

APPLICATION I: THE IDEAL FERMI GAS

Consider an ideal gas of spin-1/2 fermions. The creation operators in the mtn representation are

$$c_{\sigma}^{\dagger}(\vec{p}) \quad \sigma = \uparrow, \downarrow$$

where $\{c_{\sigma}(\vec{p}), c_{\sigma'}^{\dagger}(\vec{k})\} = \delta_{\sigma\sigma'} (2\pi)^3 \delta^{(3)}(\vec{k}-\vec{p})$

$$\{c_{\sigma}(\vec{p}), c_{\sigma'}(\vec{k})\} = 0.$$

The Hamiltonian in the grand canonical ensemble is

$$\hat{H} - \mu \hat{N} = \int \frac{d^3\vec{p}}{(2\pi)^3} \underbrace{\left(\frac{\vec{p}^2}{2m} - \mu\right)}_{\epsilon(\vec{p})} \sum_{\sigma=\uparrow, \downarrow} c_{\sigma}^{\dagger}(\vec{p}) c_{\sigma}(\vec{p})$$

$\mu > 0$ is the chemical potential.

We have $(\hat{H} - \mu \hat{N}) |0\rangle = 0$

$$(\hat{H} - \mu \hat{N}) c_{\sigma}^{\dagger}(\vec{k}) |0\rangle = \epsilon(\vec{k}) |0\rangle$$

$$\vdots$$
$$(\hat{H} - \mu \hat{N}) \prod_{j=1}^n c_{\sigma_j}^{\dagger}(\vec{k}_j) |0\rangle = \left(\sum_{j=1}^n \epsilon(\vec{k}_j)\right) \prod_{j=1}^n c_{\sigma_j}^{\dagger}(\vec{k}_j) |0\rangle$$

This is because $c_{\sigma}^{\dagger}(\vec{p}) c_{\sigma}(\vec{p}) \equiv \hat{n}_{\sigma}(\vec{p})$ is the number operator for fermions with spin σ and mtn \vec{p} .

The ground state is by definition the state with the lowest energy. As $\epsilon(\vec{p})$ can be negative, the smallest energy is achieved by "filling all negative energy states", i.e.

$$|GS\rangle = \prod_{\sigma=\uparrow, \downarrow} \prod_{\frac{\vec{k}^2}{2m} < \mu} c_{\sigma}^{\dagger}(\vec{k}) |0\rangle$$

This is called a "FERMI SEA"

LET US BE MORE PRECISE and put the gas in a box of length L . Imposing periodic boundary conditions quantizes the momenta

$$(1) \quad \vec{p} = \frac{2\pi}{L} \begin{pmatrix} n_x \\ n_y \\ n_z \end{pmatrix} \quad n_i \text{ integers}$$

Aside: to see this consider mtn eigenstates in the position representation

$$\vec{p} = -i\hbar \vec{\nabla} \quad \vec{p} \psi_{\vec{k}}(\vec{r}) = \hbar \vec{k} \psi_{\vec{k}}(\vec{r})$$

$$\text{Solve this} \rightarrow \psi_{\vec{k}}(\vec{r}) = \langle \vec{r} | \vec{k} \rangle = e^{i\vec{k} \cdot \vec{r}}$$

$$\text{Periodic bcs: } \psi_{\vec{k}}(\vec{r} + L\vec{e}_x) = \psi_{\vec{k}}(\vec{r}) \rightarrow e^{i k_x L} = 1$$

$$\rightarrow k_x = \frac{2\pi n_x}{L}$$

and similarly for k_y, k_z .

So the mtn eigenstates in our box are $|\vec{p}\rangle$ with the \vec{p} given by (1).

Using that $|\vec{p}\rangle = C_{\vec{p}}^{\dagger} |0\rangle$ this applies to the creation ops as well.

