Part I

Exercise 1 1

Let $X = V_A \otimes ... \otimes V_X \otimes W_A \otimes ... \otimes W_S$ and $Y = W_J(V_I) V_A \otimes ... \hat{V}_I ... \otimes V_X \otimes W_A ... \hat{W}_J ... \otimes W_S$.

We then have $X_{\beta_1 ... \beta_5}^{\alpha_1 ... \alpha_5} = X(A_X^{\alpha_1}, ..., A_X^{\alpha_5}, B_{\beta_1}, ..., B_{\beta_5}) = V_A^{\alpha_1} ... V_X^{\alpha_5} W_A \beta_A ... W_S \beta_S$ And $Y_{\beta_4 ... \beta_3 ... \beta_5}^{\alpha_4 ... \alpha_5} = Y(A_X^{\alpha_4}, ..., A_X^{\alpha_5}, A$

Exercise 2 1

We show that D° is the Levi-Civita connection for any metric on IR" such that the components gap are constant with respect to the coordinate vector fields.

write g = gap dx & dxf. Choose u= udd, v= vfdp and w= wxdy.

1. metric preserving: $ug(v_iw) = u^{\alpha}\partial_{\alpha}(g_{\beta\gamma}v^{\beta}w^{\gamma}) = u^{\alpha}g_{\beta\gamma}(\partial_{\alpha}v^{\beta})w^{\gamma} + u^{\alpha}g_{\beta\gamma}v^{\beta}(\partial_{\alpha}w^{\gamma})$ $= g(D_{\alpha}^{\alpha}v_iw) + g(v_iD_{\alpha}^{\alpha}w).$

2. torsion free , Dom - Dom = Nbob (mxox) - mxox (vpox)
= (box of (mxox) 2 - mx (ox vpox) 2 = [v, w] =

Exercise 3:

We have $2 g_{\delta k} \Gamma_{\alpha \beta}^{\delta} = \partial_{\alpha} g_{\beta \gamma} + \partial_{\beta} g_{\gamma \alpha} - \partial_{\gamma} g_{\alpha \beta}$ | :2 | $g^{\gamma \lambda}$ (=) $g_{\delta k} g^{\gamma \lambda} \Gamma_{\alpha \beta}^{\delta} = \frac{1}{2} g^{\gamma \lambda} (\partial_{\alpha} g_{\beta \gamma} + \partial_{\beta} g_{\gamma \alpha} - \partial_{\gamma} g_{\alpha \beta})$ (=) $\Gamma_{\alpha \beta}^{\lambda} = \frac{1}{2} g^{\gamma \lambda} (\partial_{\alpha} g_{\beta \gamma} + \partial_{\beta} g_{\gamma \alpha} - \partial_{\gamma} g_{\alpha \beta})$.

Exercise 4:

More generally we would have

I' $\partial_{x}g_{\beta\gamma} = g(\nabla_{x}e_{\beta},e_{\gamma}) + g(e_{\beta},\nabla_{x}e_{\gamma})$

II , Sp984 = 9 (Spe8, ex) + 9 (ex, Spex)

 $\frac{1}{2} \sqrt{3} \sqrt{3} \sqrt{8} = 3 \left(\sqrt{2} \sqrt{6} \sqrt{6} \right) + 3 \left(\sqrt{6} \sqrt{6} \sqrt{6} \right)$

With Duep-Dpex = [exiep] = Cxpex

And Dxep = Txpex.

Taking again I + II - III one obtains ,

In a basis of coordinate vector fields we have

While in an osthonormal basis, where gap = 0 for atf and gap = ±1 if d=p, we have

Exercise 6 1

Let
$$g = d\phi^2 + \sin^2\phi d\theta^2$$
, so $g_{\alpha\beta} = \begin{pmatrix} 9\phi\phi & 9\phi\phi \\ 9\phi\phi & 9\phi\phi \end{pmatrix} = \begin{pmatrix} 1 & 0 \\ 0 & \sin^2\phi \end{pmatrix}$.

$$\Gamma_{\phi\theta}^{\theta} = \Gamma_{\theta\phi}^{\theta} = \frac{1}{2} \frac{1}{\sin^2 \phi} \left(2 \sin \phi \cos \phi \right) = \frac{\cos \phi}{\sin \phi}$$

And for the metric g = -f(r)2dt2 + f(r)2dr2 + r2 (d62 + sin2 dd2) we obtain ,

$$\Gamma_{\mu\nu}^{\dagger} = 0$$
, except $\Gamma_{\tau \uparrow}^{\dagger} = \Gamma_{\tau \tau}^{\dagger} = \frac{\sharp'(\tau)}{\sharp(\tau)}$

CAUCIDE T .

First, we want to show that if (DMV) = DMV + TMVV for a vector field v, then (Vm W) B = 2 mB - The Wx for a covertor field W. Since W(V) = WMVM is a scalar, its covariant derivative must be equal to the partial derivative op (w,v) = 2 (w,v). $\nabla_{\mu}(\omega_{\nu}v^{\nu}) = (\nabla_{\mu}\omega_{\nu})v^{\nu} + \omega_{\nu}(\nabla_{\mu}v^{\nu})$

$$= (\partial_{\mu}\omega_{\nu})_{\Lambda} + (\partial_{\mu}\omega_{\nu})_{\Lambda} + (\partial_{\mu}\omega_{\nu})_{\Lambda} + (\partial_{\mu}\omega_{\nu})_{\Lambda}$$

$$= (\partial_{\mu}\omega_{\nu})_{\Lambda} + (\partial_{\mu}\omega_{\nu})_{\Lambda} + (\partial_{\mu}\omega_{\nu})_{\Lambda} + (\partial_{\mu}\omega_{\nu})_{\Lambda} + (\partial_{\mu}\omega_{\nu})_{\Lambda}$$

$$= (\partial_{\mu}\omega_{\nu})_{\Lambda} + (\partial_{\mu}\omega_{\nu})_{\Lambda} + (\partial_{\mu}\omega_{\nu})_{\Lambda} + (\partial_{\mu}\omega_{\nu})_{\Lambda} + (\partial_{\mu}\omega_{\nu})_{\Lambda}$$

Sm (wn v) = (Smw,)vv + w, (smv).

$$= > 0 = \widetilde{\Gamma}_{\mu\nu}^{\lambda} \omega_{\lambda} v^{\nu} + \Gamma_{\mu\gamma}^{\nu} \omega_{\nu} v^{\gamma} = (\widetilde{\Gamma}_{\mu\nu}^{\lambda} + \Gamma_{\mu\nu}^{\lambda}) \omega_{\lambda} v^{\nu}$$

$$= > \widetilde{\Gamma}_{\mu\nu}^{\lambda} \omega_{\lambda} v^{\nu} + \Gamma_{\mu\gamma}^{\nu} \omega_{\nu} v^{\gamma} = (\widetilde{\Gamma}_{\mu\nu}^{\lambda} + \Gamma_{\mu\nu}^{\lambda}) \omega_{\lambda} v^{\nu}$$

Now, remember Exercise 1, where we showed that X & wards = Van Vx War war ws ps

So
$$(\nabla_{\mu} X)^{\alpha_{1} \dots \alpha_{5}}_{\beta_{1} \dots \beta_{5}} = (\nabla_{\mu} V_{1})^{\alpha_{1}} V_{2}^{\alpha_{2}} \dots W_{5} \beta_{5} + \dots + V_{n}^{\alpha_{n}} \dots (\nabla_{\mu} V_{r})^{\alpha_{r}} \dots W_{5} \beta_{5} + V_{n}^{\alpha_{n}} \dots (\nabla_{\mu} W_{n})^{\beta_{1}} \dots W_{5} \beta_{5} + \dots$$

$$= (\partial_{\mu} V_{1}^{\alpha_{1}} + \Gamma_{\mu \lambda}^{\alpha_{n}} V_{1}^{\lambda}) V_{2}^{\alpha_{2}} \dots W_{5} \beta_{5} + \dots + V_{n}^{\alpha_{n}} \dots (\partial_{\mu} V_{r}^{\alpha_{r}} + \Gamma_{n \lambda}^{\alpha_{r}} V_{1}^{\lambda}) \dots W_{5} \beta_{5} + V_{n}^{\alpha_{n}} \dots (\partial_{\mu} W_{n}^{\alpha_{r}} - \Gamma_{n \lambda}^{\lambda_{n}} W_{1}^{\lambda_{n}})$$

$$= (\partial_{\mu} V_{1}^{\alpha_{1}}) V_{2}^{\alpha_{1}} \dots W_{5} \beta_{5} + V_{n}^{\alpha_{1}} (\partial_{\mu} V_{2}^{\alpha_{2}}) \dots W_{5} \beta_{5} + \dots + \Gamma_{n \lambda}^{\alpha_{n}} V_{1}^{\lambda_{n}} \dots W_{5} \beta_{5} + V_{n}^{\alpha_{n}} \dots (\partial_{\mu} W_{n}^{\alpha_{r}} - \Gamma_{n \lambda}^{\lambda_{n}} W_{1}^{\lambda_{n}})$$

$$= \partial_{\mu} X^{\alpha_{1} \dots \alpha_{r}}_{\beta_{1} \dots \beta_{5}} + V_{n}^{\alpha_{1}} (\partial_{\mu} V_{2}^{\alpha_{2}}) \dots W_{5} \beta_{5} + \dots + \Gamma_{n \lambda}^{\alpha_{n}} V_{1}^{\lambda_{n}} \dots W_{5} \beta_{5} + \Gamma_{n \lambda}^{\lambda_{1}} V_{1}^{\lambda_{1}} \dots W_{5} \beta_{5} + \dots - \Gamma_{n \lambda}^{\lambda_{n}} W_{1}^{\lambda_{n}}$$

