



Christoffel Symbols:

$$\Gamma_{\mu\nu}^{\lambda} = \frac{1}{2}g^{\lambda\sigma}(\partial_{\mu}g_{\nu\sigma} + \partial_{\nu}g_{\mu\sigma} - \partial_{\sigma}g_{\mu\nu})$$

Riemann Tensor:

$$R^{\alpha}_{\beta\mu\nu} = \partial_{\mu}\Gamma^{\alpha}_{\nu\beta} - \partial_{\nu}\Gamma^{\alpha}_{\mu\beta} + \Gamma^{\alpha}_{\mu\lambda}\Gamma^{\lambda}_{\nu\beta} - \Gamma^{\alpha}_{\nu\lambda}\Gamma^{\lambda}_{\mu\beta}$$

Einstein's Equations (with Cosmological Constant):

$$G_{\mu\nu} + \Lambda g_{\mu\nu} = R_{\mu\nu} - \frac{1}{2}g_{\mu\nu}R + \Lambda g_{\mu\nu} = \frac{8\pi G}{c^4}T_{\mu\nu}$$

Action of the commutator on an arbitrary tensor (torsion free):

$$[\nabla_{\rho}, \nabla_{\sigma}]X^{\mu_1\ldots\mu_k}_{\nu_1\ldots\nu_l} = R^{\mu_1}_{\lambda\rho\sigma}X^{\lambda\mu_2\ldots\mu_k}_{\nu_1\ldots\nu_l} + R^{\mu_2}_{\lambda\rho\sigma}X^{\mu_1\lambda\ldots\mu_k}_{\nu_1\ldots\nu_l} + \ldots - R^{\lambda}_{\nu_1\rho\sigma}X^{\mu_1\ldots\mu_k}_{\lambda\nu_2\ldots\nu_l} - R^{\lambda}_{\nu_2\rho\sigma}X^{\mu_1\ldots\mu_k}_{\nu_1\lambda\ldots\nu_l} + \ldots$$

Action of the covariant derivative on an arbitrary tensor:

$$\nabla_{\rho}T^{\mu_1\ldots\mu_k}_{\nu_1\ldots\nu_l} = \partial_{\rho}T^{\mu_1\ldots\mu_k}_{\nu_1\ldots\nu_l} + \Gamma^{\mu_1}_{\rho\alpha}T^{\alpha\mu_2\ldots\mu_k}_{\nu_1\ldots\nu_l} + \Gamma^{\mu_2}_{\rho\alpha}T^{\mu_1\alpha\ldots\mu_k}_{\nu_1\ldots\nu_l} \ldots - \Gamma^{\alpha}_{\rho\nu_1}T^{\mu_1\ldots\mu_k}_{\alpha\nu_2\ldots\nu_l} - \Gamma^{\alpha}_{\rho\nu_2}T^{\mu_1\ldots\mu_k}_{\nu_1\alpha\ldots\nu_l}$$

Geodesic Equation:

$$\frac{d^2x^{\sigma}}{d\lambda^2} + \Gamma^{\sigma}_{\mu\nu}\frac{dx^{\mu}}{d\lambda}\frac{dx^{\nu}}{d\lambda} = 0$$

Schwarzschild Metric:

$$ds^2 = -\left(1 - \frac{2GM}{rc^2}\right)c^2dt^2 + \left(1 - \frac{2GM}{rc^2}\right)^{-1}dr^2 + r^2d\theta^2 + r^2\sin^2\theta d\phi^2$$

Conserved quantities in an orbit in Schwarzschild:

$$E = \left(1 - \frac{2GM}{rc^2}\right)\frac{dt}{d\lambda}, \quad L = r^2\frac{d\phi}{d\lambda}$$

Energy Conservation and Effective Potential:

$$\frac{1}{2}E^2 = \frac{1}{2}\left(\frac{dr}{d\lambda}\right)^2 + V_{\text{eff}}(r), \quad V_{\text{eff}}(r) = \frac{\epsilon}{2} + \frac{L^2}{2r^2} - \frac{\epsilon GM}{c^2 r} - \frac{GML^2}{c^2 r^3}$$

$\epsilon = 1$ for a massive particle, $\epsilon = 0$ for massless one.