The Hamiltonian then becomes

$$\hat{H} - \mu \hat{N} = \sum_{\vec{p}} \left(\frac{\vec{p}^2}{2m} - \mu \right) \sum_{\sigma} n_{\sigma}(\vec{p})$$

We define a Fermi momentum p_F by

$$\frac{p_F^2}{2m} = \mu \quad \text{Then}$$

$$|GS\rangle = \prod_{\sigma, |\vec{p}| < p_F} C_{\sigma}^{\dagger}(\vec{p}) |0\rangle$$

The GS energy is $E_{GS} = \sum_{\sigma=\uparrow, \downarrow} \sum_{|\vec{p}| < p_F} \epsilon(\vec{p})$ prop. to the volume

mom of $|GS\rangle$ $\vec{P}_{GS} = \sum_{\sigma=\uparrow, \downarrow} \sum_{|\vec{p}| < p_F} \vec{p} = 0.$

EXCITATIONS:

(i) "PARTICLE" EXCITATIONS $C_{\sigma}^+(\vec{k}) |GS\rangle$ with $|\vec{k}| > p_F$

energy: $E = E_{GS} + \epsilon(\vec{k}) > E_{GS}$
 mom: $\vec{P} = \vec{k}.$

(ii) "HOLE" EXCITATIONS $C_{\sigma}(\vec{k}) |GS\rangle$ with $|\vec{k}| < p_F$

energy: $E = E_{GS} - \epsilon(\vec{k}) > E_{GS}$
 $\vec{P} = \vec{P}_{GS} - \vec{k} = -\vec{k}$

(iii) "PARTICLE-HOLE" EXCITATIONS $C_{\sigma}^+(\vec{k}) C_{\sigma}(\vec{p}) |GS\rangle$ $|\vec{k}| > p_F > |\vec{p}|$

$E = E_{GS} + \epsilon(\vec{k}) - \epsilon(\vec{p}) > E_{GS}$
 $\vec{P} = \vec{P}_{GS} + \vec{k} - \vec{p} = \vec{k} - \vec{p}.$

DENSITY CORRELATIONS:

CONSIDER the 1-particle operator $|\vec{r}\rangle \langle \vec{r}'|$.
 It represents the particle density at position $|\vec{r}\rangle$. In 2nd quantization it is

$$g(\vec{r}) = \sum_{\sigma} \int d\vec{r}' d\vec{r}'' \langle \vec{r}' | \vec{r} \rangle \langle \vec{r} | \vec{r}'' \rangle c_{\sigma}^+(\vec{r}') c_{\sigma}(\vec{r}'')$$

$$= \sum_{\sigma} c_{\sigma}^+(\vec{r}) c_{\sigma}(\vec{r})$$

The GS expectation value at zero temperature is

$$\langle GS | g(\vec{r}) | GS \rangle = \sum_{\sigma} \langle GS | c_{\sigma}^{\dagger}(\vec{r}) c_{\sigma}(\vec{r}) | GS \rangle$$

To evaluate this we go to momentum space

$$c_{\sigma}(\vec{r}) = \sum_{\vec{p}} \underbrace{\langle \vec{r} | \vec{p} \rangle}_{\frac{1}{L^{3/2}} e^{i\vec{p} \cdot \vec{r}}} c_{\sigma}(\vec{p}) \quad \text{according to our general formula for basis transformations}$$

$$|GS\rangle = \prod_{|\vec{k}| < p_F} \prod_{\sigma=\uparrow, \downarrow} c_{\sigma}^{\dagger}(\vec{k}) |0\rangle$$

$$\Rightarrow \langle GS | g(\vec{r}) | GS \rangle = \sum_{\sigma} \frac{1}{L^3} \sum_{\vec{p}, \vec{p}'} e^{-i(\vec{p}-\vec{p}') \cdot \vec{r}} \underbrace{\langle GS | c_{\sigma}^{\dagger}(\vec{p}') c_{\sigma}(\vec{p}) | GS \rangle}$$

