\begin{aligned} x^0 &= ct \\ x^1 &= x \\ x^2 &= y \\ x^3 &= z \end{aligned}$$

$$(x^0, x^1, x^2, x^3) \equiv \{x^i, i=0,1,2,3\}$$

$$\{x^i\} = (ct, \vec{r})$$

If we have another 4-vector, $\{\tilde{x}^i\} = (c\tilde{t}, \vec{\tilde{r}})$,
we just argued that

$$c^2 t \tilde{t} - \vec{r} \cdot \vec{\tilde{r}}$$

is invariant under Lorentz
transformations. Using \tilde{x}^i, x^i - notation
we write this in the following form \rightarrow

$$\sum_{i,j=0,1,2,3} \tilde{x}^i g_{ij} x^j = c^2 t \tilde{t} - \vec{r} \cdot \vec{r}$$

where $\|g_{ij}\| \equiv \begin{pmatrix} 1 & 0 & 0 & 0 \\ 0 & -1 & 0 & 0 \\ 0 & 0 & -1 & 0 \\ 0 & 0 & 0 & -1 \end{pmatrix} \equiv G$

is called the "Minkowski space metric tensor"

2-index one

\equiv 4x4 matrix

$$\equiv \tilde{x}^0 g_{00} x^0 + \tilde{x}^1 g_{11} x^1 + \tilde{x}^2 g_{22} x^2 + \tilde{x}^3 g_{33} x^3$$

" " " " " " " "

+1 -1 -1 -1

since all other components of $\|g_{ij}\|$ vanish

$$\equiv c \tilde{t} c t - \tilde{x} x - \tilde{y} y - \tilde{z} z = c^2 \tilde{t} t - \vec{\tilde{r}} \cdot \vec{r}$$

(as promised)

In matrix notation

$$\sum_{ij} \tilde{x}^i g_{ij} x^j \equiv \tilde{X}^T \cdot G \cdot X$$

(Einstein's summation rule)

(a) \uparrow omit limits: $ij=0,1,2,3$ understood

(b) omit summation sign: when indices repeat, \sum understood
upper & lower

where $\tilde{X}^T = (\tilde{x}^0 \tilde{x}^1 \tilde{x}^2 \tilde{x}^3)$

$$G = \begin{pmatrix} 1 & 0 & 0 & 0 \\ 0 & -1 & 0 & 0 \\ 0 & 0 & -1 & 0 \\ 0 & 0 & 0 & -1 \end{pmatrix}$$

$$X = \begin{pmatrix} x^0 \\ x^1 \\ x^2 \\ x^3 \end{pmatrix}$$

So we have $\tilde{X}^T \cdot G \cdot X \equiv c^2 \tilde{t} \tilde{t} - \vec{r} \cdot \vec{r}$

so is this this is Lorentz invariant

On X (or \tilde{X} , or any 4-vector) Lorentz transforms act as a 4×4 matrix

$$X = \hat{O} X'$$

this represents 4×4 Lorentz transfr, e.g., (for the transforms on p. 32, bottom)

$$\hat{O} = \begin{pmatrix} \frac{1}{\sqrt{1-v^2/c^2}} & \frac{-v/c}{\sqrt{1-v^2/c^2}} & 0 & 0 \\ \frac{-v/c}{\sqrt{1-v^2/c^2}} & \frac{1}{\sqrt{1-v^2/c^2}} & 0 & 0 \\ 0 & 0 & 1 & 0 \\ 0 & 0 & 0 & 1 \end{pmatrix}$$

but \hat{O} can be more general -
(-rotations & other boosts can be involved)

Similarly $\tilde{X} = \hat{O} \tilde{X}'$

$X = \hat{O} X'$

↑
4 vector
coordinates
in O

↑
4 vector
coordinates
in O'

relevant Lorentz transformation.

taking transpose, we have $\tilde{X}^T = \tilde{X}'^T \hat{O}^T$

so

$$\tilde{X}^T \cdot G \cdot X = \tilde{X}'^T \hat{O}^T \cdot G \cdot \hat{O} X'$$

|| since must be invariant ||

$$\tilde{X}'^T G X' \equiv \tilde{X}^T \hat{O}^T G \hat{O} X$$

must hold for all $X \neq \tilde{X}$

hence $G = \hat{O}^T \cdot G \cdot \hat{O}$

N.B. this can be taken as a DEFINITION of Lorentz transforms ...

like $\hat{O}^T \mathbb{1} \hat{O} = \mathbb{1}$ is a definition of $SO(3)$ matrices $\hat{O}_{3 \times 3}$
3x3 matrices \hat{O} , s.t. $\hat{O}^T \hat{O} = \mathbb{1}$; $\det \hat{O}^T \hat{O} = 1 \Rightarrow (\det \hat{O})^2 = 1$,
since $\det \hat{O}^T = \det \hat{O} \Rightarrow \det \hat{O} = \pm 1 \rightarrow O(3)$, or if +1: $SO(3)$

So: Einstein relativity \equiv

\equiv Laws of physics invariant under $SO(1, 3) \times T_4$ symmetry transforms.