$$= \partial_{\mu} X^{\alpha_{1} \dots \alpha_{r}}_{\beta_{1} \dots \beta_{5}} + \Gamma_{n \lambda}^{\alpha_{1}} X^{\lambda_{1} \dots \lambda_{r}}_{\beta_{1} \dots \beta_{5}} + \Gamma_{n \lambda}^{\alpha_{1}} V_{1}^{\lambda_{1}} \dots W_{5} \beta_{5} + \Gamma_{n \lambda}^{\lambda_{1}} V_{1}^{\lambda_{1}} \dots W_{5} \beta_{5} + \dots - \Gamma_{n \lambda}^{\lambda_{n}} W_{1}^{\lambda_{1}} \dots W_{5} \beta_{5} + \dots + \Gamma_{n \lambda}^{\alpha_{n}} V_{1}^{\lambda_{1}} \dots W_{5} \beta_{5} + \dots - \Gamma_{n \lambda}^{\lambda_{n}} W_{1}^{\lambda_{1}} \dots W_{5} \beta_{5} + \dots + \Gamma_{n \lambda}^{\alpha_{n}} V_{1}^{\lambda_{1}} \dots W_{5} \beta_{5} + \dots + \Gamma_{n \lambda}^{\alpha_{n}} V_{1}^{\lambda_{1}} \dots W_{5} \beta_{5} + \dots + \Gamma_{n \lambda}^{\alpha_{n}} V_{1}^{\lambda_{1}} \dots W_{5} \beta_{5} + \dots + \Gamma_{n \lambda}^{\lambda_{n}} V_{1}^{\lambda_{1}} \dots W_{5} \beta_{5} + \dots + \Gamma_{n \lambda}^{\lambda_{n}} V_{1}^{\lambda_{1}} \dots W_{5} \beta_{5} + \dots + \Gamma_{n \lambda}^{\lambda_{n}} V_{1}^{\lambda_{1}} \dots W_{5} \beta_{5} + \dots + \Gamma_{n \lambda}^{\lambda_{n}} V_{1}^{\lambda_{1}} \dots W_{5} \beta_{5} + \dots + \Gamma_{n \lambda}^{\lambda_{n}} V_{1}^{\lambda_{1}} \dots W_{5} \beta_{5} + \dots + \Gamma_{n \lambda}^{\lambda_{n}} V_{1}^{\lambda_{1}} \dots W_{5} \beta_{5} + \dots + \Gamma_{n \lambda}^{\lambda_{n}} V_{1}^{\lambda_{1}} \dots W_{5} \beta_{5} + \dots + \Gamma_{n \lambda}^{\lambda_{n}} V_{1}^{\lambda_{1}} \dots W_{5} \beta_{5} + \dots + \Gamma_{n \lambda}^{\lambda_{n}} V_{1}^{\lambda_{1}} \dots W_{5} \beta_{5} + \dots + \Gamma_{n \lambda}^{\lambda_{n}} V_{1}^{\lambda_{1}} \dots W_{5} \beta_{5} + \dots + \Gamma_{n \lambda}^{\lambda_{n}} V_{1}^{\lambda_{1}} \dots W_{5} \beta_{5} + \dots + \Gamma_{n \lambda}^{\lambda_{n}} V_{1}^{\lambda_{1}} \dots W_{5} \beta_{5} + \dots + \Gamma_{n \lambda}^{\lambda_{1}} V_{1}^{\lambda_{1}} \dots W_{5} \beta_{$$

Exercise 8,

x times

choosing local coordinates and using VX = dxM& VnX, one can easily show that $\nabla(cX) = c\nabla X$, $\nabla(X+X') = \nabla X + \nabla X'$

Using that (XOX') & ... \$ str. = X & ... \$ X | detr. dett. we have

Proofing that Yandindr = Xan-pode => Vy Yan-2; de = Vy Xan-pode => Vy pa-\$; ps = Vy Xan-pode is just the same calculation like in Exercise 1.

Suppose we would have another $\tilde{\nabla}$ that satisfies all the above properties and $\tilde{\nabla}f=df$, then we would have $\widetilde{\nabla} f = df = \nabla f$ $\forall f \in C^{\infty}(M) \Rightarrow \nabla = \widetilde{\nabla}$.

Exercise 9:

The great circles are all covered by $f:[0,2\pi] \rightarrow \begin{pmatrix} \phi(t) \\ \phi(t) \end{pmatrix} = \begin{pmatrix} t \\ \theta_a \end{pmatrix}$ with $\theta_o \in [0,2\pi]$. $\frac{\eta_{x}}{\eta_{x}^{2}} = 0 + L_{\phi}^{\theta\theta} \frac{\eta_{x}}{\eta_{x}} \frac{\eta_{x}}{\eta_{x}} = 0$ $\frac{dt^2}{dt^2} = 0 + 2\Gamma_{00}^{0} \frac{dt}{dt} \frac{dt^0}{dt} = 0$ $\frac{d^2 t^0}{dt^2} + \Gamma_{00}^{0} \frac{dt}{dt} \frac{dt}{dt} = 0 \quad \text{is fullfilled}.$

Exercise 10 1

since a path x(1) is a 1-dimensional manifold, its tangent vector y'(1) can be identified with the standard tangent vector of on 1-dimensional manifolds.

By chain rule, we obtain

$$\frac{d}{dt} g(v(t), w(t)) = \underbrace{\frac{dt}{dt} \sum_{t} g(v(t), w(t))}_{= \chi'(t)} = g(\underbrace{\nabla_{g'(t)} v(t)}_{= 0}, w(t)) + g(v(t), \underbrace{\nabla_{g'(t)} w(t)}_{= 0}) = 0.$$

Exercise 11:

For the standard metric on 52 we obtain:

$$R^{\phi}_{\phi\phi\phi} = -R^{\phi}_{\phi\phi\phi} = \sin^{2}\phi$$

$$R^{\phi}_{\phi\phi\phi} = -R^{\phi}_{\phi\phi\phi} = \Lambda$$

$$R_{AB} = R_{AB}^{\phi} + R_{ABB}^{\phi} = \begin{pmatrix} 0 & 0 \\ 0 & -\sin^2 \phi \end{pmatrix} + \begin{pmatrix} -1 & 0 \\ 0 & 0 \end{pmatrix} = \begin{pmatrix} -1 & 0 \\ 0 & -\sin^2 \phi \end{pmatrix}$$

$$R = R_{AB}^{\phi} g^{AB} = +r \left(\begin{pmatrix} -1 & 0 \\ 0 & -\sin^2 \phi \end{pmatrix} \begin{pmatrix} 1 & 0 \\ 0 & \sin^2 \phi \end{pmatrix} \right) = +r \left(\begin{pmatrix} -1 & 0 \\ 0 & -1 \end{pmatrix} \right) = -2$$

For the spacetime metric $g = -f(r)^2 dt^2 + f(r)^{-2} dr^2 + r^2 (d\phi^2 + \sin^2\phi d\theta^2)$ we obtain !

$$R^{\dagger}_{\tau+\tau} = \frac{f''(\tau)f(\tau) + f'(\tau)^{2}}{f(\tau)^{2}}$$

$$R^{\dagger}_{\theta+\phi} = \tau f(\tau)f'(\tau)$$

$$R_{\phi} \theta \phi \theta = \sin_{\phi} \left(f(a)_{\sigma} - 1 \right)$$

$$R^{\theta}_{\psi\theta\psi} = f(r)^{2} - 1$$

$$R^{*}_{+c+} = - f(r)^{2} f'(r)^{2} - f(r)^{3} f''(r)$$

$$R_{\phi}^{\phi} x \phi x = \frac{\xi_{i}(t)}{x \xi(t)}$$

$$R_{\phi}^{\phi} = -\frac{\xi(x)^{3} \xi_{i}(x)}{x \xi(t)}$$

$$R_{x\beta} = R_{x+\beta}^{+} + R_{x+$$

$$+ \begin{pmatrix} 0_{2\times2} & 0 & 0 & 0 \\ 0 & 0 & -1+f(x)^2+2x f(x)f'(x) & 0 \\ 0 & 0 & 0 & \sin^2 \left(2x f(x)f'(x) + f(x)^2 - 1\right) \end{pmatrix}$$

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Rups = gul Raps = g(exiex) Raps = g(exiRaps ex) = g(exiR(epies) es).

Exercise 13 1

$$R^{\lambda}[\beta\gamma\delta] = \frac{1}{3!} \left(R^{\lambda}_{\beta}\beta\delta - R^{\lambda}_{\gamma}\beta\delta + R^{\lambda}_{\gamma}\delta\beta - R^{\lambda}_{\delta}\beta\beta - R^{\lambda}_{\delta}\beta\gamma - R^{\lambda}_{\delta}\beta\gamma \right)$$

$$= \frac{1}{3!} \left(R^{\lambda}_{\beta}\beta\delta + R^{\lambda}_{\beta}\beta\delta + R^{\lambda}_{\gamma}\delta\beta + R^{\lambda}_{\delta}\beta\gamma + R^{\lambda}_{\delta}\beta\gamma + R^{\lambda}_{\delta}\beta\gamma \right)$$

$$= \frac{1}{3} \left(R^{\lambda}_{\beta}\beta\delta + R^{\lambda}_{\gamma}\delta\beta + R^{\lambda}_{\delta}\beta\gamma \right)$$

$$= 0$$

Exercise 14 "

SO RYSUB = - RBSUY

Exercise 15:

 $R^{\lambda}_{\lambda\lambda\beta} = R_{\lambda\lambda}^{\lambda}_{\beta} = R_{\lambda}^{\lambda}_{\beta\lambda} = 0$

Exercise 16 1

The tensor Rap = = = Rgap is symmetric and yields in 2 dimensions:

$$R_{\alpha}^{\alpha} = \frac{1}{2}RS_{\alpha}^{\alpha} = R$$
, so it is the Ricci tensor.