ZERO UNLESS $|\vec{p}| < p_F$ AND $\vec{p}' = \vec{p}$
 because $c_{\sigma}^{\dagger}(\vec{p}') c_{\sigma}(\vec{p}) |GS\rangle$ must reproduce $|GS\rangle$ itself

$$= \sum_{\sigma} \frac{1}{L^3} \sum_{\vec{p}, \vec{p}'} e^{-i(\vec{p}-\vec{p}') \cdot \vec{r}} \Theta(p_F - |\vec{p}|) \delta_{\vec{p}, \vec{p}'}$$

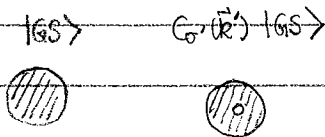
$$= \underset{\uparrow}{2} \frac{1}{L^3} \sum_{\vec{p}} \Theta(p_F - |\vec{p}|) = \frac{N}{V} \quad \text{particle density}$$

spin

2-POINT FUNCTION AT T=0

$$\langle GS | g(\vec{r}) g(\vec{r}') | GS \rangle = \frac{1}{L^6} \sum_{\vec{p}, \vec{p}'} \sum_{\vec{k}, \vec{k}'} e^{-i(\vec{p}-\vec{p}') \cdot \vec{r}} e^{-i(\vec{k}-\vec{k}') \cdot \vec{r}'} \times \sum_{\sigma\sigma'} \langle GS | c_{\sigma}^+(\vec{p}) c_{\sigma}(\vec{p}') c_{\sigma'}^+(\vec{k}) c_{\sigma'}(\vec{k}') | GS \rangle$$

Can calculate this by Wick's thm or directly :



hole at $\vec{k}' \rightarrow \Theta(p_F - |\vec{k}'|)$

Acting with $c_{\sigma}^+(\vec{k}')$ gives either $\delta_{\vec{k}, \vec{k}'}$ case (i)

or $\Theta(|\vec{k}| - p_F)$ case (ii)

case (i) : get $\langle GS | c_{\sigma}^+(\vec{p}) c_{\sigma}(\vec{p}') | GS \rangle = \delta_{\vec{p}, \vec{p}'} \Theta(p_F - |\vec{p}'|)$

case (ii) : must have $\sigma = \sigma', \vec{p}' = \vec{k}, \vec{p} = \vec{k}'$ to reproduce when acting with $c_{\sigma}^+(\vec{p}) c_{\sigma}(\vec{p}')$

$$\Rightarrow \langle GS | c_{\sigma}^+(\vec{p}) c_{\sigma}(\vec{p}') c_{\sigma'}^+(\vec{k}) c_{\sigma'}(\vec{k}') | GS \rangle = \delta_{\vec{k}, \vec{k}'} \delta_{\vec{p}, \vec{p}'} \Theta(p_F - |\vec{p}'|) \Theta(p_F - |\vec{k}'|) + \delta_{\sigma\sigma'} \delta_{\vec{k}, \vec{p}'} \delta_{\vec{k}', \vec{p}} \Theta(|\vec{k}'| - p_F) \Theta(p_F - |\vec{k}'|)$$

$$\Rightarrow \langle GS | g(\vec{r}) g(\vec{r}') | GS \rangle = \frac{1}{L^6} \sum_{\vec{k}, \vec{p}} \sum_{\sigma, \sigma'} \Theta(p_F - |\vec{p}|) \Theta(p_F - |\vec{k}|) + \frac{1}{L^6} \sum_{\vec{k}, \vec{k}'} \sum_{\sigma} \Theta(|\vec{k}| - p_F) \Theta(p_F - |\vec{k}'|) e^{-i\vec{k} \cdot (\vec{r}-\vec{r}')} e^{i\vec{k}' \cdot (\vec{r}-\vec{r}')}$$

$$= \langle GS | g(\vec{r}) | GS \rangle \langle GS | g(\vec{r}') | GS \rangle$$

$$+ 2 \frac{1}{L^3} \sum_{|\vec{k}| > p_F} e^{-i\vec{k} \cdot (\vec{r}-\vec{r}')} \frac{1}{L^3} \sum_{|\vec{k}'| < p_F} e^{i\vec{k}' \cdot (\vec{r}-\vec{r}')}$$