$SO(1, 3)$ Lorentz transforms (incl. space rotations)
 T_4 translation in space time, hence T_4

together, they form "Poincare group"

[vs. nonrelativistic $SO(3) \times T_4$ "Galileo"]

very concise & precise statement of relativity principle.

We saw space time coordinates transform as

4-vectors $\{x^i\} = (ct, \vec{r})$

& inner product $\tilde{x}^i g_{ij} x^j$ \leftarrow (Einstein summation implied)

is invariant under $SO(1, 3)$

this $\tilde{x}^i g_{ij} x^j$ is very cumbersome

Since we'll use this product so often - we'll see that we'll have to require that the Lagrangians

describing relativistic particles, E & M — must all be written i.t.o. Lorentz invariants, just like the Newtonian ones must be SO(3) invt (i.e. all dot products $\vec{r}_1 \cdot \vec{r}_2$ etc. — $\vec{A} \cdot \vec{r}$ —), let's absorb the g_{ij} into either \tilde{x} or x :

$$\tilde{x}^i g_{ij} x^j \equiv \tilde{x}_j x^j \equiv \tilde{x}^i x_i$$

$$\tilde{x}_j = \tilde{x}^i g_{oj} = \tilde{x}^i g_{ji} \quad (g_{ij} = g_{ji})$$

and

$$x_i = g_{ij} x^j = g_{ji} x^j$$

$$\tilde{x}_j = g_{ji} \tilde{x}^i \Rightarrow$$

$$\begin{aligned} \tilde{x}_0 &= g_{00} \tilde{x}^0 + g_{01} \tilde{x}^1 + g_{02} \tilde{x}^2 + g_{03} \tilde{x}^3 = + \tilde{x}^0 \\ \tilde{x}_1 &= g_{11} \tilde{x}^1 = - \tilde{x}^1 \\ \tilde{x}_2 &= g_{22} \tilde{x}^2 = - \tilde{x}^2 \\ \tilde{x}_3 &= g_{33} \tilde{x}^3 = - \tilde{x}^3 \end{aligned}$$

$$\begin{aligned} \text{so } \tilde{x}_j x^j &= \tilde{x}_0 x^0 + \tilde{x}_1 x^1 + \tilde{x}_2 x^2 + \tilde{x}_3 x^3 \\ &= \tilde{x}^0 x^0 - \tilde{x}^1 x^1 - \tilde{x}^2 x^2 - \tilde{x}^3 x^3 \\ &= c^2 \tilde{t} \tilde{t} - \vec{\tilde{r}} \cdot \vec{\tilde{r}} \end{aligned}$$

So we have 4 vectors, e.g.

$$X \equiv \{x^i\} = (ct, \vec{r}), \quad X' = \hat{O} X$$

But the notion is more general -

- just like 3 vectors: \vec{r} - but also \vec{A}

or \vec{E}

or \vec{B}

Just like all 3 vectors transform

as \vec{r} under $SO(3)$, all 4 vectors

transform as $\{x^i\}$ (or X) under $SO(1,3)$.

The generalization of the $(\vec{r}_1 \cdot \vec{r}_2)$ "dot" product to $SO(1,3)$ is

$$\tilde{X}^T X = \tilde{x}_i x^i = \tilde{x}^i x_i = \tilde{x}^i g_{ij} x^j$$

and is a "Lorentz scalar"

↓ its value is the same in all frames

as opposed to the "Lorentz vector" $\{x^i\}$

whose components are different in different frames.

There also exist "Lorentz tensors" -

- and you already saw one of them →

→ the "metric tensor"

$$\eta_{ij} = G = \begin{pmatrix} 1 & & & \\ & -1 & & \\ & & -1 & \\ & & & -1 \end{pmatrix}$$

which has the property

$$\hat{O}^T G O = G$$

i.e. is invariant under Lorentz transformations.

A rank- k tensor is an object that has k Lorentz indices. Under Lorentz transforms, every "index gets transformed as a vector" - just like G above.

(more will follow)

simple examples

3 tensors: $I_{ij} = \sum_{a=1}^N m_a (\delta_{ij} r_a^2 - r_{ai} r_{aj})$: inertia tensor of N particles

or $I_{ij} = \int_{V_{body}} d^3\vec{r} \rho(\vec{r}) (\delta_{ij} r^2 - r_i r_j)$: for continuous body of mass density $\rho(\vec{r})$

Point is, kinetic

energy of body wrt CM $T = \sum_{ij} \Omega_i \Omega_j I_{ij}$

is invariant under rotations of coordinate system

$T = \Omega^T \cdot I \cdot \Omega$ in matrix notation