

## **Amplification of intense light fields by ‘bound states of free electrons’**

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**Light is used to modify and control properties of quantum systems in many areas of physics, with textbook examples such as electromagnetically induced transparency and recent advances in photonics such as the generation of slow light or bright coherent XUV and X-ray radiation. Particularly unusual quantum states can be created by light fields with strengths comparable to the Coulomb field which binds valence electrons in atoms: the states describe a nearly free electron oscillating in the laser field yet still loosely bound to the core [1,2]. We demonstrate that these states arise not only in isolated atoms, but also in rare gases, at and above atmospheric pressure, where they can act as a gain medium during laser filamentation. The states are accessible using shaped laser pulses and the gain is created within just a few cycles of the guided field. The corresponding lasing emission is a signature of population inversion in these states and of their stability against ionization. Our work demonstrates that these unusual states of neutral atoms can be exploited to create a general ultrafast gain mechanism during laser filamentation.**

1 It is often assumed that photo-ionization happens faster in more intense fields. Yet, since late 1980s, theorists  
2 have speculated that atomic or molecular states can again become more stable when the strength of the laser field  
3 substantially exceeds the Coulomb attraction to the ionic core [1-11]. The electron, surprisingly, becomes nearly  
4 but not completely free: rapidly oscillating in the laser field, it still feels residual attraction to the core, which  
5 keeps it bound. These states are known as the ‘Kramers-Henneberger’ (KH) states [12], and are a specific  
6 example of “laser-dressed states” of an atom (or a molecule), interacting with intense laser fields. The effective  
7 binding potential, averaged over the electron oscillations, is sketched in Fig.1(a), for different laser intensities. It  
8 has a characteristic double-well structure: the wells occur when the turning point of electron oscillations is near  
9 the core. The modified potential also modifies the spectrum. The corresponding level shifts of the laser dressed  
10 states can be understood as corrections to the familiar ponderomotive shift associated with nearly free electron  
11 oscillations. Below we refer to these states as “strongly driven laser-dressed states”. In spite of many theoretical  
12 predictions, it took three decades before the existence of such states was inferred in experiments [2,14-15],  
13 showing the ability of isolated neutral atoms to survive laser intensities as high as  $I \sim 10^{15-16} \text{W/cm}^2$ .

14 But are such unusual states really exotic? Can they also form in gases at ambient conditions, at intensities  
15 well below  $10^{15-16} \text{W/cm}^2$ ? After all, for excited electronic states bound by a few eV, the laser field overpowers  
16 the Coulomb attraction to the core already at  $I \sim 10^{13-14} \text{W/cm}^2$ . If this is the case, would these states manifest  
17 inside laser filaments, the self-guiding light structures created by the nonlinearity of the medium response at  
18 intensities of  $\sim 10^{14} \text{W/cm}^2$  [16]?

19 The formation of the KH states should modify both real [17] and imaginary [18] parts of the refractive index  
20 of a laser-driven system. While their response is almost free electron-like, they do form discrete states and lead  
21 to new resonances. Crucially, at sufficiently high intensities theory predicts the emergence of population  
22 inversion in the weakly bound states relative to the lowest excited states [15,19]. This inversion reflects their  
23 increased stability and is the signature of the transition into the stabilization regime. If the inversion was to be  
24 created inside a laser filament [19], it would lead to amplification of the filament spectrum at the transition  
25 frequencies between the stabilized states.

26 We first confirm these expectations by directly solving the time-dependent Schroedinger equation (TDSE),  
27 showing both the population inversion in these states and the associated gain. Second, we observe these states in  
28 experiments via the emergence of absorption and stimulated emission peaks at transition wavelengths not present  
29 in the field-free atom or ion. Notably, the gain takes place in neutral atoms, not ions, and we are only able to  
30 achieve gain by using shaped laser pulses, tailored to a few-cycle resolution. We confirm theoretically that for

31 our experimental conditions such resonances do not appear in standard filamentation models.

32 Currently, lasing during laser filamentation in atmospheric gases is an active research field [16, 20-31], for  
33 applications in remote gas sensing. Recent work was also performed in low pressure Argon [32] and Krypton  
34 [32], while stimulated X-ray emission has also been observed from rare gas plasmas [34]. Our mechanism is  
35 both distinctly different from those reported previously and also general for any gas: it relies on strongly driven  
36 laser-dressed states in neutral atoms and uses pulse shaping to control their population and seed gain.