EVALUATING THE SUMS :

$$\frac{1}{L^3} \sum_{|\vec{R}| > P_F} e^{-i\vec{k} \cdot \vec{R}} = \frac{1}{L^3} \sum_{\vec{R}} e^{-i\vec{k} \cdot \vec{R}} - \frac{1}{L^3} \sum_{|\vec{R}| < P_F} e^{-i\vec{k} \cdot \vec{R}}$$

$$= \delta^{(3)}(\vec{R})$$

To see this calculate $\int d^3\vec{R} f(\vec{R}) \frac{1}{L^3} \sum_{\vec{R}} e^{-i\vec{k} \cdot \vec{R}}$
for periodic fns $f(\vec{R})$

$$= \sum_{\vec{R}} \frac{1}{L^3} \int d^3\vec{R} f(\vec{R}) e^{-i\vec{k} \cdot \vec{R}}$$

$$= \sum_{\vec{R}} f_{\vec{R}} = f(0)$$

cf Riley/Hobson/Bence 12.7 Fourier series

The other sum is turned into an integral for $L \rightarrow \infty$

$$\frac{1}{L^3} \sum_{|\vec{R}| < P_F} e^{-i\vec{k} \cdot \vec{R}} \rightarrow \int \frac{d^3\vec{k}}{(2\pi)^3} \Theta(P_F - |\vec{k}|) e^{-i\vec{k} \cdot \vec{R}}$$

$$= \int_0^{P_F} dp p^2 \int_0^\pi d\theta \int_0^{2\pi} d\phi \frac{\Theta(P_F - p)}{(2\pi)^3} e^{-ip|\vec{R}| \cos\theta}$$

$$= \int_0^{P_F} dp \frac{p^2}{(2\pi)^2} J_0(p|\vec{R}|)$$

Putting everything together :

$$\langle G_S | g(\vec{r}) g(\vec{r}') | G_S \rangle = \left(\langle G_S | g(\vec{r}) | G_S \rangle \right)^2 + \langle G_S | g(\vec{r}) | G_S \rangle \delta^{(3)}(\vec{r} - \vec{r}')$$

$$- 2 \left(\int_0^{P_F} dp \frac{p^2}{(2\pi)^2} J_0(p|\vec{r} - \vec{r}'|) \right)^2$$

1st line: result for classical ideal gas

2nd line: negative contribution due to Fermionic statistics ("Pauli exclusion")

APPLICATION 2: WEAKLY INTERACTING BOSONS

Consider a gas of bosons with kinetic energy

$$\hat{T} = \sum_{\vec{p}} \frac{\vec{p}^2}{2m} c_{\vec{p}}^{\dagger} c_{\vec{p}}$$

and interactions

$$\begin{aligned} \hat{V} &= \frac{1}{2} \int d^3\vec{r} d^3\vec{r}' c_{\vec{r}}^{\dagger} c_{\vec{r}'}^{\dagger} U \delta^{(3)}(\vec{r}-\vec{r}') c_{\vec{r}'} c_{\vec{r}} \\ &= \frac{U}{2L^3} \sum_{\vec{p}_1, \vec{p}_2, \vec{p}_3} c_{\vec{p}_1}^{\dagger} c_{\vec{p}_2}^{\dagger} c_{\vec{p}_3} c_{\vec{p}_1 + \vec{p}_2 - \vec{p}_3} \end{aligned}$$

where annihilation ops in position and m/m space are related by

$$c_{\vec{p}} = \int d^3\vec{r} \langle \vec{p} | \vec{r} \rangle c(\vec{r}) = \int d^3\vec{r} e^{-i\vec{p}\cdot\vec{r}} c(\vec{r})$$

