

57. We can write the inner product as

$$\langle e^{i_1} \wedge e^{i_2} \wedge \dots \wedge e^{i_p}, f^{j_1} \wedge f^{j_2} \wedge \dots \wedge f^{j_p} \rangle = \sum_{\text{contractions}} \langle e^{i_1} \wedge e^{i_2} \wedge \dots \wedge e^{i_p}, \overbrace{f^{j_1} \wedge \dots \wedge f^{j_p}}^{g(e^i, f^{j_k}) \text{ etc.}} \rangle$$

So clearly

$$\langle e^{i_1} \wedge \dots \wedge e^{i_p}, e^{j_1} \wedge \dots \wedge e^{j_p} \rangle = 0 \quad \text{unless } i_k = j_k \text{ for all } k$$

$\uparrow$   
 here we have  $i_1 < i_2 < \dots < i_p$

In that case we'll have

$$\langle e^{i_1} \wedge \dots \wedge e^{i_p}, e^{i_1} \wedge \dots \wedge e^{i_p} \rangle = 1$$

Since the only nonzero pairing is

$$\langle e^{i_1} \wedge \dots \wedge e^{i_p}, e^{i_1} \wedge \dots \wedge e^{i_p} \rangle$$