37 Theoretically, we solve the time-dependent Schrödinger equation for an Argon atom interacting with an  
38 intense, 800 nm laser field (see Methods). We use a shaped IR pulse with a sharp (~5 fs) front, which optimizes  
39 the population of the ‘nearly free’ dressed states of the strongly driven atom. Indeed, in IR fields the ionization  
40 rate of these states maximizes at  $I \sim 10^{13}$  W/cm<sup>2</sup> (known as the ‘death valley’), before decreasing again at higher  
41 intensities [1,5, 8-11]. Thus, the ‘death valley’ should be crossed quickly [1,5,8-11]. The sharp front is followed  
42 by a flat top, so that the laser-dressed states are better defined. Next, we compute the linear response of the  
43 dressed atom in the *visible frequency range* to identify possible gain lines. To this end, the dressed atom is  
44 probed by a weak broadband (~5 fs) probe, carried at  $\lambda = 600$  nm and centered in the middle of the pump pulse  
45 ( $t=0$ ). Since the response is linear, it is independent of the probe structure. The time-dependent response to the  
46 probe,  $\Delta d(t)$ , is extracted from the full nonlinear polarization  $d(t) = \langle \Psi(t) | \hat{d} | \Psi(t) \rangle$  as described in [18]:  
47  $\Delta d(t) = d(t) - d_{\text{IR}}(t)$ . Here  $d_{\text{IR}}(t) = \langle \Psi_{\text{IR}}(t) | \hat{d} | \Psi_{\text{IR}}(t) \rangle$ ,  $\Psi(t)$  and  $\Psi_{\text{IR}}(t)$  are computed with both fields present or the  
48 strong IR pump only, respectively.

49 The key quantity is the imaginary part of the Fourier transform of  $\Delta d(t)$ , denoted  $\Delta D(\omega)$ : the negative  
50 imaginary part signifies gain, the positive signifies loss. Figures 1(b,c) show a window Fourier transform of  
51  $\Delta d(t)$ , using the sliding Gabor window  $G_2(t, t_0) = \exp[-(t-t_0)^2/T^2]$  ( $T=500$  a.u.), which allows us to time-resolve the  
52 emission. Below  $I=10^{14}$  W/cm<sup>2</sup>, the time-dependent gain is mostly offset by the loss, but the situation radically  
53 changes above this intensity: at  $I=1.4 \times 10^{14}$  W/cm<sup>2</sup> gain dominates and broad amplification lines arise around  
54 550-570 nm and 630-650 nm, (Figure 1 (c)). The lines are asymmetric, more Fano-like than Lorentzian, which is  
55 expected in the presence of a strong driving field [35]. Importantly, we see that gain occurs intra-pulse. The  
56 threshold nature of gain and asymmetric line-shapes are apparent in Figure 1 (d).

57 Thus, theory predicts the emergence of gain at intensities  $I \sim 10^{14}$  W/cm<sup>2</sup>, which will manifest in the forward  
58 spectrum from only shaped (i.e. sharp rise time) laser pulses. Specifically we look for evidence of new,  
59 atypical, absorption and emission structures with asymmetric Fano-like shapes, between 400 nm and 700 nm.

60 Second, the population inversion should occur intra-pulse and depend on the pulse shape, i.e. both rise time and

61 duration. Third, the emission should have lasing characteristics and occur at transitions not found in the field-  
62 free atom or ion. To test these predictions we employ a pulse shaping set up with a resolution down to two  
63 cycles. We use a self-phase modulated broadened and compressed Chirped Pulse Amplified (CPA) Ti:Sapphire  
64 laser in combination with a 640 pixels SLM (Spatial Light Modulator) pulse shaper [36], providing 50  $\mu$ J energy  
65 pulses centered at 800 nm (see Supplementary Figure 1 (b), Methods and Ref [38] for more details). The pulses  
66 are focused into the experimental chamber by a 300 mm off-axis spherical mirror, leading to a short filament (4  
67 mm, see Supplementary Figure 1 (a) and Methods) in the noble gas (Ar or Kr, 2-9 bar). The pulse is shaped in  
68 such a way that it acquires the required sharp rise at the beginning of the filament, maximizing the population of  
69 the stabilized, strongly driven laser-dressed states. This pre-compensation of the desired pulse shape is achieved  
70 by acoustic shock wave optimization at the focus (see Methods), and pulse fronts as sharp as 5 fs are generated,  
71 as measured using a Spectral Phase Interferometry for Direct Electric field Reconstruction, (SPIDER).