$U=0 \Rightarrow$ ideal Bose gas

$$|GS\rangle_0 = \left(c_{\vec{p}=0}^{\dagger} \right)^N |0\rangle \quad \text{BOSE-EINSTEIN CONDENSATE}$$

$\vec{p}=0$ is special. For small $U>0$ we expect the BE condensate to persist, i.e.

$$\langle GS | c_{\vec{p}=0}^{\dagger} c_{\vec{p}=0} | GS \rangle = N_0 \gg 1$$

HOWEVER $[c_{\vec{p}=0}^{\dagger} c_{\vec{p}=0}, \hat{V}] \neq 0 \Rightarrow$ # of $\vec{p}=0$ bosons is not conserved &

$|GS\rangle =$ superposition of states with different numbers of $\vec{p}=0$ bosons

BOGOLIUBOV APPROXIMATION: $c_{\vec{p}=0}^{\dagger} c_{\vec{p}=0} |\Psi\rangle \approx N_0 |\Psi\rangle \quad N_0 \gg 1$

where $|\Psi\rangle$ is the ground state of a low-energy excited state.

Then for such states $c_{(0)}^+ \approx \sqrt{N_0}$ are approximately diagonal.
 $c_{(0)} \approx \sqrt{N_0}$

As $N_0 \gg 1$ we can then expand H in powers of $\frac{1}{N_0}$:

$$\hat{H} \approx \sum_{\vec{p}} \frac{\vec{p}^2}{2m} c_{(\vec{p})}^+ c_{(\vec{p})} + \frac{u}{2L^3} N_0^2 + \frac{u N_0}{2L^3} \sum_{\vec{k} \neq 0} 2 c_{(\vec{k})}^+ c_{(\vec{k})} + 2 c_{(-\vec{k})}^+ c_{(-\vec{k})} + c_{(\vec{k})}^+ c_{(-\vec{k})} + c_{(-\vec{k})} c_{(\vec{k})} + \dots$$

Now use $N_0 = c_{(0)}^+ c_{(0)} = N - \sum_{\vec{p} \neq 0} c_{(\vec{p})}^+ c_{(\vec{p})}$

$$\Rightarrow \hat{H} = \frac{u g}{2} N + \sum_{\vec{p} \neq 0} \left(\frac{\vec{p}^2}{2m} + u g \right) c_{(\vec{p})}^+ c_{(\vec{p})} + \frac{u g}{2} [c_{(\vec{p})}^+ c_{(-\vec{p})} + c_{(-\vec{p})} c_{(\vec{p})}] + \dots$$

where $g = \frac{N}{L^3}$ = density of particles

BOGOLIUBOV TRANSFORMATION

Consider the creation/annihilation ops defined by

$$\begin{pmatrix} b_{(\vec{p})} \\ b_{(-\vec{p})}^+ \end{pmatrix} = \begin{pmatrix} \cosh \theta_{\vec{p}} & + \sinh \theta_{\vec{p}} \\ + \sinh \theta_{\vec{p}} & \cosh \theta_{\vec{p}} \end{pmatrix} \begin{pmatrix} c_{(\vec{p})} \\ c_{(-\vec{p})}^+ \end{pmatrix}$$

Then

$$\begin{aligned} [b_{(\vec{p})}, b_{(\vec{q})}^+] &= \cosh \theta_{\vec{p}} \cosh \theta_{\vec{q}} [c_{(\vec{p})}, c_{(\vec{q})}^+] + \sinh \theta_{\vec{p}} \sinh \theta_{\vec{q}} [c_{(\vec{p})}^+, c_{(\vec{q})}^-] \\ &= (\cosh^2 \theta_{\vec{p}} - \sinh^2 \theta_{\vec{p}}) \delta_{\vec{p}, \vec{q}} = \delta_{\vec{p}, \vec{q}} \end{aligned}$$

