

1. Introduction

$\mu(dx) \propto e^{-U(x)} dx$ on $S = \mathbb{R}^d$ (or Riemannian manifold)
Sampling from μ

① Reversible Markov Processes

Brownian motion

$$dX_t = -\frac{1}{2} \nabla U(X_t) dt + dB_t$$

Overdamped Langevin dynamics

→ Unadjusted Langevin algorithm (=Euler scheme), Metropolis adjusted LA, Random Walk Metropolis, ...

$$Lg = \frac{1}{2} \Delta g - \frac{1}{2} \nabla U \cdot \nabla g$$

$$E(f, g) = -(f, Lg)_{L^2(\mu)} = \frac{1}{2} \int \nabla f \cdot \nabla g d\mu$$

Relaxation
time

$$t_{\text{rel}} = 1/\text{gap}(L)$$

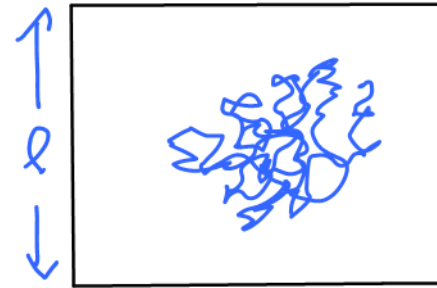
Spectral
gap

$$\text{gap}(L) = \inf_{f \neq 0} \frac{E(f, f)}{\text{Var}_\mu(f)}$$

EXAMPLE

$$1) S = (\mathbb{R}/\ell\mathbb{Z})^d, U \text{ uniformly bounded} \Rightarrow t_{\text{rel}} \sim \ell^2$$

Slow diffusive motion



$$2) S = \mathbb{R}^d, \nabla^2 U \geq m I_d, m > 0$$

$$\Rightarrow t_{\text{rel}} \leq \frac{2}{m}, \text{ sharp in Gaussian case}$$

Condition number dependence $\Omega(\kappa)$ for discretizations

② Non-reversible Markov Processes

$$\hat{S} = \mathbb{R}^d \times \mathbb{R}^d = \{(x, v) : x, v \in \mathbb{R}^d\} \quad \text{or tangent bundle of Riem. manifold}$$

$$\hat{\mu} = \mu \otimes \kappa$$

$$\kappa = N(0, I_d)$$

$$d\hat{\mu} \propto e^{-H(x, v)} dx dv \quad H(x, v) = U(x) + \frac{1}{2}|v|^2$$