72 The experimental results are presented in Figures 2 and 3. The laser-induced states are only accessible using  
73 a sharp rise-time to cross the “death valley” and avoid ionization. Thus we can compare the forward emission  
74 from pulses with the same spectra, but different temporal shapes. The red line in Figure 2(a) shows  
75 supercontinuum generated inside the filament, for a smooth, 40 fs, broad Gaussian laser pulse. This standard  
76 Gaussian pulse yields a typical supercontinuum spectrum in the forward direction, with no resonant lines  
77 attributable to the atomic gas or ions. In contrast, when the pulse rise time is fast, i.e. for a 7 fs ultrashort pulse,  
78 we observe dramatically different spectra with distinct asymmetric (Fano-like) amplification lines at 530 nm,  
79 550 nm, 570 nm, and 625 nm (Figure 2 (a)), as predicted by the theory. The Gaussian pulse possesses the seed  
80 radiation for gain or loss, but the slow rise time cannot efficiently populate the laser-driven states.

81 Our ability to control gain by pulse shaping is demonstrated when comparing the asymmetric triangular-like  
82 pulse with a fast 5 fs rise time followed by a 20 fs decay against the reverse shape (20 fs rise, 5 fs fall). They  
83 have identical spectra but opposite spectral phase. The pulse with the fast rise time leads to the strong stimulated  
84 emission lines as described above, while the pulse with the slow rise time leads to absorption at the same  
85 wavelengths. We note also the absence of gain lines at wavelengths where no supercontinuum light is present,  
86 i.e. no lines are observed below 450 nm, as the supercontinuum acts as the lasing seed.

87 All the emission lines are only observed in the forward direction, indicative of emission coherent with the  
88 dressing pulse. Their divergence, measured from lateral photographs using spectral filtering, is 39 mrad in the  
89 600 nm region, below that of the 800 nm dressing pulse (50 mrad, consistent with the lens and beam diameter).  
90 Their polarization is strictly coincident with that of the driving pulse, as expected of stimulated, rather than



91 amplified spontaneous emission. The side spectra (Figure. 2 (b)) do not exhibit lines at these wavelengths, but  
92 show instead the well-known Argon plasma incoherent recombination lines around 350 nm and 800 nm, (taken  
93 from the NIST database), thus the emission is not amplification of the fluorescence. Above a certain threshold,  
94 the output intensity of the emission lines grows roughly linearly with the intensity of the seeding spectrum  
95 contained in the supercontinuum tail of the pulse, as expected for stimulated emission (See Supplementary  
96 Figure 2).

97 We now examine the dependence of gain on power and identify the lasing threshold. We have used  
98 trapezoid-like pulse shapes (10 fs rise, 5 fs plateau, 10 fs fall, Figure. 2 (c)), and progressively increased the  
99 input laser energy. In Figure 2 (c), the emission lines at 557 nm and 625 nm undergo absorption at lower pulse  
100 energies, but show strong gain when the pulse energy exceeds  $\sim 28 \mu\text{J}$  (This is also observed for a 10 fs rise, 5 fs  
101 plateau, 10 fs fall, in Figure 2 (d), with lasing commencing at  $33 \mu\text{J}$ ). A plot of the lasing output power versus  
102 the input power of the dressing pulse is shown in the Supplementary Figure 3, and gives a lasing threshold of 1.5  
103 GW ( $I \sim 10^{14} \text{W}/\text{cm}^2$ ). Finally, we stress that gain lines in the region of 610-690 nm, (highlighted resonances near  
104 625 nm and 675 nm in Figure 2 (d)), have no counterpart in the field-free spectrum of Argon, and therefore  
105 cannot be explained by emission after the pulse.

106 The key role of the laser-dressed (KH) states is confirmed by the theoretical results in Fig.3. We cross-check  
107 the shape and spectrum of the trapezoidal input pulse (10 fs – 10 fs – 10 fs) at the onset of filament, using  
108 numerical pulse propagation simulations, (see Methods for details). We then use the experimental pulse in the  
109 TDSE simulations to calculate the intensity of the emitted radiation. The simulated output spectrum is  
110 normalized to the input spectrum at the 800 nm carrier wavelength, as in experiment. Fig.3 (b) shows the  
111 emergence of strong emission lines in agreement with experiment, (Figure 3 (a)). Note that the peaks emerge in  
112 the region where Fig.1(d) shows gain. Figure 3(b) also shows that the observed lines cannot be attributed to  
113 standard non-linear effects during propagation: simulation of laser filamentation using standard propagation  
114 models (see Methods) does not lead to any peaks in the spectral region of interest.