For Rapsi = gas Rps + gps Rax - gps Ras - gas Rps - \frac{1}{2}(gas gps - gas gps) R we have

and it fulfills all the properties/symmetries of the Riemann tensor, so it is the Riemann tensor in 3 dimensions.

Exercise 17 1

Nrite I = J2 dx for some 1-form on a Lorentzian manifold, signature (n-1,1).

=) *
$$d * J = * d (J_{\alpha} * dx^{\alpha})$$

= * $d (J_{\alpha} * sign(i_{\alpha},...,i_{n}) \varepsilon(\alpha) dx^{\alpha} \wedge ... \wedge dx^{\alpha} \wedge ... \wedge dx^{\alpha})$

= * $(sign(i_{\alpha},...,i_{n}) \varepsilon(\alpha) \partial_{\mu} J_{\alpha} dx^{\alpha} \wedge dx^{\alpha} \wedge ... \wedge dx^{\alpha} \wedge ... \wedge dx^{\alpha})$

= * $(sign(i_{\alpha},...,i_{n})^{2} \varepsilon(\alpha) \partial_{\alpha} J_{\alpha} dx^{\alpha} \wedge ... \wedge dx^{\alpha} \wedge ... \wedge dx^{\alpha})$

= * $(sign(i_{\alpha},...,i_{n})^{2} \varepsilon(\alpha) \partial_{\alpha} J_{\alpha} dx^{\alpha} \wedge ... \wedge dx^{\alpha} \wedge ... \wedge dx^{\alpha})$

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= * $(sign(i_{\alpha},...,i_{n})^{2} \varepsilon(\alpha) \partial_{\alpha} J_{\alpha} dx^{\alpha} \wedge ... \wedge dx^{\alpha})$

= * $(sign(i_{\alpha},...,i_{n})^{2} \varepsilon(\alpha) \partial_{\alpha} J_{\alpha} dx^{\alpha} \wedge ... \wedge dx^{\alpha})$

And now, since the Levi-civita connection in local coordinates is just the standard flat connection, we have $\partial_{\kappa} = \nabla_{\kappa}$.

If we want to saise the index, the signature says us that we have to put a minus sign for one index but this is just cancelled out by the minus sign of E(x).

$$= \rangle * d*J = - \varepsilon(a) \partial_{\alpha} J_{\alpha} = - \varepsilon(a) \nabla_{\alpha} J_{\alpha} = - \nabla^{\alpha} J_{\alpha}$$

Exercise 18:

$$\nabla^{M} T_{\mu\nu} = -tc \left((\nabla^{\mu} F_{\mu\lambda}) F_{\nu}^{\lambda} + F_{\mu\lambda} (\nabla^{\mu} F_{\nu}^{\lambda}) - \frac{1}{2} g_{\mu\nu} (\nabla^{\mu} F^{\nu}^{\beta}) F_{\alpha\beta} \right) \\
= -tc \left((\nabla^{\mu} F_{\mu\lambda}) F_{\nu}^{\lambda} + F_{\mu\lambda} (\nabla^{\mu} F_{\nu}^{\lambda}) + \frac{1}{2} g_{\mu\nu} (\nabla^{\lambda} F^{\mu}^{\beta}) F_{\alpha\beta} \right) \\
= -tc \left((\nabla^{\mu} F_{\mu\lambda}) F_{\nu}^{\lambda} + F_{\mu\lambda} (\nabla^{\mu} F_{\nu}^{\lambda}) + g_{\mu\nu} (\nabla^{\lambda} F^{\mu}^{\beta}) F_{\alpha\beta} \right) \\
= -tc \left((\nabla^{\mu} F_{\mu\lambda}) F_{\nu}^{\lambda} + F_{\mu\lambda} (\nabla^{\mu} F_{\nu}^{\lambda}) - F_{\alpha\beta} (\nabla^{\lambda} F^{\mu}^{\beta}) \right) \\
= -tc \left((\nabla^{\mu} F_{\mu\lambda}) F_{\nu}^{\lambda} + F_{\mu\lambda} (\nabla^{\mu} F_{\nu}^{\lambda}) - F_{\alpha\beta} (\nabla^{\lambda} F^{\mu}^{\beta}) \right) \\
= -tc \left((\nabla^{\mu} F_{\mu\lambda}) F_{\nu}^{\lambda} + F_{\mu\lambda} (\nabla^{\mu} F_{\nu}^{\lambda}) - F_{\alpha\beta} (\nabla^{\lambda} F^{\mu}^{\beta}) \right) \\
= -tc \left((\nabla^{\mu} F_{\mu\lambda}) F_{\nu}^{\lambda} + F_{\mu\lambda} (\nabla^{\mu} F_{\nu}^{\lambda}) - F_{\alpha\beta} (\nabla^{\lambda} F^{\mu}^{\beta}) \right) \\
= -tc \left((\nabla^{\mu} F_{\mu\lambda}) F_{\nu}^{\lambda} + F_{\mu\lambda} (\nabla^{\mu} F_{\nu}^{\lambda}) - F_{\alpha\beta} (\nabla^{\lambda} F^{\mu}^{\beta}) \right) \\
= -tc \left((\nabla^{\mu} F_{\mu\lambda}) F_{\nu}^{\lambda} + F_{\mu\lambda} (\nabla^{\mu} F_{\nu}^{\lambda}) - F_{\alpha\beta} (\nabla^{\lambda} F^{\mu}^{\beta}) \right) \\
= -tc \left((\nabla^{\mu} F_{\mu\lambda}) F_{\nu}^{\lambda} + F_{\mu\lambda} (\nabla^{\mu} F_{\nu}^{\lambda}) - F_{\alpha\beta} (\nabla^{\lambda} F^{\mu}^{\beta}) \right) \\
= -tc \left((\nabla^{\mu} F_{\mu\lambda}) F_{\nu}^{\lambda} + F_{\mu\lambda} (\nabla^{\mu} F_{\nu}^{\lambda}) - F_{\alpha\beta} (\nabla^{\lambda} F^{\mu}^{\beta}) \right) \\
= -tc \left((\nabla^{\mu} F_{\mu\lambda}) F_{\nu}^{\lambda} + F_{\mu\lambda} (\nabla^{\mu} F_{\nu}^{\lambda}) - F_{\alpha\beta} (\nabla^{\lambda} F^{\mu}^{\beta}) \right) \\
= -tc \left((\nabla^{\mu} F_{\mu\lambda}) F_{\nu}^{\lambda} + F_{\mu\lambda} (\nabla^{\mu} F_{\nu}^{\lambda}) - F_{\alpha\beta} (\nabla^{\lambda} F^{\mu}^{\beta}) \right) \\
= -tc \left((\nabla^{\mu} F_{\mu\lambda}) F_{\nu}^{\lambda} + F_{\mu\lambda} (\nabla^{\mu} F_{\nu}^{\lambda}) - F_{\alpha\beta} (\nabla^{\lambda} F^{\mu}^{\beta}) \right) \\
= -tc \left((\nabla^{\mu} F_{\mu\lambda}) F_{\nu}^{\lambda} + F_{\mu\lambda} (\nabla^{\mu} F_{\nu}^{\lambda}) - F_{\alpha\beta} (\nabla^{\lambda} F^{\mu}^{\lambda}) \right) \\
= -tc \left((\nabla^{\mu} F_{\mu\lambda}) F_{\nu}^{\lambda} + F_{\mu\lambda} (\nabla^{\mu} F_{\nu}^{\lambda}) - F_{\alpha\beta} (\nabla^{\lambda} F^{\mu}^{\lambda}) \right) \\
= -tc \left((\nabla^{\mu} F_{\mu\lambda}) F_{\nu}^{\lambda} + F_{\mu\lambda} (\nabla^{\mu} F_{\nu}^{\lambda}) - F_{\alpha\beta} (\nabla^{\lambda} F_{\nu}^{\lambda}) \right) \\
= -tc \left((\nabla^{\mu} F_{\mu\lambda}) F_{\nu}^{\lambda} + F_{\mu\lambda} (\nabla^{\mu} F_{\nu}^{\lambda}) - F_{\alpha\beta} (\nabla^{\lambda} F_{\nu}^{\lambda}) \right) \\
= -tc \left((\nabla^{\mu} F_{\mu\lambda}) F_{\nu}^{\lambda} + F_{\mu\lambda} (\nabla^{\mu} F_{\nu}^{\lambda}) - F_{\alpha\beta} (\nabla^{\lambda} F_{\nu}^{\lambda}) \right) \\
= -tc \left((\nabla^{\mu} F_{\mu\lambda}) F_{\nu}^{\lambda} + F_{\mu\lambda} (\nabla^{\mu} F_{\nu}^{\lambda}) - F_{\alpha\beta} (\nabla^{\lambda} F_{\nu}^{\lambda}) \right)$$