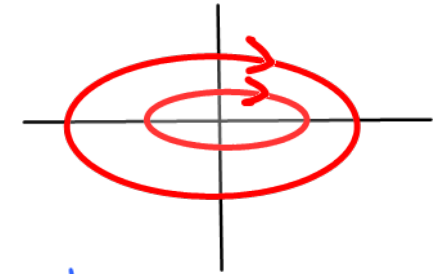
Hamiltonian dynamics

$$\hat{L} = v \cdot \nabla_x - \nabla u(x) \cdot \nabla_v$$

$$dX_t = V_t dt$$

$$dV_t = -\nabla u(x_t) dt$$

$\leadsto MD$



not ergodic $\rightarrow$ add noise in v -variable

Randomised Hamiltonian Monte Carlo

$\gamma > 0$ refreshment rate

$$\hat{L}_\gamma = \hat{L} + \gamma (\Pi_v - I)$$

$$(\Pi_v f)(x, v) = \int f(x, w) \kappa(dw)$$

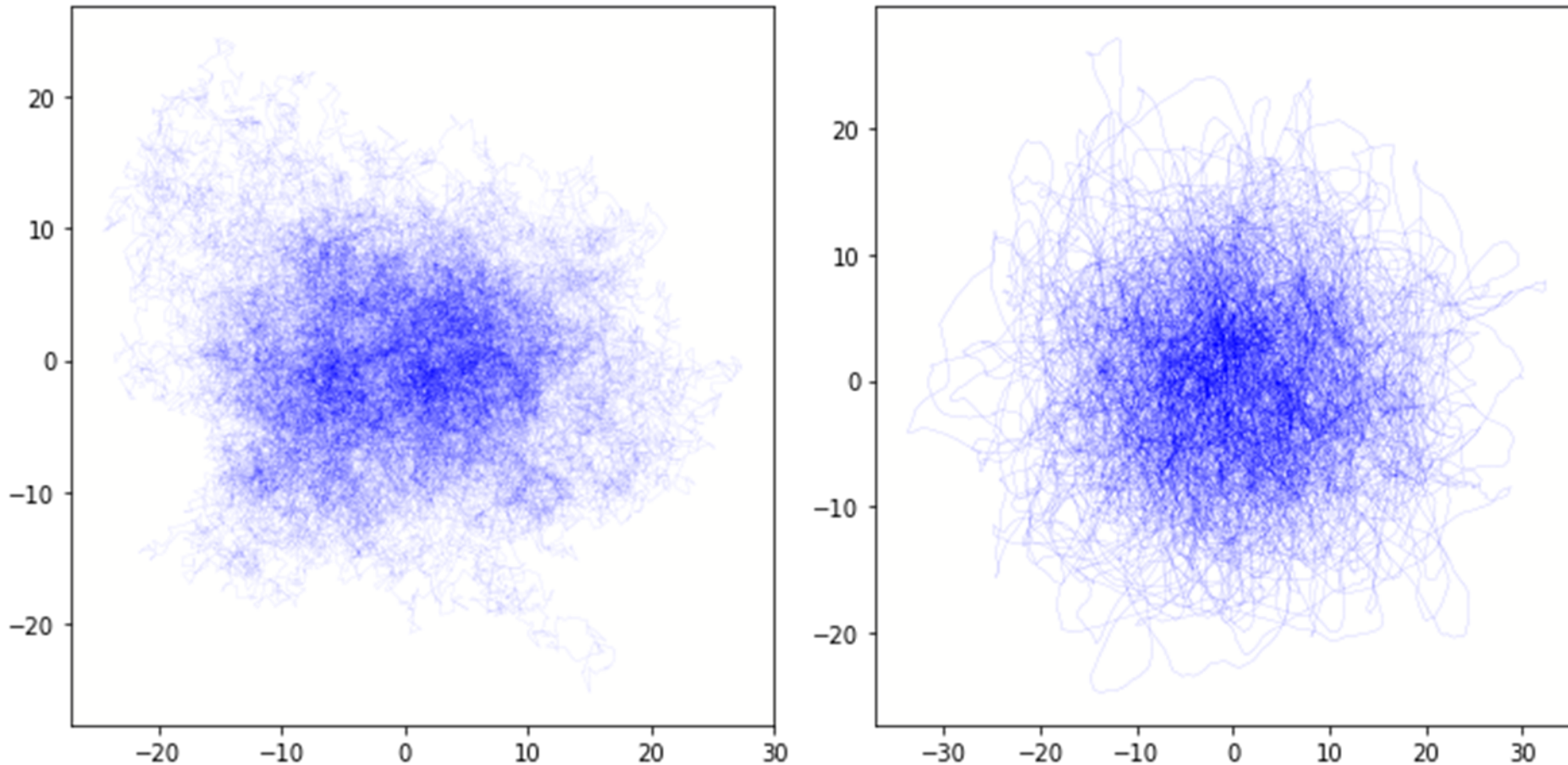
Langevin dynamics (LD)