115 Finally, we focus on the spectral region between 610 nm and 690 nm. There are no field-free lines in the  
116 Argon spectrum which coincide with the strong amplification lines observed experimentally at 625 nm and near  
117 675 nm. However, Fig.3(c) shows that transitions between the laser-dressed states (calculated in the Kramers-  
118 Henneberger frame, see Methods section) do indeed move into this region: The shadowed blue line – the lowest  
119 excited electronic state shifted up by  $650 \pm 50 \text{ nm}$  – enters the dense manifold of weakly bound states (gray  
120 region) at  $I \sim 0.9 \cdot 10^{14} \text{W}/\text{cm}^2$ . Note that Figure 3 (c) does not show the overall ponderomotive shift of the excited

121 states and only demonstrates the additional shift. This shift is relatively small compared to the pondermotive  
122 shift which reaches 6 eV at  $10^{14}$  W/cm<sup>2</sup> (for  $\lambda=800$  nm). Fig 3 (d) shows the population difference between the  
123 field free states that move into this region at intensities around  $10^{14}$  W/cm<sup>2</sup>. These are the states with field free  
124 transition frequencies between 500 nm - 600 nm, which acquire population inversion at intensities around  $10^{14}$   
125 W/cm<sup>2</sup>.

126 The lasing mechanism is not specific to Argon. Similar results were found in Krypton, see Figure 4 (and  
127 Supplementary Material for a direct comparison to Argon). As expected, the lasing transitions are located at  
128 different energies than in Argon, reflecting the different structure of the atom, but exhibit both broad and narrow  
129 gain features and asymmetric Fano-like lineshapes. In Krypton the transition lines shift slightly with increasing  
130 input energy (3 nm -5 nm), reflecting different relative Stark shifts of the states involved (Fig. 4).

131 There is no direct connection between the resonant widths of laser dressed states and their lifetime or length  
132 of the laser pulse. Indeed, 1) the laser dressed states undergo ultrafast dynamics intra-pulse and 2) their positions  
133 depend on laser intensity leading to “inhomogeneous” broadening due to spatial and temporal intensity  
134 distribution. For example, in a 7 fs smooth pulse envelope, the dressed states rapidly shift in energy during the  
135 pulse, with changing intensity, so that resonances should broaden with increasing peak intensity as observed in  
136 Figure 4. The amplification lines from an ultrashort, Fourier limited, 5-7 fs pulse in Krypton spectrally broaden  
137 with increasing intensity, (from 3 nm to 7 nm at 617 nm, Fig 4 (a)). For a long ‘trapezoidal’ pulse (10 fs - 40 fs -  
138 10 fs rise-plateau-fall), transition lines shift with intensity but keep their widths, (~7 nm at 624 nm, and ~12 nm  
139 at 613 nm, Figure 4 (b)).

140 Our results lead to the following conclusions. The observation of gain lines specific to the atom dressed by an  
141 intense,  $I > 10^{14}$  W/cm<sup>2</sup>, laser field, and absent in the spectrum of field free transitions, shows that the so-called  
142 Kramers-Henneberger atom, long thought to be an exotic creature, is ubiquitous even in dense (1-9 bar) gases  
143 interacting with strong laser fields. For sufficiently high intensities, the laser-driven atom can become an  
144 inverted medium, inside the laser pulse. The created population inversion is not system-specific. Rather, it relies  
145 on the dynamics of strong-field ionization and the possibility of efficient population of strongly driven excited  
146 electronic states. Electrons trapped in these states respond almost as free, yet they remain bound and can be used  
147 as the multi-photon pumped gain medium during laser filamentation. After the end of the pulse, coherent free  
148 induction decay can also seed lasing between the field-free states carrying population inversion. Our findings  
149 illustrate new opportunities for enhancing and controlling lasing inside laser filaments by optimizing the shape of  
150 the input laser pulse.

151

## 152 **Methods**

153 **Pulse shape generation.** To synthesize laser waveforms with pulse shape control down to the few cycles  
154 level, a Chirped Pulse Amplified (CPA) Ti:Sapphire laser, (780nm, 1.5mJ, 40 fs, 1 kHz, details and a diagram  
155 can be found in Supplementary Figure 1 b)) undergoes two stage filamentation in air, through loose focusing  
156 with 2 m and 1.5 m focal length mirrors. The pulse broadened (700-900 nm) by the first filamentation stage is re-  
157 collimated and recompressed with a pair of chirped mirrors before refocusing for the second filamentation stage,  
158 with a pair of spherical mirrors. At the exit of this second stage, the pulse spectrum spans over more than one  
159 octave (450 nm- 1  $\mu$ m) and is recompressed by a chirp mirror arrangement, [38]. The final compression of  
160 higher spectral phase orders and the pulse shape control are achieved using a 4f all-reflective pulse shaper with a  
161 dual mask 640 pixels liquid crystal (LC) modulator. In this configuration, few cycle 5 fs pulses of up to 50  $\mu$ J  
162 can be produced, in addition to flat top, or sawtooth with sharp rise times. These are optimized using a pulse  
163 shape optimization algorithm explained below.