10 express the stress-energy tensor in terms of the electric and magnetic field, we remember that - FA*F = (<E,E> - <B,B>) vol and that

$$T_{\mu\nu} = -tx \left(F_{\mu\lambda} F_{\nu}^{\lambda} - \frac{1}{4} g_{\mu\nu} F_{\mu} F^{\mu} \right)$$

$$= -tx \left(F_{i0} F_{j}^{0} + F_{\mu i} F_{\nu}^{i} \right) - \frac{1}{2} g_{\mu\nu} tx \left(\langle E, E \rangle - \langle B, B \rangle \right)$$

$$= -tx \left(-\langle E_{i}, E_{j} \rangle + F_{\mu i} F_{\nu}^{i} \right) - \frac{1}{2} g_{\mu\nu} tx \left(\langle E, E \rangle - \langle B, B \rangle \right)$$

$$\forall f_{ji} \forall k^i = -\langle B_j, B_k \rangle$$
.

$$=) \quad T_{\mu\nu} = \begin{cases} T_{\nu} = \sum_{i=1}^{n} t_{i} (\langle E_{e_{i}} B_{m_{i}} \rangle) & \epsilon_{i} = t_{i} (\langle E_{e_{i}} B_{m_{i}} \rangle) \\ \epsilon_{i} = t_{i} (\langle E_{e_{i}} E_{e_{i}} \rangle) + \langle B_{i} B_{i} \rangle - \frac{1}{2} g_{ij} (\langle E_{i} E_{i} \rangle - \langle B_{i} B_{i} \rangle) \\ \epsilon_{i} = t_{i} (\langle E_{i} E_{i} \rangle) + \langle B_{i} B_{i} \rangle - \frac{1}{2} g_{ij} (\langle E_{i} E_{i} \rangle - \langle B_{i} B_{i} \rangle) \end{cases}$$

$$T_{co} = t_{\kappa} \left(\langle E, E \rangle - \frac{1}{2} \left(\langle E, E \rangle - \langle B, B \rangle \right) \right)$$

$$= t_{\kappa} \left(\frac{1}{2} \left(\langle E, E \rangle + \langle B, B \rangle \right) \right).$$

This is the Yang-Mills equivalent of the electromagnetic energy destity.

Exercise 19:

Regard R as an End (TM) - valued 2-form, say R = Rap dx ndx B.

$$= \frac{1}{3} \left(\left[\nabla_{\mu_1} R_{\lambda \beta} \right] dx^{\mu} \wedge dx^{\mu} \wedge dx^{\beta} \right)$$

$$= \frac{1}{3} \left(\left[\nabla_{\mu_1} R_{\lambda \beta} \right] + \left[\nabla_{\mu_1} R_{\beta \mu_1} \right] + \left[\nabla_{\beta_1} R_{\beta \mu_2} \right] \right) dx^{\mu} \wedge dx^{\mu} \wedge dx^{\beta}$$

$$= 0.$$

If we use on to define the exterior avariant derivative as do (widx) = (onwi)dx/ndx We get for dok in local coordinates ,

$$(d_{\mathcal{D}}R)_{s}^{\lambda} = (\nabla_{\alpha}R^{\lambda}_{\beta}\gamma_{s}) dx^{\alpha} \wedge dx^{\beta} \wedge dx^{\gamma}$$

$$= \frac{4}{3} (\nabla_{\alpha}R^{\lambda}_{\beta}\gamma_{s} + \nabla_{\beta}R^{\lambda}_{\gamma}\gamma_{s} + \nabla_{\gamma}R^{\lambda}_{\alpha}\gamma_{s}) dx^{\alpha} \wedge dx^{\beta} \wedge dx^{\gamma} \stackrel{!}{=} 0$$

exercise 20 1

Finstein's equation implies that Rmv = 0, because Rmv - 2gmvR = 0 => R - 12R = 0 and for dimension n=4 this implies R=0, so Rmv =0.

From the results of Exercise 11, we see that this implies Roo, Ry, Rzz, R33 = 0.

For Rzz, Rzz = 0, we get the condition

$$(=) \frac{d}{dt} \left(x f(x)^{2} \right) = 0$$

Differentiating this again with respect to r yields

$$(4)f'(x) + 2xf(x)^{2} + 2xf(x)f''(x) = 0$$

$$(4)f'(x) + xf(x)^{2} + xf(x)f''(x) = 0.$$

This is just Roo, $R_m = 0$. So all together $R_{\mu\nu} = 0$ really just implied $\frac{d}{dt}(rf(t)^2) = 1$.

Exercise 21 1

Our symmetries of the Riemann tensor are equivalent to Rapss = - Rpass Raps = - Rapss So we can consider RII with I= {x,B}, J= {x,S}. Rapps = Rysap.

So it's like we have a skew-symmetric n×n-matrix for I and I, and also a symmetric D×D-matr where D is the number of independent components of I and J

A skew-symmetric matrix has $D = \frac{n(n-1)}{2}$ independent components.

A symmetric matrix has $\frac{D(D+1)}{2}$ independent components.

So till now, we get $\frac{n(n-1)}{4} \left(\frac{n(n-1)}{2} + 1 \right)$ independent components.

But there is still the Bianchi identity, which implies R[xf85] = 0.

The number of equations of this type is equal to the number of ways one can choose 4 distinct indices from n. This is just $\binom{n}{4} = \frac{n!}{(n-4)! \cdot 4!}$, so the final answer of independent components of the Riemann tensor in n dimensions is a

$$\frac{n(n-1)}{4} \left(\frac{n(n-1)}{2} + 1 \right) - \frac{n!}{(n-4)!} \frac{1}{4!} = \frac{(n-4)!}{(n-4)!} \frac{3!}{4!} \frac{n(n-1)}{2} + 1 - \frac{n!}{(n-4)!} \frac{1}{4!}$$

$$= \frac{(n-4)!}{2} \frac{3!}{3!} \frac{n^2(n-1)^2}{(n-4)!} + \frac{2(n-4)!}{3!} \frac{3!}{n(n-1)} \frac{n(n-1)}{(n-2)!} \frac{1}{(n-4)!}$$

$$= \frac{n^2(n-1)^2}{8} + \frac{n(n-1)}{4!} - \frac{n(n-1)(n-2)(n-3)}{4!}$$

$$= \frac{3n^4 - 6n^3 + 3n^2 + 6n^2 - 6n - n(n^2 - 3n + 2)(n-3)}{24}$$

$$= \frac{3n^4 - 6n^3 + 3n^2 - 6n - n(n^3 - 3n^2 + 3n^2 + 2n - 6n)}{24}$$

$$= \frac{2n^4 - 2n^2}{24} = \frac{n^2(n^2 - 1)}{42}$$

Consider the metric $g = L(u)^2 \left(e^{2\beta(u)} dx^2 + e^{-2\beta(u)} dy^2 \right) - du dv$.

The only non-zero christoffel symbols are

$$\Gamma_{xy} = \frac{1}{2}g^{yy} \left(2ugyy + 2ygyu - 2yguy \right) = \frac{1}{2}L(u)^{2}e^{2\beta(u)} \left(2L(u)L'(u)e^{-2\beta(u)} - 2\beta'(u)L(u)^{2}e^{-2\beta^{2}u} \right) = \frac{L'(u)}{L(u)} - \beta'(u) L(u)^{2}e^{-2\beta^{2}u} + \beta'(u)L(u)^{2}e^{-2\beta^{2}u} + \beta'(u)L(u)^{2}e^{-2\beta^{2}u} \right)$$

For the Riemann tensor we have

$$R^{x}uxu = 2u\Gamma^{x}_{xu} + \Gamma^{x}_{xu}\Gamma^{x}_{ux} = \frac{L^{"(u)}}{L(u)} - \frac{L^{"(u)}^{2}}{L(u)^{2}} + \beta^{"(u)} + \left(\frac{L^{"(u)}}{L(u)} + \beta^{"(u)}\right)^{2} = \frac{L^{"(u)}}{L(u)} + \frac{2L^{"(u)}\beta^{"(u)}}{L(u)} + \beta^{"(u)}$$

$$+ \beta^{"(u)} + \frac{L^{"(u)}}{L(u)} - \frac{L^{"(u)}}{L(u)} - \frac{L^{"(u)}}{L(u)} - \beta^{"(u)} + \left(\frac{L^{"(u)}}{L(u)} - \beta^{"(u)}\right)^{2} = \frac{L^{"(u)}}{L(u)} - \frac{2L^{"(u)}\beta^{"(u)}}{L(u)} + \beta^{"(u)}^{2} - \beta^{"(u)}$$
And then we have also R^{v}

And then we have also Ruxx and Ruyy but they don't enter into the Ricci tensor, so we don't calculate them.

The only non-vanishing component of the Ricci tensor is

Therefore the vaccum Einstein equations imply Run=0, which is L"(u) + \beta'(u) = 0.

When L is near to 1 and & is small, we get the linearized version of this equation :

$$L(u) \approx 1$$
 $L(u) \approx 1 + L'(u_0)(u - u_0)$

(=> $R'(u)^2 / 1 + L'(u_0)(u - u_0)$

(=)
$$\beta'(u)^2 (1 + L'(u_0)(u-u_0)) = 0$$

=) $\beta(u) = const.$

(=)
$$L''(u) + \beta'(u_0)^2 L(u) = 0$$

$$= \sum_{n=1}^{\infty} L(u) = A \cos(\beta' |u_0| u) + B \sin(\beta' |u_0| u).$$

All together these give ripples in the metric, which are equivalent to gravitational waves.

Exercise 23 1

suppose that A is diagonalizable, with eigenvalues hi, ..., hi.

Then 1+ sA is also diagonalitable, with eigenvalues 1+ sh, ..., 1+ sh, .