$$\hat{L}_\gamma = \hat{L} + \gamma L_{ou}$$

$$L_{ou} = \Delta_v - v \cdot \nabla_v$$

$$dX_t = V_t dt$$

$$dV_t = -\nabla u(x_t) dt - \gamma V_t dt + \sqrt{2\gamma} dB_t$$



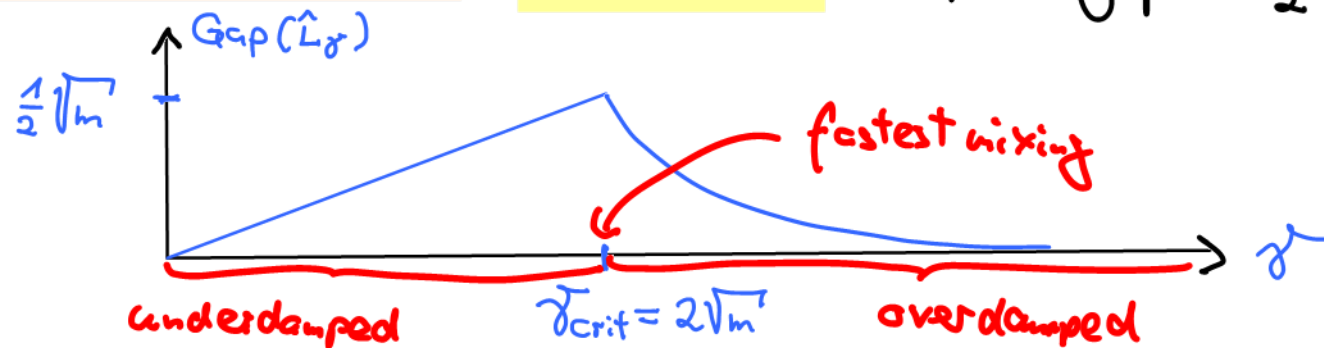
Overdamped Langevin dynamics vs. critical Langevin dynamics in a quadratic potential.
Each plot shows a single trajectory up to time $t = 20000$.

- The sample path of critical LD changes its direction only slowly, and its empirical distribution gives a reasonable approximation of the Gaussian invariant measure.
- Conversely, due to random walk like behaviour, the empirical distribution of the sample path of OLD over the same time interval is still patchy and asymmetric.

EXAMPLE: Gaussian case

$$U(x) = mx^2/2$$

$$\text{Spectral gap} = \frac{\gamma}{2} - \sqrt{\left(\frac{\gamma^2}{4} - m\right)^+}$$



Diffusive to ballistic speed-up for $\gamma \propto \sqrt{m}$

QUESTIONS

1) Relation between ① and ②?



2) Consequence for relaxation times?

lower bound for relaxation times of lifts

3) Optimal lifts? Maximal speed-up?

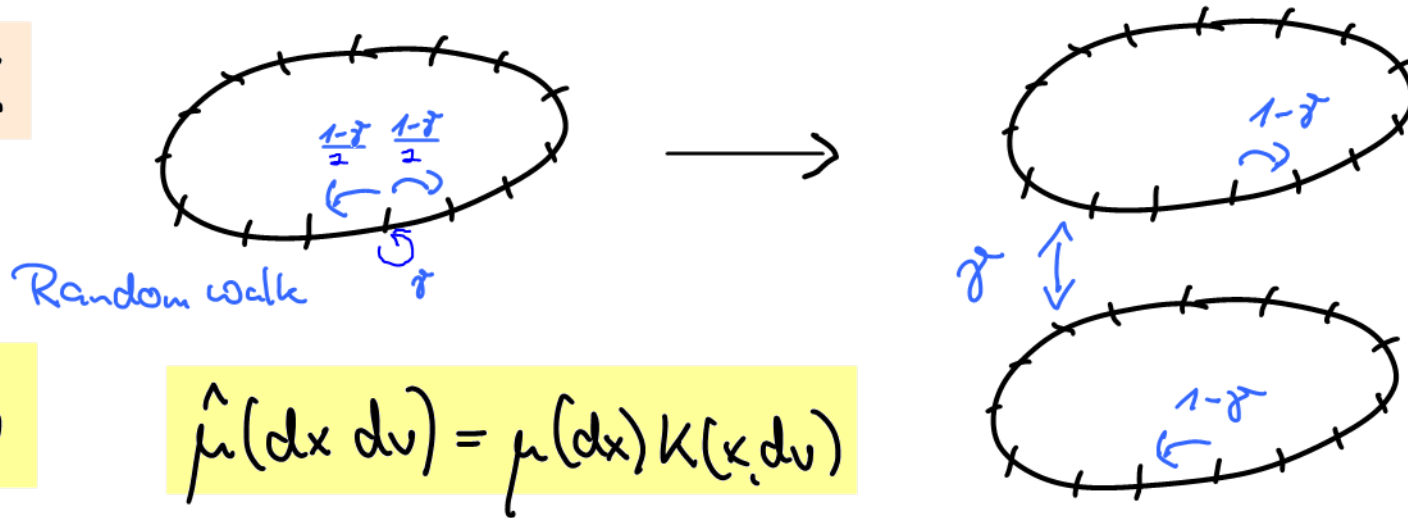
upper bound for relaxation times

2. Lifts: From Markov chains to diffusions

a) Lifts of Markov chains

[Diaconis, Holmes, Neal 2000], [Chen, Lovasz, Pak 1999]