164 **Pulse shape optimization and diagnostics.** In order to compensate for dispersion arising from the chamber  
165 window and the propagation in the pressured gas before the focal point, we apply a phase detection algorithm  
166 [39], on the SLM for getting the shortest pulse (FT limited) at the focus. The signal used for the optimization  
167 loop was the acoustic shock wave released by the plasma, representative of the free carrier density produced by  
168 the laser. Using subsequent measurements we verify this procedure leads to the desired pulse shape, at the onset  
169 of the filament (FT limited, sawtooth, flat top trapezoids). The pulse shapes are measured using a Transient-  
170 Grating FROG [38], as well as a SPIDER (Venteon), at pulse positions before and after filamentation. To  
171 measure the pulse shape within the filament, a 100  $\mu$ m Al foil is placed in the filament path. The filament drills  
172 a self-adapted iris, arresting further filamentation and non-linear propagation [40], but preserving the temporal  
173 pulse shape at this distance. The remaining beam was analyzed by a SPIDER. Key Spider traces are shown in  
174 Supplementary Figures 4, and 5.

175 **Pulse propagation simulations.** Numerical simulations based on unidirectional pulse propagation equation  
176 (UPPE), [44], are used to simulate the laser filamentation process and cross check the pulse shape optimization  
177 routine detailed above. The propagation simulations are first carried out up to the onset of filamentation for  
178 sample pulses and confirmed the desired experimental pulse shape. Next the same simulations were carried out  
179 throughout the full filamentation region to obtain the spectra both at the input and at the output of the filament.

180 The numerical method and the code verification are described in detail in [37]. Briefly, the simulations are  
 181 performed in cylindrically symmetric geometry, reducing the dimensionality of the problem to 2D spatial plus  
 182 1D temporal dimensions. The ionization model uses the standard Perelomov, Popov, and Terent'ev ionization  
 183 rates. All standard nonlinear effects such as self-focusing, self-phase modulation, self-steepening, etc. are  
 184 included, (see Supplementary Figure 8).

185 **Filamentation in pressured Argon cell.** A schematic of the experimental set up can be found in  
 186 Supplementary Figure 1. The shaped pulses enter a pressurized chamber, (2-9 bar), containing Ar or Kr, via  
 187 5mm UVFS windows, where a 300 mm off-axis gold spherical mirror generates a filament ~4-5mm in length,  
 188 before exiting the chamber through a 5mm UVFS window. Spectra from the filament and its plasma are focused  
 189 in the forward and transverse directions, onto Ocean Optics fibre spectrometers (UV-Vis and NIR). An image of  
 190 the filament in the transverse direction is taken by a digital camera, and the acoustic shock wave is recorded with  
 191 a microphone.

192 **Theoretical methods.** The theoretical results in Figures 1, 3 have been obtained by propagating the TDSE  
 193 numerically, using the code described in [41, 43]. We have used a radial box of 200.0 a. u., with a total number  
 194 of radial points  $n_r = 4000$ , and a radial grid spacing of 0.05 a. u. The maximum angular momentum included in  
 195 the spherical harmonics expansion was  $L_{\max} = 50$ . The time grid had a spacing of  $\Delta t = 0.0025$  a.u. In order to  
 196 remove unwanted reflections from the border of the radial box, we have placed a complex absorbing potential  
 197 [42] at 32.7 a.u. before the end of the radial box. The Argon potential used was fitted to reproduce energies and  
 198 dipoles of the first few one-particle states of Argon, as described in Eq. 22 of [43].

$$V_{Ar} = -\frac{1}{r} \left( 1 + 7.625195e^{-1.02557r} - \frac{124.55}{1 + e^{10(r-0.37110)}} \right)$$

199 To obtain the absorption spectra of Figure 1, we have used the technique described in [18]. The probe  
 200 absorption-emission signal is proportional to:

$$201 \quad S(\Omega) \propto \frac{\text{Im}[E_{PROBE}^*(\Omega)D_{PROBE}(\Omega)]}{\int d\Omega |E_{PROBE}(\Omega)|^2}$$

202 where  $D_{PROBE}$  is the frequency resolved linear response of the IR dressed system to the probe pulse:

$$D_{PROBE}(\Omega) = \frac{1}{\Omega^2} \int dt e^{i\Omega t} [a(t) - a_{IR}(t)]$$

203 therefore removing the contribution of the standard nonlinear response induced by the IR.