i.e. the Bogoliubov transformation preserves the commutation rules

In terms of the new bosons

$$\hat{H} = \text{const} + \frac{1}{2} \sum_{\vec{p} \neq 0} \left[\left(\frac{\vec{p}^2}{2m} + U_0 \right) \cosh 2\theta_{\vec{p}} - U_0 \sinh 2\theta_{\vec{p}} \right] \left[b(\vec{p})^+ b(\vec{p}) + b(-\vec{p})^+ b(-\vec{p}) \right] \\ - \left[\left(\frac{\vec{p}^2}{2m} + U_0 \right) \sinh 2\theta_{\vec{p}} - \cosh 2\theta_{\vec{p}} U_0 \right] \left[b(\vec{p})^+ b(-\vec{p}) + b(-\vec{p})^+ b(\vec{p}) \right]$$

Now choose

$$\tanh 2\theta_{\vec{p}} = \frac{U_0}{\frac{\vec{p}^2}{2m} + U_0}$$

This removes the $b^+ b^+ + b b$ terms!

$$\rightarrow \hat{H} = \text{const} + \sum_{\vec{p} \neq 0} \epsilon(\vec{p}) b(\vec{p})^+ b(\vec{p}) + \dots$$

$$\epsilon(\vec{p}) = \sqrt{\left(\frac{\vec{p}^2}{2m} + U_0 \right)^2 - (U_0)^2} \rightarrow \begin{cases} \frac{U_0}{m} |\vec{p}| & \text{for } |\vec{p}| \rightarrow 0 \\ \frac{\vec{p}^2}{2m} & \text{for } |\vec{p}| \rightarrow \infty \end{cases}$$

APPLICATION 3 : SPINWAVES IN A FERROMAGNET

Consider the following model of a magnetic insulator



at each site \vec{r} we have a magnetic moment $\rightarrow S_{\vec{r}}^{\alpha}$ $\alpha = x, y, z$

$$[S_{\vec{r}}^{\alpha}, S_{\vec{r}'}^{\beta}] = \delta_{\vec{r}\vec{r}'} \epsilon_{\alpha\beta\gamma} S_{\vec{r}}^{\gamma}$$

$$\vec{S}_{\vec{r}}^2 = S(S+1) \gg 1$$

An appropriate Hamiltonian is

$$\hat{H} = -J \sum_{\langle \vec{r}, \vec{r}' \rangle} \vec{S}_{\vec{r}} \cdot \vec{S}_{\vec{r}'}$$

"Heisenberg ferromagnet"

$J > 0$, $\langle \vec{r}, \vec{r}' \rangle$ nearest neighbour pairs

A ground state of \hat{H} is

$$|GS\rangle = \prod_{\vec{r}} |\uparrow\rangle_{\vec{r}}$$

where $S_{\vec{r}}^z |\uparrow\rangle_{\vec{r}} = S |\uparrow\rangle_{\vec{r}}$

$$\hat{H} |GS\rangle = \left(-J \sum_{\langle \vec{r}, \vec{r}' \rangle} S^2 \right) |GS\rangle = -JS^2 ZN |GS\rangle$$

$ZN =$ total # of bonds

Proof that $|GS\rangle$ is a ground state :

$$2 \vec{S}_{\vec{r}} \cdot \vec{S}_{\vec{r}'} = (\vec{S}_{\vec{r}} + \vec{S}_{\vec{r}'})^2 - (\vec{S}_{\vec{r}}^2 + \vec{S}_{\vec{r}'}^2) = \vec{J}^2 - 2S(S+1)$$

$$\vec{J}^2 = \text{total angular mtr} \Rightarrow \vec{J}^2 |j, m\rangle = j(j+1) |j, m\rangle \quad j = 2S, 2S-1, \dots, 0$$