EXAMPLE



$$\hat{S} = S \times \mathcal{V}$$

$$\hat{\mu}(dx dv) = \mu(dx) K(x, dv)$$

P transition kernel on S with invariant measure μ

$\hat{P}$ transition kernel on $\hat{S}$ with invariant measure $\hat{\mu}$

DEFINITION $\hat{P}$ is a lift of P iff

$$(*) \quad \int \hat{P}((x, v), A \times \mathcal{V}) K(x, dv) = P(x, A) \quad \forall x \in S, A \subseteq \mathcal{V} \text{ measurable}$$

REMARK This does not imply a corresponding relation between p^n and $\hat{p}^n$.

$\leadsto$ lift is infinitesimal property

Equivalent formulations of lift property

$$\pi_1(x, \nu) = x$$

$$(**) \int \hat{p}(f \circ \pi)(x, \nu) k(x, d\nu) = (pf)(x) \quad \forall x \in S, f: S \rightarrow \mathbb{R} \text{ meas. + bounded}$$

$$(***) \int \hat{p}(f \circ \pi) g \circ \pi d\hat{\mu} = \int pf g d\mu \quad \forall f, g \in L^2(\mu)$$

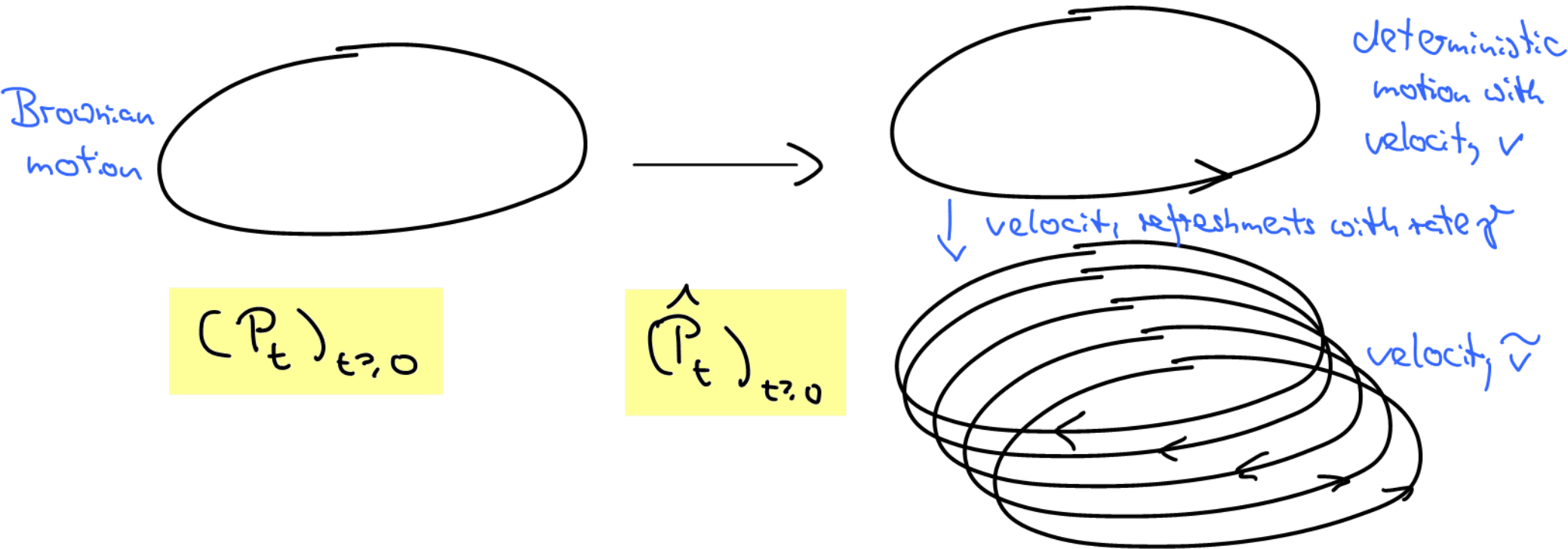
$$(***) \int \hat{L}(f \circ \pi) g \circ \pi d\hat{\mu} = \int \underbrace{L f}_{= -E(f, g)} g d\mu \quad \forall f, g \in L^2(\mu)$$

$$\hat{L} = \hat{p} - I, \quad L = p - I$$

"First order lift"

b) From discrete to continuous time

EXAMPLE $S = S^1, \quad V = \mathbb{R}, \quad \mu = \text{Unif}(S), \quad \kappa(dv) = N(0,1)(dv)$



$$\int \hat{P}_t(\text{for } \pi)(x,v) \kappa(dv) = \mathbb{E}_{\delta_x \otimes \kappa} [f(\hat{X}_t)] \quad \text{Second order lift}$$