204 The infra-red field used in the calculations consisted of a 4 cycle  $\cos^2$  turn on, followed by a 32 cycles flat  
205 top part, and a 4 cycle  $\cos^2$  turn off. The carrier frequency of this dressing IR pulse is  $\omega = 0.0569$  a.u. ( $\lambda=800$   
206 nm) and the vector potential is as indicated in the caption to the Figure.

207 The probe pulse used for extraction of the absorption spectrum of the dressed system consists of a Gaussian  
208 pulse, with central frequency  $\Omega = 0.075942$  a.u. ( $\lambda=600$  nm), and a FWHM of 164 a.u.. The pulse is timed at the  
209 middle of the infra-red pulse. Prior to the Fourier transform, the calculated time-dependent dipole was multiplied  
210 by a temporal mask with a flat top ending at 500 a.u. and followed by an exponential turn off with a time-  
211 constant of 200 a.u., so that the response is effectively turned off when the dressing IR pulse is over. This was  
212 done to ensure that only the dressed atom response is tracked, and that the coherent beating between the field-  
213 free states after the end of the dressing laser pulse is removed in this calculation. For the window Fourier  
214 transform with the Gabor window in Fig. 1, only the Gabor window was applied, without additional exponential  
215 damping. To obtain the laser-dressed (KH) states shown in Fig.3(c), the model Argon potential was adapted to a  
216 different solver for the stationary Schroedinger equation written in cylindrical (rather than spherical) coordinates  
217 specifically for the diagonalization of the KH Hamiltonian. The approach is described in Ref.[11]. For better  
218 numerical convergence, the model potential was modified slightly while keeping the energies and the transition  
219 dipoles for all relevant states unchanged.

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320

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329

### 330 **Author contributions**

331 J-P.W. and M.I. conceived the experiment; M.I., F.M., M.R., T.B. and O.S. performed the calculations and  
332 developed theoretical interpretation; N.B performed filamentation propagation simulations; M.M., S.H., J.K. and  
333 J.G. designed the experimental apparatus; A.P and A.L designed and implemented pulse shaping process; M.M,  
334 A.P., A.L, J.G. and S.H. performed the experiment and pulse measurements, M.M, A.P. and J.K. analyzed and  
335 processed the experimental data. All authors contributed to the writing of the manuscript.

### 336 **Competing financial interests**

337 The authors declare no competing financial interests.

338

### 339 **Figure Legends**

340

341 **Figure 1** Simulated absorption spectra of Ar atom dressed by a strong IR pulse. Negative absorption signifies  
342 gain, positive - loss. (a) The Kramers-Henneberger potential for different pulse intensities, for 800nm,  
343 developing the characteristic double well shape. The inserts show the potential in cylindrical coordinates. (b,c)  
344 Time and frequency resolved absorption profiles for a Gabor window of  $T=500$  a.u. and intensities of (b),  $1.4 \times$   
345  $10^{14}$  W/cm<sup>2</sup> and (c),  $1.9 \times 10^{14}$  W/cm<sup>2</sup>. (d) Frequency-resolved absorption during the IR pulse. Different curves  
346 correspond to different peak intensities of the dressing IR field:  $0.5 \times 10^{14}$  W/cm<sup>2</sup> (black line),  $0.9 \times 10^{14}$  W/cm<sup>2</sup>  
347 (red line),  $1.4 \times 10^{14}$  W/cm<sup>2</sup> (green line),  $1.9 \times 10^{14}$  W/cm<sup>2</sup> (blue line) and  $2.2 \times 10^{14}$  W/cm<sup>2</sup> (orange line).

348

349 **Figure 2** (a) Forward emitted spectrum from different pulse shapes filamenting in the Argon cell at 9 bar,  
350 including a Gaussian pulse shape with a 40fs duration, a 7 fs Fourier limited pulse, a sawtooth shaped pulse,  
351 where the sharp front, (5 fs), arrives first followed by a trailing 20 fs decay and the reversed sawtooth, with a 20  
352 fs front risetime and a 5 fs decay time. The curves are offset for clarity. (b) shows the incoherent sideways  
353 emitted spectrum from a Fourier limited, 7 fs pulse during filamentation in the same Argon cell in green, and  
354 overlaid are the corresponding Ar I and Ar II plasma recombination lines taken from the NIST database, which  
355 are not visible in the forward, coherent spectrum. (c) shows the forward emitted spectra, following filamentation  
356 in the same Argon cell, of a 10 fs rise time, 5 fs plateau and 10 fs decay time, for increasing pulse energies, in  
357 steps of 5.6 $\mu$ J. Two absorption features are visible at 625 nm and 560 nm which become gain features at 35  $\mu$ J  
358 and 28  $\mu$ J respectively, and a broad gain feature emerging at 600 nm. Red lines indicate the movement of  
359 emission peaks with increasing input energy, and the dashed lines are to guide the eye to specific lasing peaks at  
360 635 nm and 560 nm. An input white light spectrum is shown in Supplementary Figure 7 (a).