$$\Rightarrow \text{maximal eigenvalue of } \vec{J}^2 \text{ is } 2S(2S+1) \Rightarrow \langle \Psi | \vec{J}^2 | \Psi \rangle \leq 2S(2S+1)$$

$$\Rightarrow \langle \Psi | 2 \vec{S}_{\vec{r}} \cdot \vec{S}_{\vec{r}'} | \Psi \rangle \leq 2S(2S+1) - 2S(S+1) = 2S^2$$

$$\Rightarrow \langle \Psi | \hat{H} | \Psi \rangle \geq -J \sum_{\langle \vec{r}, \vec{r}' \rangle} S^2 = -JS^2 Nz$$

So $|GS\rangle$ has the lowest possible energy.

Note that $|GS\rangle$ breaks the spin-rotational symmetry of \hat{H}

$$\left[\sum_{\vec{r}} S_{\vec{r}}^{\alpha}, \hat{H} \right] = 0 \quad \alpha = x, y, z$$

But $\langle GS | S_{\vec{r}}^{\alpha} | GS \rangle = S \delta_{\alpha, z} \neq 0$

Spontaneous Symmetry
Breaking

HOLSTEIN-PRIMAKOFF TRANSFORMATION:

$$(HP) \quad \begin{cases} S_{\vec{r}}^z = S - a_{\vec{r}}^+ a_{\vec{r}} \\ S_{\vec{r}}^+ = S_{\vec{r}}^x + i S_{\vec{r}}^y = \sqrt{2S} \sqrt{1 - \frac{a_{\vec{r}}^+ a_{\vec{r}}}{2S}} a_{\vec{r}} \end{cases}$$

$$[a_{\vec{r}}, a_{\vec{r}'}^+] = \delta_{\vec{r}, \vec{r}'}$$

Can check that this gives $[S_{\vec{r}}^{\alpha}, S_{\vec{r}'}^{\beta}] = \delta_{\vec{r}, \vec{r}'} i \epsilon_{\alpha\beta\gamma} S_{\vec{r}}^{\gamma}$

CAVEATS: the spaces of BM states are different

$$(S_{\vec{r}}^z)^n |\uparrow\rangle_{\vec{r}} \quad n = 0, \dots, 2S$$

$$\text{vs } (a_{\vec{r}}^+)^n |\downarrow\rangle_{\vec{r}} \quad n = 0, 1, \dots, \infty$$

\Rightarrow must impose a constraint that we have at most $2S$ bosons per site

large S : $|GS\rangle$ has 0 bosons
low-lying excitations have few bosons

\rightarrow can ignore the constraint

Use (HP) to rewrite \hat{H} :

$$\hat{H} = -J \sum_{\langle \vec{r}, \vec{r}' \rangle} S^z S^z \left[a_{\vec{r}}^+ a_{\vec{r}'} + a_{\vec{r}'}^+ a_{\vec{r}} - a_{\vec{r}}^+ a_{\vec{r}'} - a_{\vec{r}'}^+ a_{\vec{r}} \right] + \dots$$

↑
terms of S^0, S^{\pm}, \dots

Drop the higher order in S^{-1} terms & go to momentum space

$$a(\vec{k}) = \frac{1}{\sqrt{N}} \sum_{\vec{r}} e^{i\vec{k} \cdot \vec{r}} a_{\vec{r}} \quad [a(\vec{k}), a(\vec{p})^{\dagger}] = \delta_{\vec{k}, \vec{p}}$$

$$\Rightarrow \hat{H} = -JS^z N z - JS \sum_{\vec{q}} \epsilon(\vec{q}) a(\vec{q})^{\dagger} a(\vec{q}) + \dots$$

For a simple cubic lattice:

$$\epsilon(\vec{q}) = 2JS (3 - \cos q_x - \cos q_y - \cos q_z)$$

$$\approx JS^2 |\vec{q}|^2 \quad \text{for } |\vec{q}| \rightarrow 0$$

GOLDSTONE MODES