$\hat{X}_t \approx N(x,t^2)$

$$\stackrel{f \in \text{Dom}(L)}{=} \mathbb{E}_{\delta_x} [f(X_{t^2})] + o(t^2) = (P_{t^2} f)(x) + o(t^2) \quad \text{as } t \downarrow 0$$

Equivalent formulation via generators:

$$(**) \quad \lim_{t \downarrow 0} \int \underbrace{\frac{\hat{P}_t(f \circ \pi) - f \circ \pi}{t^2}}_{= \frac{1}{t} \hat{L}(f \circ \pi) + \frac{1}{2} \hat{L}^2(f \circ \pi) + o(1)}(x, v) K(dv) = (Lf)(x) \quad \forall f \in \text{Dom}(L)$$

$$(***) \quad \int \hat{L}(f \circ \pi)(x, v) K(dv) = 0 \quad \text{and} \quad \frac{1}{2} \int \hat{L}^2(f \circ \pi)(x, v) K(dv) = Lf(x)$$

c) Lifts of reversible diffusions

$(P_t)_{t \geq 0}$ Symmetric Markov semigroup on $L^2(\mu)$, generator L

$(\hat{P}_t)_{t \geq 0}$ Markov semigroup on $L^2(\hat{\mu})$, generator $\hat{L}$

DEFINITION [A.E., F. Lörler 2024] $(\hat{P}_t)_{t \geq 0}$ is a 2nd order lift of $(P_t)_{t \geq 0}$ iff

$$(i) \quad f \in \text{Dom}(L) \Rightarrow f \circ \pi \in \text{Dom}(\hat{L})$$

$$(ii) \quad \int \hat{L}(f \circ \pi) g \circ \pi d\hat{\mu} = 0 \quad \forall f, g \in \text{Dom}(L)$$

$$(iii) \quad \frac{1}{2} \int \hat{L}(f \circ \pi) \hat{L}(g \circ \pi) d\hat{\mu} = - \int f Lg d\mu = E(f, g) \quad \forall f, g \in \text{Dom}(L)$$

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EXAMPLES The following processes are all 2nd order lifts of OLD:

1) Hamiltonian dynamics

2) Langevin dynamics for any $\gamma \geq 0$

3) Randomized HMC for any $\gamma \geq 0$

4) Bouncy particle sampler

etc.

3. Bounds for relaxation times

$$t_{\text{rel}}(\hat{P}) := \inf \left\{ t \geq 0 : \|\hat{P}_t f\|_{L^2(\hat{\mu})} \leq \frac{1}{e} \|f\|_{L^2(\hat{\mu})} \quad \forall f \in L^2_0(\hat{\mu}) \right\}$$

non-asymptotic L^2 relaxation time

WARNING In general $t_{\text{rel}}^{-1} \neq$ asymptotic decay rate,

$t_{\text{rel}} \neq$ asymptotic decorrelation time, $t_{\text{rel}} \neq$ inverse spectral gap !

EXAMPLE $\|\hat{P}_t\|_{L^2_0(\hat{\mu}) \rightarrow L^2_0(\hat{\mu})} \leq C e^{-\lambda t} \Rightarrow t_{\text{rel}} \leq \frac{1}{\lambda} \log C$

a) General lower bound for relaxation times of lifts

THEOREM [A.E.F. LÖcherer] If $(\hat{P}_t)$ is a 2nd order lift of (P_t) then

$$t_{\text{rel}}(\hat{P}) \geq \frac{1}{2\sqrt{2}} \sqrt{t_{\text{rel}}(P)}$$

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REMARK

Similar result for lifts of Markov chains by Chen, Lovasz, Pak (1999), but with "set time" instead of relaxation time.

Proof via conductance.