So we have

$$det(1+sA) = (1+s\lambda_{1}) \cdot ... \cdot (1+s\lambda_{n})$$

$$= 1+s \cdot (\lambda_{1}+...+\lambda_{n}) + ... + s^{n}\lambda_{1} \cdot ... \cdot \lambda_{n}$$

$$= 1+s \cdot t_{s}(A) + \sigma(s^{2}).$$

The diagonalizable matrices are dense in the space of all matrices, so this equation holds for all by

XEICIJE LT ,

First note that
$$\nabla_{\lambda} \delta g_{\mu\nu} = \partial_{\lambda} \delta g_{\mu\nu} - \Gamma_{\lambda\mu}^{g} \delta g_{g\nu} - \Gamma_{\lambda\nu}^{g} \delta g_{\mu g}$$

$$= \delta \left(\partial_{\lambda} g_{\mu\nu} - \Gamma_{\lambda\mu}^{g} g_{g\nu} - \Gamma_{\lambda\nu}^{g} g_{\mu g} \right) + g_{g\nu} \delta \Gamma_{\lambda\mu}^{g} + g_{\mu g} \delta \Gamma_{\lambda\nu}^{g}$$

$$= \delta \left(\nabla_{\lambda} g_{\mu\nu} \right) + g_{g\nu} \delta \Gamma_{\lambda\mu}^{g} + g_{\mu g} \delta \Gamma_{\lambda\nu}^{g}$$

$$= g_{g\nu} \delta \Gamma_{\lambda\mu}^{g} + g_{\mu g} \delta \Gamma_{\lambda\nu}^{g}.$$

Then calculate

Exercise 25 1

Also, we can see that it is a special case of SF = doSA, where we have

D > V , Anj > Tow, Fine; > Rouge .

$$\begin{split} SF &= \frac{1}{2} SR^{\alpha}_{\mu\nu\rho} dx^{\mu} \Lambda dx^{\nu} = d_{D}SA = d_{\nabla} [S\Gamma^{\alpha}_{\nu\rho} dx^{\nu}] = \nabla_{\mu} S\Gamma^{\alpha}_{\nu\rho} dx^{\mu} \Lambda dx^{\nu} \\ &= \frac{1}{2} (\nabla_{\mu} S\Gamma^{\alpha}_{\nu\rho} - \nabla_{\nu} S\Gamma^{\alpha}_{\mu\rho}) dx^{\mu} \Lambda dx^{\nu} \,. \end{split}$$

Exercise 26 1

Exercise 27 "

$$\begin{split} & SR = S(g^{\mu\beta}R_{\lambda}\beta) = (Sg^{\mu\beta})R_{\lambda}\beta + g^{\mu\beta}SR_{\lambda}\beta \\ & = R_{\lambda}\beta Sg^{\mu\beta} + g^{\kappa\beta}\frac{1}{2}g^{\lambda}\lambda \left(\nabla_{\alpha}\nabla_{\beta}Sg_{\lambda}\lambda + \nabla_{\lambda}\nabla_{\lambda}Sg_{\lambda}\beta - \nabla_{\lambda}Sg_{\lambda}\lambda - \nabla_{\lambda}\nabla_{\beta}\beta_{\lambda}\lambda - \nabla_{\lambda}\nabla_{\beta}Sg_{\lambda}\lambda - \nabla_{\lambda}\nabla_{\beta}Sg_{\lambda}\lambda - \nabla_{\lambda}\nabla_{\beta}Sg_{\lambda}\lambda - \nabla_{\lambda}\nabla_{\beta}Sg_{\lambda}\lambda - \nabla_{\lambda}\nabla_{\beta}Sg_{\lambda}\lambda - \nabla_{\lambda}\nabla_{\beta}Sg_{\lambda}\lambda \\ & = R_{\lambda}\beta Sg^{\mu\beta} + g^{\lambda}\lambda \nabla_{\mu}\nabla^{\mu}Sg_{\lambda}\lambda - \nabla^{\lambda}\nabla^{\mu}Sg_{\lambda}\lambda \\ & = R_{\lambda}\beta Sg^{\mu\beta} + \nabla_{\lambda}\nabla^{\lambda}\left(g^{\mu\beta}Sg_{\lambda}\beta\right) - \nabla^{\mu}\nabla^{\beta}Sg_{\lambda}\beta \end{split} .$$

The linearized version of the vacuum Einstein equation (Rmu=0) where gmv is the Minkowski metric becomes ,

0 = 2m 2v ha + Thur - 2a (2mhva + 2vhma).

We make a plane wave ansatz:

hur = hor eikuxm

In order for this to be a solution of the above equation, we have to have

A possible solution would be

Exercise 29:

The vacuum Einstein equation is the same when deriving it from SEH when the metric has

Now, consider L = Rvol + 1tr (Fn * F). We derive the equations of motion by varying the action S = I Rvol + 2 to (FA=F) w.r.t. the metric and the Yang-Mills vector petential A.

Since the first term of the action doesn't depend on A, we get from the variation w.r.t. A just the normal Yang-Mills equation: do * 7 = 0.

For the other one, we obtain:

$$SS = \int_{M} S(Rvol) + \frac{1}{4}S[tr(F_{\mu\nu}F^{\mu\nu})vol]$$

$$= \int_{M} (R_{\alpha\beta} - \frac{1}{2}Rg_{\alpha\beta})volSg^{\alpha\beta} + \frac{1}{2}tr(g^{\mu\nu}F_{\mu\alpha}F_{\nu\beta})volSg^{\alpha\beta} + \frac{1}{4}tr(F_{\mu\nu}F^{\mu\nu})Svol$$

$$= \int_{M} [R_{\alpha\beta} - \frac{1}{2}Rg_{\alpha\beta} + \frac{1}{2}g^{\mu\nu}tr(F_{\mu\alpha}F_{\nu\beta}) - \frac{1}{8}g_{\alpha\beta}tr(F_{\mu\nu}F^{\mu\nu})]volSg^{\alpha\beta}$$

$$\sim R_{\alpha\beta} - \frac{1}{2}Rg_{\alpha\beta} + \frac{1}{2}(g^{\mu\nu}tr(F_{\mu\alpha}F_{\nu\beta}) - \frac{1}{4}g_{\alpha\beta}tr(F_{\mu\nu}F^{\mu\nu})) = 0.$$

$$= T_{\alpha\beta}, \quad Yang-Mills \ energy-nomentum \ tensor.$$

Exercise 30:

There is a similar way to pullback (0,s)-tensors like differential forms with all the properties like einearity and naturality. In local coordinates we have (++T) mamps = 2 yda 2 yds Tanads. Since the metric tensor is a loist-tensor, we can pull it Back. Let $\phi: M \to M$ be a diffeomorphism. Then we have $\phi^*(dx'') = \frac{\partial x'''}{\partial x'} dx'$.

since R is a scalar made up from gar and \$ is linear, we have also \$*R(g) = R(\$*g) and so

$$S_{EH}(\phi^*g) = \int_M R(\phi^*g) \operatorname{vol}(\phi^*g) = \int_M \phi^*R(g) \cdot \left| \det(\frac{\partial x^p}{\partial x^{iv}}) \right| \operatorname{Idet}(g_{pv}) \cdot d^n x^i$$

$$= \int_M \phi^*R(g) \phi^* \operatorname{Idet}(g_{pv}) \cdot \phi^* d^n x = \int_M \phi^*(R(g) \operatorname{vol}(g)) = \int_M R(g) \operatorname{vol}(g) = S_{EH}(g) .$$

xercise s1:

write s=sIsI, s'=s'] }, then we have

xercise 32 1

since 123 is copied after the Minkowski metric, we can use it and its inverse 123 to raise and lower indices as we did before.

Moreover, one can show that So = exer.

xacise 33:

€" cévious.

=>, Analyze the action of Eath sides. We have

$$\Lambda \Lambda(2'2,) = \Lambda(2_1^2, 1) = \Lambda(2_1^2) Z_1 \Lambda^{11} + Z_1 \Lambda(2, 2) \Lambda^{12}$$

In order to obtain the condition for a Lorentz connection, it has to Be

(=)
$$(A_{\mu,JI} + A_{\mu,IJ}) S^{I} S^{J} = 0$$
 $\forall S^{I}, S^{J} \in C^{\infty}(M)$.

By raising both indices with PIJ, we also obtain An = - An .

Exercise 34:

If A is a Lorentz connection, then FxB = - FBX = - FXB.

The antisymmetry of the greek indices comes from the property of the commutator and Fup = 2 Ap - 2 Ax + [Au, Ap] 13.

For the antisymmetry of the latin indices, we have to show that [Ax, AB] IJ = - [Ax, AB] II. This can be easily seen: [Aa, AB] = AakAB - ABKAKI

$$= -A_{\alpha K}^{I} A_{\beta K}^{J} + A_{\beta K}^{I} A_{\alpha K}^{J}$$

$$= -A_{\alpha K}^{J} A_{\beta K}^{J} + A_{\beta K}^{J} A_{\alpha K}^{J}$$

$$= -A_{\alpha K}^{J} A_{\beta K}^{K} + A_{\beta K}^{J} A_{\alpha K}^{K}$$

$$= -[A_{\alpha K}, A_{\beta K}]^{JI}$$

$$= -A_{\alpha k}^{\beta} A_{\beta}^{k1} + A_{\beta k}^{\beta} A_{\alpha}^{k1}$$
$$= -[A_{\alpha}, A_{\beta}]^{31}.$$

Together with Ex. 33, we obtain Fup = - Fup.