361 **Figure 3** Comparison between theory and experiment for 10 fs – 10 fs – 10 fs pulse. (a) Experimentally  
362 measured forward emission for filamentation in Argon, at 50  $\mu$ J, showing the input, (blue) and output, (orange)  
363 spectra. (b) Theoretically calculated emission spectrum, of the strongly dressed atom for the experimental pulse  
364 at the input of the filament: input (blue), output, (orange). The red line shows the results of filamentation  
365 propagation simulations, (see Methods), without including the laser-dressed states. (c) Position of the Kramers  
366 Henneberger states as a function of laser intensity. To demonstrate the origin of the emission in the spectral  
367 region, 650 nm +/- 50 nm, the lowest excited KH state (blue) is shifted up, (dashed and shaded blue). (d) The  
368 relative population difference between key field-free states, which can contribute to emission, between 500 nm  
369 and 700nm. The population is calculated at the end of the pulse.

370 **Figure 4** The forward spectra of trapezoid pulses of the filamentation emission in Krypton at 9 bar, with  
371 increasing pulse energy. (a) A Fourier limited pulse, 7 fs duration. A shift in the transition lines is  
372 observed with increasing pulse energy of 3-5 nm over 50  $\mu$ J, and at 20  $\mu$ J, the weak emission/absorption  
373 lines are strongly enhanced, and the linewidths broadened, (from 3 nm to 7 nm). (b) Trapezoid pulses with  
374 10 fs rise time, 40 fs plateau and 10 fs decay time. Narrow and broad gain features are visible,  
375 experiencing a spectral shift of about 3-5 nm over an energy increase of 50  $\mu$ J, but with less broadening. A  
376 distinct Fano lineshape emerges at 627 nm. Dashed lines and white arrows are to guide the eye, between  
377 the Figures, to show the shift in emission wavelengths between different pulse durations and also to  
378 highlight the field dependence of the states involved. The temporal pulse shape is shown in red for each

379 graph.

380

## 381 **Supplementary Figures**

382 **Supplementary Figure 1.** (a) Illustration of experimental setup: filamentation within a pressured argon cell and  
383 the laser pulse shaping system. The shaped pulse is focused with either a spherical focusing mirror or an off axis  
384 parabolic mirror, ( $f=30$  cm), and forward and side spectra measurement taken with Ocean Optics HR4000  
385 spectrometers. Filament length is monitored with a Nikon camera while the shock wave due to the plasma  
386 creation is monitored with a microphone. The mirrors are coated for broadband reflectivity, and the gold off-  
387 axis parabolic mirror has a focal length of 30 cm. We use ultra violet fused silica windows and lenses, for the  
388 cell and focusing into the spectrometers. Details of the broadband laser and pulse shaping and compression  
389 system can be found in Ref [36] and [38]. (b) Illustration of laser system used to generate pulse shapes: we use a  
390 frequency-doubled Nd:Vanadate laser (Verdi V5, Coherent) to pump a Ti:Sapphire oscillator (Femtosome  
391 Compact, Femtolasers) to produce 6 nJ centered at 805 nm, 90 nm bandwidth at 80 MHz. This seeds a multi-  
392 pass Ti:Sapphire chirped pulse amplification (Odin C, Quantronix) at 1 kHz, pumped with a nanosecond  
393 frequency-doubled Nd:YLF. The amplified pulses are at 807 nm with a bandwidth of 46 nm, energy ranging  
394 from 0.4 to 1.4 mJ and pulse durations of sub 40 fs. A first of filamentation in air using a 2m spherical mirror  
395 gives moderate broadening with a pulse energy of 430  $\mu$ J. Following collimation and compression, (two double  
396 bounces on a GVD-oscillation compensated chirped mirror pair (Layertec)), a second stage of filamentation is  
397 performed, with a 2.5m focusing spherical mirror. Further compression is then completed with a chirped mirror  
398 pair (Layertec).