PROOF $\lambda > \text{gap}(L) \Rightarrow \exists f \in L^2_0(\mu) : \mathcal{E}(f, f) \leq \lambda \|f\|_{L^2(\mu)}^2$

$$\Rightarrow \|\hat{L}(f \circ \pi)\|_{L^2(\hat{\mu})}^2 \stackrel{\text{lift}}{=} 2 \mathcal{E}(f, f) \leq 2\lambda \|f\|_{L^2(\mu)}^2 = 2\lambda \|f \circ \pi\|_{L^2(\hat{\mu})}^2$$

$$\Rightarrow \underbrace{s(\hat{L})} := \inf_{g \in L^2_0(\hat{\mu}) \cap \text{Dom}(\hat{L})} \frac{\|\hat{L}g\|_{L^2(\hat{\mu})}}{\|g\|_{L^2(\hat{\mu})}} \leq \sqrt{2 \text{gap}(L)}$$

singular value gap, see also Chatterjee (2023)

One can show that $t_{\text{rel}} \geq \frac{1}{2s(\hat{L})} \quad (\dots) \quad \square$

b) Optimal lifts

DEFINITION Let $C \in [1, \infty)$. A lift is called C -optimal iff

$$t_{\text{rel}}(\hat{P}) \leq \frac{C}{2\sqrt{2}} \sqrt{t_{\text{rel}}(P)}.$$

maximal acceleration up to factor C

EXAMPLE Gaussian case: Critically damped LD is 5.46 optimal lift of OLD.

THEOREM Suppose that

(i) μ satisfies Poincaré inequality with constant $m \in (0, \infty)$.

(ii) $\nabla^2 u \geq -cm$, $c \in [0, \infty)$.

(iii) $\frac{1}{A} \leq \frac{\sigma}{\sqrt{m}} \leq A$, $A \in [1, \infty)$.

Then RHC is a C -optimal lift of OLD with $C = 2\sqrt{2} \left(482 \cdot \left(6 + \frac{5c}{7} \right) \cdot A + 3 \right)$.

Similar results hold for Langevin dynamics, on convex domains in $\mathbb{R}^n$ (with reflection at boundary), and on Riemannian manifolds.

[AE, F. Lörler; Arxiv 12/2024]

PROOF Adaptation of Lu, Wang (2022) and Cao, Lu, Wang (2023).

Argument based on space-time Poincaré inequalities and divergence lemma, following approach in Albritton, Armstrong, Morrat, Novick (2023).

Simplifications by lift-framework.

4. Proof of upper bound on relaxation time

a) Semigroup decay via space-time Poincaré inequality

$$\hat{L}_\gamma = \hat{L} + \gamma(\Pi_v - I)$$

generator of Hamiltonian flow
velocity refreshment

Fix $T \in (0, \infty)$.

$$\frac{d}{dt} \int_t^{t+T} \|\hat{P}_s f\|_{L^2(\hat{\mu})}^2 ds = 2 \int_t^{t+T} (\hat{P}_s f, (\hat{L} + \gamma(\Pi_v - I)) \hat{P}_s f)_{L^2(\hat{\mu})} ds$$

$$= -2\gamma \|(I - \Pi_v) \hat{P}_s f\|_{L^2(\hat{\mu} \otimes \text{Unif}(t, t+T))}^2$$

$$= \frac{1}{\gamma} \left(-\frac{\partial}{\partial s} + \hat{L} \right) \hat{P}_s f =: \frac{1}{\gamma} A \hat{P}_s f \quad \text{first order transport operator}$$

$$= -\frac{2\lambda}{\gamma} \|A \hat{P}_s f\|_{L^2(\hat{\mu} \otimes \text{Unif}(t, t+T))}^2 - 2\gamma(1-\lambda) \|(I - \Pi_v) \hat{P}_s f\|_{L^2(\hat{\mu} \otimes \text{Unif}(t, t+T))}^2$$

$$\leq -\text{const.} \cdot \|\hat{P}_s f\|_{L^2(\hat{\mu} \otimes \text{Unif}(t, t+T))}^2 \quad \text{by space-time PI}$$

b) Proof of space-time Poincaré inequality via lifts + divergence lemma

$$A = -\frac{\partial}{\partial t} + \hat{L}$$

(STEP I)

$$\|f\|_{L^2(\hat{\mu} \otimes \lambda_{(0,T)})}^2 \leq C_1 \|f - \Pi_\nu f\|_{L^2(\hat{\mu} \otimes \lambda_{(0,T)})}^2 + C_2 \|A f\|_{L^2(\hat{\mu} \otimes \lambda_{(0,T)})}^2$$

for all functions $f \in \text{Dom}(A)$ with $\int f d(\hat{\mu} \otimes \lambda_{(0,T)}) = 0$.