We have to show that $\widetilde{\mathbb{R}}(\partial_{\mu},\partial_{\nu}) = [\widetilde{\nabla}_{\mu},\widetilde{\nabla}_{\nu}] - \widetilde{\nabla}_{\mathcal{D}_{\mu},\partial_{\nu}}] = [\widetilde{\nabla}_{\mu},\widetilde{\nabla}_{\nu}].$ Lock at the definition of R, we obtain :

$$\widetilde{R}^{\chi}_{\alpha\beta\delta} \partial_{\chi} = \overline{F}^{IJ}_{\alpha\beta} e_{I,S} e_{J}^{\chi} \partial_{\chi} = \partial_{\alpha} A^{IJ}_{\beta} e_{I,S} e_{J}^{\chi} \partial_{\chi} - \partial_{\beta} A^{IJ}_{\alpha} e_{I,S} e_{J}^{\chi} \partial_{\chi} + A^{I}_{\alpha\kappa} A^{\kappa I}_{\beta} e_{I,S} e_{J}^{\chi} \partial_{\chi} \\
- A^{I}_{\beta\kappa} A^{\kappa I}_{\alpha} e_{I,S} e_{J}^{\chi} \partial_{\chi} \\
= -\left(\partial_{\alpha} \widetilde{\Gamma}^{\chi}_{\beta}\right) \partial_{\chi} + \left(\partial_{\beta} \widetilde{\Gamma}^{\chi}_{\alpha\delta}\right) \partial_{\chi} - \widetilde{\Gamma}^{\chi}_{\alpha} \widetilde{\Gamma}^{\chi}_{\beta} \partial_{\chi} + \widetilde{\Gamma}^{\chi}_{\beta} \widetilde{\Gamma}^{\chi}_{\alpha\delta} \partial_{\chi} \\
= -\widetilde{\nabla}_{\alpha} \left(\widetilde{\Gamma}^{\chi}_{\beta\delta} \partial_{\chi}\right) + \widetilde{\nabla}_{\beta} \left(\widetilde{\Gamma}^{\chi}_{\alpha\delta} \partial_{\chi}\right) \\
= -\widetilde{\nabla}_{\alpha} \widetilde{\nabla}_{\beta} \partial_{\delta} + \widetilde{\nabla}_{\beta} \widetilde{\nabla}_{\alpha} \partial_{\delta} \\
= -\left[\widetilde{\nabla}_{\alpha}, \widetilde{\nabla}_{\beta}\right] \partial_{\delta} \cdot \qquad \text{So maybe the definition in the book was wrong}$$
With $\widetilde{R}^{\chi}_{\alpha\beta} = \widetilde{T}^{IJ}_{\alpha\beta} e_{I}^{\chi} e_{J}^{\chi} = \widetilde{T}^{IJ}_{\alpha\beta} e_{I}^{\chi} = \widetilde{T}^{IJ}_{\alpha\beta} e_{I}^{\chi} e_{I}^{\chi} = \widetilde{T}^{IJ}_{\alpha\beta} e_{I}^{\chi} e_{I}^{\chi} = \widetilde{T}^{IJ}_{\alpha\beta} e_{I}^{\chi} =$

Exercise 36:
$$\begin{aligned}
& = A_{\alpha J}^{I} e_{\beta}^{J} e_{\lambda}^{A} &= A_{\beta L}^{K} e_{\lambda}^{K} e_{\lambda}^{K} e_{\lambda}^{K} e_{\lambda}^{A} \\
&= S_{K}^{J} A_{\alpha J}^{K} A_{\beta L}^{K} e_{\lambda}^{L} e_{\lambda}^{L} e_{\lambda}^{L} e_{\lambda}^{L} \\
&= A_{\alpha K}^{I} A_{\beta L}^{KJ} e_{\lambda}^{L} e_{\lambda}^{L} e_{\lambda}^{L} e_{\lambda}^{L} e_{\lambda}^{L} \\
&= A_{\alpha K}^{I} A_{\beta L}^{KJ} e_{\lambda}^{L} e_{\lambda}^{L} e_{\lambda}^{L} e_{\lambda}^{L} e_{\lambda}^{L} e_{\lambda}^{L} \\
&= A_{\alpha K}^{I} A_{\beta L}^{KJ} e_{\lambda}^{L} e_{\lambda}^{L$$

Exercise 36:

Exercise 37 1

Exercise 37:

$$SS = 2 \int_{M} \left(e_{J}^{R} \mp \chi_{R}^{IJ} - \frac{1}{2} e_{\chi}^{I} e_{K}^{S} e_{L}^{S} \mp \chi_{S}^{KL} \right) \left(s e_{I}^{\chi} \right) \text{ Vol}$$

$$= 2 \int_{M} \left(e^{I_{1}} \tilde{R}_{\chi_{X}} - \frac{1}{2} e_{\chi}^{I} \tilde{R}_{\chi} \right) \left(s e_{I}^{\chi} \right) \text{ Vol}$$

$$= 2 \int_{M} \left(g^{YS} e_{S}^{I} \tilde{R}_{\chi_{Y}} - \frac{1}{2} e_{\chi}^{I} \tilde{R}_{\chi} \right) \left(s e_{I}^{\chi} \right) \text{ Vol}$$

$$= 2 \int_{M} g^{SS} e_{S}^{I} \left(\tilde{R}_{\chi_{X}} - \frac{1}{2} g_{SS} e_{I}^{S} e_{\chi}^{I} \tilde{R}_{\chi} \right) \left(s e_{I}^{\chi} \right) \text{ Vol}$$

$$= 2 \int_{M} \eta^{KL} e_{K}^{\chi} e_{L}^{S} e_{S}^{I} \left(\tilde{R}_{\chi_{X}} - \frac{1}{2} g_{\chi_{X}} \tilde{R}_{\chi} \right) \left(s e_{I}^{\chi} \right) \text{ Vol}$$

$$= 2 \int_{M} \eta^{KL} e_{K}^{\chi} e_{L}^{S} e_{S}^{I} \left(\tilde{R}_{\chi_{X}} - \frac{1}{2} g_{\chi_{X}} \tilde{R}_{\chi} \right) \left(s e_{I}^{\chi} \right) \text{ Vol}$$

$$= 2 \int_{M} \eta^{KI} e_{K}^{\chi} \left(\tilde{R}_{\chi_{X}} - \frac{1}{2} g_{\chi_{X}} \tilde{R}_{\chi} \right) \left(s e_{I}^{\chi} \right) \text{ Vol}$$

$$= 2 \int_{M} \left(\tilde{R}_{\chi_{X}} - \frac{1}{2} g_{\chi_{X}} \tilde{R}_{\chi} \right) \eta^{IJ} e_{J}^{R} \left(s e_{I}^{\chi} \right) \text{ Vol}$$

$$= 2 \int_{M} \left(\tilde{R}_{\chi_{X}} - \frac{1}{2} g_{\chi_{X}} \tilde{R}_{\chi} \right) \eta^{IJ} e_{J}^{R} \left(s e_{I}^{\chi} \right) \text{ Vol}$$

XEICISC 30 .

$$\begin{split} &\frac{1}{2} S \tilde{R} = \frac{1}{2} g^{\alpha \beta} S \tilde{R}_{\alpha \beta} = g^{\alpha \beta} \tilde{\nabla}_{[\alpha} S C_{\beta]\beta} = g^{\alpha \beta} \frac{1}{2} \left[\tilde{\nabla}_{\alpha} S C_{\beta \beta}^{\gamma} - \tilde{\nabla}_{\gamma} S C_{\alpha \beta}^{\gamma} \right] \\ &= g^{\alpha \beta} \frac{1}{2} \left[\nabla_{\alpha} S C_{\beta \beta}^{\gamma} - C_{\alpha \beta}^{\gamma} S C_{\beta \gamma}^{\gamma} - \nabla_{\gamma} S C_{\alpha \beta}^{\gamma} - C_{\beta \gamma}^{\gamma} S C_{\alpha \beta}^{\gamma} + C_{\beta \alpha}^{\gamma} S C_{\alpha \gamma}^{\gamma} + C_{\beta \beta}^{\gamma} S C_{\alpha \gamma}^{\gamma} \right] \\ &= g^{\alpha \beta} \nabla_{[\alpha} S C_{\beta]\beta}^{\gamma} + \frac{1}{2} g^{\alpha \beta} \left[- c_{\beta \gamma}^{\gamma} S C_{\alpha \beta}^{\gamma} + c_{\gamma \alpha}^{\gamma} S C_{\alpha \beta}^{\gamma} - c_{\alpha \beta}^{\gamma} S C_{\beta \gamma}^{\gamma} + c_{\gamma \beta}^{\gamma} S C_{\alpha \gamma}^{\gamma} \right]. \end{split}$$

exercise 39:

=" : osvious.

$$= S(C_{\lambda}^{\lambda}C_{\lambda}^{\lambda} - C_{\lambda}^{\lambda}C_{\lambda}^{\lambda}) + SC_{\lambda}^{\lambda}C_{\lambda}^{\lambda} + C_{\lambda}^{\lambda}SC_{\lambda}^{\lambda}$$

$$= -S(C_{\lambda}^{\lambda}C_{\lambda}^{\lambda}) + (SC_{\lambda}^{\lambda})C_{\lambda}^{\lambda} + C_{\lambda}^{\lambda}SC_{\lambda}^{\lambda} + C_{\lambda}^{\lambda}SC_{\lambda}^{\lambda}$$

$$= S(C_{\lambda}^{\lambda}C_{\lambda}^{\lambda}) + (SC_{\lambda}^{\lambda})C_{\lambda}^{\lambda} + C_{\lambda}^{\lambda}SC_{\lambda}^{\lambda} + C_{\lambda}^{\lambda}SC_{\lambda}^{\lambda}$$

Now, more work should be done but we'll just say that these two variations are cinearly independent and each of them has to be zero to fullfill the above equation.