Gauge Transformation:

For a vector field A_{μ} : $A_{\mu} \rightarrow A_{\mu} + \partial_{\mu}\lambda$.

For the metric under coordinate transformation $x^{\mu} \rightarrow x^{\mu} - \xi^{\mu}$: $g_{\mu\nu} \rightarrow g_{\mu\nu} + 2\partial_{(\mu}\xi_{\nu)}$

Linearized Einstein Tensor:

$$G_{00} = 2\nabla^2\Psi + \partial_k\partial_l s^{kl}$$

$$G_{0j} = -\frac{1}{2}\nabla^2 w_j + \frac{1}{2}\partial_j\partial_k w^k + 2\partial_0\partial_j\Psi + \partial_0\partial_k s_j^k$$

$$G_{ij} = (\delta_{ij}\nabla^2 - \partial_i\partial_j)(\Phi - \Psi) + \delta_{ij}\partial_0\partial_k w^k - \partial_0\partial_{(i}\partial_{j)} w^k + 2\delta_{ij}\partial_0^2\Psi - \square s_{ij} + 2\partial_k\partial_{(i}s_{j)}^k - \delta_{ij}\partial_k\partial_l s^{kl}$$

Expression of the Metric Correction Linearized Gravity:

$$ds^2 = -(1 + 2\Phi)c^2dt^2 + (2w_i)dt dx^i + [2s_{ij} + (1 - 2\Psi)\delta_{ij}]dx^i dx^j$$

Deflection of Light:

$$\Delta\alpha = \frac{4GM}{c^2 b}$$

Corrected Metric in the Transverse-Traceless Case:

$$ds^2 = -c^2dt^2 + (2s_{ij} + \delta_{ij})dx^i dx^j$$

Gravitational Waves:

$$h_{\mu\nu}^{TT} = C_{\mu\nu}e^{ik_{\sigma}x^{\sigma}}, \quad C_{11} = h_{+}, \quad C_{22} = -h_{+}, \quad C_{12} = C_{21} = h_{\times}, \quad k^{\mu} = (\omega, k^1, k^2, k^3)$$

Friedmann–Lemaître–Robertson–Walker (FLRW) Metric:

$$ds^2 = -c^2dt^2 + a^2(t)\gamma_{ij}, \quad \gamma_{ij} = \frac{dr^2}{1-\kappa r^2} + r^2d\theta^2 + r^2\sin^2\theta d\phi^2, \quad a(t) \text{ being dimensionless.}$$

Friedmann Equations:

$$\left(\frac{\dot{a}}{a}\right)^2 = \frac{8\pi G}{3}\rho - \frac{\kappa}{a^2} \text{ and } \frac{\ddot{a}}{a} = -\frac{4\pi G}{3}(\rho + 3P) \text{ where } H(t) = \frac{\dot{a}(t)}{a(t)}, \quad P = w\rho$$

$$\dot{\rho} = -3H(\rho + P)$$

$$\rho = \sum_{i=1} \rho_i + \rho_{\Lambda}, \quad P = \sum_{i=1} P_i + P_{\Lambda}, \quad \rho_{\Lambda} = -P_{\Lambda} = \frac{\Lambda}{8\pi G}, \quad \Omega_i = \frac{\rho_i}{\rho_{cr}}, \quad \rho_{cr} = \frac{3H^2}{8\pi G}$$

Tortoise coordinate:

$$r^* = r + 2GM \ln\left(\frac{r}{2GM} - 1\right)$$

Kruskal coordinates:

$$T = \frac{1}{2}(v' + u') = \left(\frac{r}{2GM} - 1\right)^{1/2} e^{r/4GM} \sinh\left(\frac{t}{4GM}\right)$$

$$R = \frac{1}{2}(v' - u') = \left(\frac{r}{2GM} - 1\right)^{1/2} e^{r/4GM} \cosh\left(\frac{t}{4GM}\right)$$

$$ds^2 = \frac{32G^3M^3}{r}e^{-r/2GM}(-dT^2 + dR^2), \text{ with } u' \text{ and } v' \quad ds^2 = -\frac{16G^3M^3}{r}e^{-r/2GM}(dv'du' + du'dv')$$