STEP 1

$$\|f\|_{L^2(\hat{\mu} \otimes \lambda_{(0,T)})}^2 = \underbrace{\|f - \Pi_\nu f\|_{L^2(\hat{\mu} \otimes \lambda_{(0,T)})}^2}_{\text{ok } \checkmark} + \underbrace{\|\Pi_\nu f\|_{L^2(\hat{\mu} \otimes \lambda_{(0,T)})}^2}_{= \|\tilde{f}(x,t)\|_{L^2(\mu \otimes \lambda_{(0,T)})}^2}$$

STEP 2 "Divergence lemma" (time inhomogeneous replacement for Poisson equation)

$$\exists h \in H_0^{1,2}(\mathbb{R}^d_x(0,T)), g \in H_0^{2,2}(\mathbb{R}^d_x(0,T)) : \tilde{f} = \partial_t h - Lg = \bar{\nabla}^* \begin{pmatrix} -h \\ \nabla g \end{pmatrix}$$

$\exists h \in H_0^{1,2}(\mathbb{R}^d \times (0,T)), g \in H_0^{2,2}(\mathbb{R}^d \times (0,T))$ with norms bounded by $\|\tilde{f}\|_{L^2}$ s.t.

$$\tilde{f} = \partial_t h - Lg = \bar{\nabla}^* X, \quad X = \begin{pmatrix} -h \\ \nabla g \end{pmatrix}$$

REMARK This is a statement on L and not on the generator of the lift!

$$\|\tilde{f}\|^2 = (\tilde{f}, \tilde{f}) = (\tilde{f}, \partial_t h - Lg) = -(\partial_t \tilde{f}, h) + (\nabla_x \tilde{f}, \nabla_x g)$$

$$\stackrel{\text{Lift}}{=} (A(\tilde{f} \circ \pi), h \circ \pi + \hat{L}(g \circ \pi)) \quad \pi(x, v, t) = (x, t)$$

$$= (A(\tilde{f} \circ \pi), \bar{v} \cdot X \circ \pi) \quad \bar{v} = (v, 1)$$

$$= \underbrace{(A\tilde{f}, \bar{v} \cdot X \circ \pi)}_{\text{I}} + \underbrace{(A(\pi_v \tilde{f} - \tilde{f}), \bar{v} \cdot X \circ \pi)}_{\text{II}}$$

$$\begin{aligned} \textcircled{I} &\leq \|A f\| \cdot \|\bar{v} \cdot X \circ \pi\| = \|A f\| \cdot \|X\| \\ &\leq \text{const. } \|\tilde{f}\| \text{ by divergence lemma} \end{aligned}$$

$$\begin{aligned} \textcircled{II} &= (\pi_* f - f, \underbrace{A^*(\bar{v} \cdot X \circ \pi)}_{\substack{= \bar{\nabla}^* X \circ \pi \\ = \tilde{f} \checkmark}} + \underbrace{\text{remainder}}_{\substack{\leq 2 \|\bar{\nabla} X\| \text{ by explicit computation} \\ \leq \text{const. } \|\tilde{f}\| \text{ by divergence lemma}}} \end{aligned}$$

□

REMARK

The constants in the divergence lemma depend on lower bound of $\nabla^2 u$.
Proof uses Bochner method.

Non-reversible lifts of reversible diffusion processes and relaxation times

AE, Francis Lörler - Probability Theory and Related Fields, 2024 - Springer

Space-time divergence lemmas and optimal non-reversible lifts of diffusions on Riemannian manifolds with boundary

AE, Francis Lörler - arXiv:2412.16710, December 2024

Convergence of non-reversible Markov processes via lifting and flow Poincaré inequality

AE, Arnaud Guillin, Leo Hahn, Francis Lörler, Manon Michel - arxiv:2503.04238, June 2025

EGHLM '25:

- New simplified framework for convergence of non-reversible Markov processes
- Explicit criteria for flow Poincaré inequalities
- Simplified conditions are easier to verify in applications