Since SCR is an arbitrary variation, we obtain $C_{\nu}^{sa} = 0$. With this, the first variation is automatically zero. Since $C_{\mu\nu}^{\sigma} = 3^{\sigma h} g_{\mu\gamma} g_{\nu\chi} C_{\nu}^{sx} = > C_{\mu\nu}^{\sigma} = 0$.

Exercise 40 1

Let D be a Locentz connection and P the corresponding imitation Levi-Civita connection.

Define
$$S = e^{-1}V = e^{\perp}_{\alpha}V^{\alpha}_{\beta}I$$

 $S' = e^{-1}W = e^{\perp}_{\beta}W^{\beta}_{\beta}I$

$$= \lambda \left(\sqrt{v} \times \beta e^{\frac{1}{2}} e^{\frac{1}{2}} \sqrt{1} \right) = \left(\sqrt{v} \times A_{\mu 1} \times V \times e^{\frac{1}{2}} e^{\frac{1}{2}} \right) \times \beta e^{\frac{1}{2}} e^{\frac{1}{2}} \sqrt{1} + \left(\sqrt{u} \times A_{\mu 1} \times V \times e^{\frac{1}{2}} e^{\frac{1}{2}} \right) \times \beta e^{\frac{1}{2}} e^{\frac{1}{2}} \sqrt{1}$$

$$= \int_{\mu \delta}^{\kappa} \sqrt{v} \times u^{\kappa} \qquad = g_{\kappa} \beta$$

$$= \sum_{i=1}^{\kappa} \sqrt{v} \times u^{\kappa} \qquad = g_{\kappa} \beta$$

$$= \sum_{i=1}^{\kappa} \sqrt{v} \times u^{\kappa} \qquad = g_{\kappa} \beta$$

$$= \sum_{i=1}^{\kappa} \sqrt{v} \times u^{\kappa} \qquad = g_{\kappa} \beta$$

$$= \sum_{i=1}^{\kappa} \sqrt{v} \times u^{\kappa} \qquad = g_{\kappa} \beta$$

$$= \sum_{i=1}^{\kappa} \sqrt{v} \times u^{\kappa} \qquad = g_{\kappa} \beta$$

$$= \sum_{i=1}^{\kappa} \sqrt{v} \times u^{\kappa} \qquad = g_{\kappa} \beta$$

So ∇ is metric preserving. Since the only connection which is metric preserving and torsion free, is the Levi-Civita connection ∇ , ∇ = ∇ if and only if ∇ is torsion free.

Exercise 41:

We have $e^{-1}\partial_{x} = e_{x}^{T} i_{x}$, so the inverse frame field $e^{-1}: TM \to M \times IR^{n}$ can be thought of as an IRⁿ-valued 1-form: $e^{-1} = e_{x}^{T} i_{x} \otimes dx^{\alpha}$.

We have the correspondance s = etv or sp = eff. So consider

$$d_{D}e^{-1} = D_{p}\left(e^{\frac{1}{2}}_{x}\right) \otimes dx^{p} \wedge dx^{q}$$

$$= D_{p}\left(e^{-1}\partial_{x}\right) \otimes dx^{p} \wedge dx^{q} \qquad \text{Since } \widetilde{\nabla} \text{ is the}$$

$$\stackrel{\sim}{=} \widetilde{\nabla}_{p}\partial_{x} \otimes dx^{p} \wedge dx^{q} \qquad \text{Corresponding to D in TM}$$

$$= \frac{1}{2}\left[\widetilde{\nabla}_{p}\partial_{x} - \widetilde{\nabla}_{x}\partial_{p}\right] \otimes dx^{p} \wedge dx^{q}$$

$$= (*)$$

Since we work in local coordinates, the connection $\tilde{\nabla}$ is only torsion free if $\tilde{\nabla}_{\alpha} \partial_{\beta} - \tilde{\nabla}_{\beta} \partial_{\alpha} = 0$.

This is only the case, iff (*) = 0 >> doe1 = 0. Exercise 4%

Varying with respect to A yields ,

$$\begin{split} \delta S &= \int_{M} \mathsf{tr} \left(e^{-1} \wedge e^{-1} \wedge *SF \right) = \int_{M} \mathsf{tr} \left(e^{-1} \wedge e^{-1} \wedge *doSA \right) = \pm \int_{M} \mathsf{tr} \left(do^{*} \left(e^{-1} \wedge e^{-1} \right) \wedge SA \right) \\ &= \pm \int_{M} \varepsilon^{ABCD} \, \mathsf{tr} \left(d_{D} \left(e_{c}^{-1} \wedge e_{D}^{-1} \right) \wedge SA \right) = \pm \int_{M} \varepsilon^{ABCD} \, \mathsf{tr} \left(\left[doe_{c}^{-1} \wedge e_{D}^{-1} - e_{c}^{-1} \wedge doe_{D}^{-1} \right] \wedge SA \right) \\ &= \pm \int_{M} 2 \, \varepsilon^{ABCD} \, \mathsf{tr} \left(d_{D} e_{c}^{-1} \wedge e_{D}^{-1} \wedge SA \right) \, . \end{split}$$

The vaciation w.c. + e yields ,

$$\delta S = \int_{M} \delta t \left(\mp \Lambda * (e^{-1} \Lambda e^{-1}) \right) = \int_{M} t \left(\mp \Lambda \left(\delta e_{c}^{-1} \Lambda e_{D}^{-1} + e_{c}^{-1} \Lambda \delta e_{D}^{-1} \right) \right) \varepsilon^{ABCD}$$

$$= 2 \int_{M} t \left(\mp \Lambda e_{c}^{-1} \Lambda \delta e_{D}^{-1} \right) \varepsilon^{ABCD}$$

Both, they imply the standard Einstein equation.

Exercise 43:

This kind of seperation can be done because we have the diffeomorphism $\phi: M \to IR \times S$. Having the coordinates $(t_1x_1y_1z)$ on $IR \times S$, we can get the corresponding coordinates on M through the pullback $x^o = \phi^* t_1 \dots$. We can now set arbitrarily $x^o = T$. To get the vector fields $\partial_{11}\partial_{21}\partial_{31}\partial_{31}\partial_{321}\partial_{31}\partial_{31}\partial_{321}\partial_{31}\partial_{321}\partial_{321}\partial_{31}\partial_{321}\partial_{321}\partial_{31}\partial_{321$

With this choice $\partial_1 \partial_2 \partial_3 \in T_p \mathbb{Z}$ and form a basis since $\partial_x \partial_y \partial_z$ form a basis in S. It is also clear from dimensional reasons: One can choose three Cinearly-independent vectors $\partial_1 \partial_z \partial_z$ in the three-dimensional submanifold $T_p \mathbb{Z}$ and one vector ∂_z , s.t. they span whole $T_p M$.

Exercise 44:

$$\begin{split} & \frac{8}{90} = \frac{1}{8} \frac{1}{10} \frac{1}{$$

Exercise 45:

$$\frac{1}{2} {}^{3}R = \frac{1}{2} {}^{3}R^{13}_{11} = \frac{1}{2} \left(2^{3}R^{12}_{12} + 2^{3}R^{23}_{23} + 2^{3}R^{31}_{31} \right) = {}^{3}R^{12}_{12} + {}^{3}R^{23}_{23} + {}^{3}R^{31}_{31}.$$

$$-\frac{1}{2} \left[\left(K_{1}^{i} \right)^{2} - K_{1}^{i} K_{1}^{i} \right] = -\frac{1}{2} \left[-K_{2}^{1} K_{1}^{2} - K_{3}^{1} K_{1}^{3} - K_{1}^{2} K_{2}^{1} - K_{3}^{2} K_{2}^{3} - K_{3}^{3} K_{3}^{1} - K_{2}^{3} K_{3}^{2} \right] - K_{1}^{1} K_{2}^{2} - K_{1}^{1} K_{3}^{3} - K_{2}^{2} K_{3}^{3}$$

Exercise 46 1

It seems like there are some sign-mistakes inbetween Ex. 45 and Ex. 46 and the results may differ from equations in the literatur. Also the equations in Ex. 46 seem to have the wrong sign. Using the results $g_0^c = -\frac{1}{2}({}^3R + (K_i^i)^2 - K_{ij}K^{ij}), g_0^c = {}^3\nabla_j K_i^j - {}^3\nabla_j K_j^j$ from the book, it is easiest to show the given relations by going to the coordinate system where n = 20, thus the lapse N = no = 1. Since the contractions are Loventz-scalars/vectors, they are the same in every coordinate system.