399

400 **Supplementary Figure 2** Dependence of the spectral intensity of a resonant lasing peak at 625nm on the  
401 intensity of the input seeding spectrum at 624 nm-626 nm, (shown in (a)), observed in the forward emission  
402 spectra, (shown in (b)). The seeding spectral intensity is controlled by applying a series of Gaussian spectral  
403 mask to the input spectrum, to gradually reduce the supercontinuum tail. The Gaussian spectral masks are  
404 shown in (c). This means the rise time, and the pulse duration remain short, (sub 18fs), and the overall pulse  
405 energy is kept constant. There is a clear dependence on the seed radiation, indicative of stimulated rather than  
406 amplified spontaneous emission.

407 **Supplementary Figure 3** Dependence of the output spectral power of a resonant lasing peak on the input  
408 power of the shaped pulse. We plot the output spectral power of the emission peak, (625 nm) as well as an  
409 adjacent region of supercontinuum (at 655 nm) against the input dressing pulse power, for the trapezoid pulse,  
410 shaped as 10 fs – 5 fs - 10 fs. For the resonant peak at 625 nm and a non-resonant region at 655 nm, the  
411 resonant peak increases with a gradient of six times the rate of the non-resonant spectral region. Subtracting the  
412 input spectrum, we observe an absorption region followed by a lasing threshold point and a gain region.

413 **Supplementary Figure 4** SPIDER measurements and reconstruction of an ultrashort pulse. The SPIDER  
414 was taken using a piece of Aluminium foil at the centre of the laser filament inside the Argon chamber. A hole  
415 was drilled at high intensity, which allowed the passage of the central region of the pulse, removing the photon  
416 bath around the filament and reducing the intensity. Tests were performed both outside and inside the cell, with  
417 known chirp added using the pulse shaper, to confirm the accuracy of the reconstructions. (a) shows the pulse  
418 temporal reconstruction and phase, (b) shows the spectral reconstruction and (c) shows the raw interferogram.

419 **Supplementary Figure 5** SPIDER measurements of asymmetric triangular pulses, with a fast rise and a slow  
420 decay or vice versa. The SPIDER interferograms are taken at the position of the filament, by piercing a sheet of  
421 aluminum foil to take only the central region of the pulse in space and remove the photon bath. The reduced  
422 energy of the central region was then fed into a Venteon SPIDER and an interferogram trace was recorded. (a)  
423 shows a positive sawtooth, with a fast rise time, with the reconstructed phase and temporal shape. The input  
424 pulse shape, (without precompensation), is overlaid in dark blue. (b) shows the negative sawtooth  
425 reconstruction and input pulse. (c) shows the corresponding interferograms, and (d) shows the input spectrum.  
426 There is good agreement, and we retrieve equal but opposite temporal phases. The measurements are at the limit  
427 of the bandwidth of the crystal, and the contribution of short wavelengths is underestimated due to the  
428 comparatively lower power of supercontinuum tail.

429 **Supplementary Figure 6** White light input spectrum without pulse shaping, following two stage  
430 filamentation, spectrum is centred around 780 nm.

431 **Supplementary Figure 7.** Direct Comparison between, (a) Argon and (b), Krypton gases for an ultrashort,  
432 7 fs pulse. The strong emission features are located between 580nm and 640nm, but at different locations,  
433 reflecting the different transitions in the laser dressed atom.

434 **Supplementary Figure 8.** Propagation simulations of laser filamentation for a 10 fs- 10 fs – 10 fs pulse. (a,

435 b,c) show the pulse temporal form at three different longitudinal positions at the onset of filamentation. (see  
436 Methods for calculation details). Overlaid is the desired pulse temporal shape. (d) shows the intensity change  
437 across the filamentation region of  $\sim 5$ mm. The calculated filamentation spectrum is shown in Figure 3 (b) of the  
438 text.

439 **Supplementary Text:** Note on control of lasing. We have already demonstrated the sensitivity of lasing to  
440 the seed spectrum. We show that by altering the pulse shape duration, we change relative populations of the  
441 dressed states. In Argon, a trapezoid with a 10fs plateau leads to the emergence of a resonance at 600nm, not  
442 present in the 5 fs plateau pulse, (see Figure 2). In Krypton, Figure 4, moving from a short,  $\sim 5$ fs pulse to a 40 fs  
443 trapezoid leads to a distinctly different spectrum, with new transitions appearing (606nm) and others no longer  
444 visible, (591nm and 618nm) . Thus, the dependence on the seeding spectrum (i.e. the supercontinuum tail of the  
445 input spectrum) and on the dressing pulse allows us to enhance selected lasing wavelengths while suppressing  
446 others.