For general lapse and shift, the gauss equation reads ,

And the above is the Codazzi equation. With $n = \frac{1}{N}(2_0 - \bar{N})$ it is $n^0 = \frac{1}{N}$ and $n^m = \frac{N^m}{N}$. Exercise 47:

We have to check that 1) [fig] = - {sif} +fig & C *(M).

$$-\frac{34}{54} \frac{36}{54} \frac{$$

THE LEIBHIE CAW CAN be also easily checked:

$$\begin{aligned}
& = \begin{cases} \frac{1}{3} \frac{3}{3} \frac{1}{9} + \frac{3}{3} \frac{1}{9} \frac{3}{9} \frac{1}{9} - \frac{3}{3} \frac{1}{9} \frac{3}{9} \frac{1}{9} \frac{1}{9} \frac{3}{9} \frac{1}{9} - \frac{3}{3} \frac{1}{9} \frac{3}{9} \frac{1}{9} \frac{1}{$$

Exercise 48:

$$\cdot \left[\hat{H}, \hat{\rho}_{j} \right] = \frac{1}{z_{m}} \left[\hat{\rho}_{R} \hat{\rho}^{R}, \hat{\rho}_{j} \right] = 0 , \text{ since } \left[\hat{\rho}_{R}, \hat{\rho}_{j} \right] = 0$$

$$\hat{E}[\hat{H},\hat{q}^{i}] = \frac{1}{2m} \left[\hat{p}_{R} \hat{p}_{R},\hat{q}^{i} \right] = \frac{1}{2m} \left(\hat{p}_{R} \left[\hat{p}_{R},\hat{q}^{i} \right] + \left[\hat{p}_{R},\hat{q}^{i} \right] \hat{p}^{k} \right) = -\frac{1}{m} \hat{p}^{i} .$$

The Poisson Grackets read:

$$\cdot \left\{ H'bi \right\} = \frac{zw}{1} \left(\frac{3bi}{3(b_5)} \frac{3bi}{3bi} - \frac{3(b_5)}{3(b_5)} \frac{3bi}{3bi} \right) = 0.$$

·
$$\{H, q^{i}\} = \frac{1}{2m} \left(\frac{2(p^{2})}{2p_{i}} \frac{2q_{i}}{2q_{i}} - \frac{2(p^{2})}{2q_{i}} \frac{2q_{i}}{2p_{i}} \right) = \frac{1}{2m} 2p_{i} S_{i}^{i} = \frac{1}{m} p_{i}^{i}$$

They fullfill:

They fullfill:

Exercise 49:

$$C = -\frac{3}{2}R + \frac{q^{-1}}{4}\left(tr(\rho^2) - \frac{1}{2}tr(\rho)^2\right)$$

$$= -3R + q^{-1} \left[t_{\kappa} \left(q(\kappa_{i} - t_{\kappa}(\kappa)q_{i})^{2} \right) - \frac{1}{2} t_{\kappa} \left(q^{1/2}(\kappa_{i} - t_{\kappa}(\kappa)q_{i})^{2} \right) \right]$$

$$= -3R + \left[t_{\kappa} \left(\kappa_{i} - t_{\kappa}(\kappa)\kappa_{i} - t_{\kappa}(\kappa)q_{i} + t_{\kappa}(\kappa)^{2}q_{i} \right) - \frac{1}{2} \left[t_{\kappa}(\kappa) - t_{\kappa}(\kappa)t_{\kappa}(q_{i})^{2} \right]$$

$$= -3R + \left[t_{\kappa} \left(\kappa_{i} - t_{\kappa}(\kappa)\kappa_{i} - t_{\kappa}(\kappa)q_{i} + t_{\kappa}(\kappa)^{2}q_{i} \right) - \frac{1}{2} \left[t_{\kappa}(\kappa) - t_{\kappa}(\kappa)t_{\kappa}(q_{i})^{2} \right]$$

$$= -{}^{3}R + tr(K^{2}) - 2tr(K) + r(K)^{2} + r(K)^{2}$$

$$= -3R + tr(K^2) - \frac{1}{2}tr(K)^2 - 2tr(K)^2 + 3tr(K)^2 + 3tr(K)^2 - \frac{1}{2}tr(K)^2 - \frac{1}$$

He have used that tr(qii)=3 and tr(Kq)=tr(Kijqih)=tr(Kk)=tr(K).

Note: In order to have the correct sign here, we have to take our solution and not the one in the Book. It has to be a sign error somewhere.

Finally 1

$$C_{i} = -2^{3}\nabla^{j}(q^{-1/2}P_{ij})$$

$$= -2^{3}\nabla^{j}(K_{ij} - tr(K_{ij}))$$

$$= -2[^{3}\nabla^{j}K_{ij} - tr(^{3}\nabla^{j}K_{ij}) + tr(K_{ij})^{3}\nabla^{j}q_{ij}]$$

$$= -2[^{3}\nabla^{j}K_{ij} - ^{3}\nabla_{i}K_{ij}^{j}].$$

$$= -2 G_{M_{i}}N^{h}.$$

exercise so !

In local coordinates we have

$$(*T)^{IJ}_{\alpha\beta} = \frac{1}{2} \mathcal{E}^{IJ}_{KL} + \mathcal{E}^{KL}_{\alpha\beta} = \frac{1}{2} \mathcal{E}^{IJ}_{KL} \left[\partial_{\alpha} A^{KL}_{\beta} - \partial_{\beta} A^{KL}_{\lambda} + \left[A_{\alpha_{1}} A_{\beta} \right]^{KL} \right]$$

$$= \partial_{\alpha} (*A^{IJ}_{\beta}) - \partial_{\beta} (*A^{IJ}_{\alpha}) + * \left[A_{\alpha_{1}} A_{\beta} \right]^{IJ}$$

$$= i \partial_{\alpha} A^{IJ}_{\beta} - i \partial_{\beta} A^{IJ}_{\alpha} + i \left[A_{\alpha_{1}} A_{\beta} \right]^{IJ}$$

$$= i \mathcal{F}^{IJ}_{\alpha\beta}.$$

We have used that A is self-dual ((*A) = \(\frac{1}{2} \) = \(\frac{1}{2} \) \(\text{KL} A_{\text{KL}} \) and that the commutator of two self-dual matrices is again self-dual.

Exercise S1:

The complexification of a real Lie algebra & is a complex Lie algebra.

The vector space gol equipped with the map [..]: gol xgol -> gol makes up a complex Lie algebra, since (xox, yob) -> [x,y] ods

1)
$$[x \otimes x, y \otimes \beta] = [x, y] \otimes x\beta = -[y, x] \otimes \beta x = [y \otimes \beta, x \otimes x].$$

$$= 0$$
.

It is 9 = c 900 and it's closed under the map [i], s.t. [i]: 9 + x 9 + > 9 +

as one can easily see.

They are ecviously isomorph to g: \$\bar{\Pi}: \Bar{\Pi}: \Bar{\P

Since GOC = [x02 | xeg, zec], goc is given as the direct sum of gt.

Exercise 52:

The computations are similar to the congulations for the Palatini formalism in Chapter III.3.

1. Varying the self-dual connection:

With the formula $S^{\dagger}\tilde{R}_{\kappa\beta}=2\tilde{\nabla}_{(\kappa}S^{\dagger}\tilde{\Gamma}_{\kappa})_{\beta}$, we can write ${}^{\dagger}\tilde{\Gamma}_{\kappa\beta}^{\gamma}=\Gamma_{\kappa\beta}^{\gamma}+C_{\kappa\beta}^{\gamma}$ analog to Chap. III. 3 with $S^{\dagger}\tilde{\Gamma}_{\kappa\beta}^{\gamma}=SC_{\kappa\beta}^{\gamma}$.

Analog to the Palatini formalism, the variation of STR vanishes iff Cxp=0 ~> + Fxp= Txp

The solution of the field
$$e_{I}$$
:

It is $Svol = -\frac{1}{2}g_{\alpha\beta}(Sg^{\alpha\beta})vol$ with $Sg^{\alpha\beta} = S(v_{I}^{IJ}e_{I}^{\alpha}e_{J}^{\beta}) = Zv_{I}^{IJ}e_{J}^{\beta}Se_{I}^{\alpha}$.

$$\Rightarrow SS_{SD} = \int_{M} \left[(Se_{I}^{\alpha})e_{J}^{\beta}+F_{\alpha\beta}^{IJ} + e_{I}^{\alpha}(Se_{J}^{\beta})^{\dagger}F_{\alpha\beta}^{IJ} - e_{I}^{\alpha}e_{J}^{\beta}+F_{\alpha\beta}^{IJ}e_{J}^{\alpha}(Se_{K}^{\alpha}) \right]vol$$

$$= 2\int_{M} \left[e_{J}^{\beta}+F_{\alpha\beta}^{IJ} - \frac{1}{2}e_{A}^{J}e_{K}^{\alpha}e_{L}^{\dagger}+F_{\gamma\delta}^{KL} \right] (Se_{I}^{\alpha})vol$$

$$= 2\int_{M} \left[k_{\alpha\beta}^{\beta} - \frac{1}{2}g_{\alpha\beta}^{\dagger}k \right] v_{I}^{IJ}e_{J}^{\beta}(Se_{I}^{\alpha})vol$$

$$\Rightarrow k_{\alpha\beta}^{\beta} - \frac{1}{2}g_{\alpha\beta}^{\dagger}k = 0.$$

Like in the case of the normal Einstein equation, we see by contracting $+R_{x}^{\alpha}-\frac{1}{2}S_{x}^{\alpha}+R=0 \iff -+R=0 \iff +R=0$.

So the vacuum Einstein equation becomes + Rap = 0, which means that $\frac{1}{2}(R^{y}_{\alpha y\beta} - \frac{1}{2} E^{y}_{\beta\mu\nu}R^{\mu}_{\alpha y}^{\nu}) = 0 \iff R_{\alpha\beta} = \frac{1}{2} E^{y}_{\beta\mu\nu}R^{\mu}_{\alpha y}^{\nu}.$

Since the Ricci tensor is real-valued, the above equation can be only fullfilled iff Rap=0.

Exercise 53:

Working on it! ;)