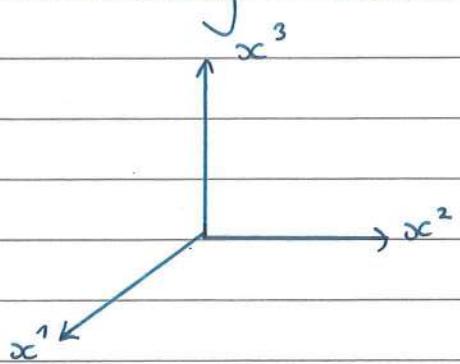


General Relativity: Lecture 1

1.1 - Newtonian theory

Physical laws on $\mathbb{R}^3 \times \mathbb{R}^1$ with universal time t

Inertial frame: coordinates $\{x^1, x^2, x^3\}$ for non-accelerating observer.



Transformation between inertial frames

$$x^i \mapsto x'^i = R^i_j x^j - v^i t + a^i$$

R^i_j : rotation $SO(3)$

v^i : relative velocity

a^i : spatial translation

$$t \mapsto t' = t + b$$

b : time translation

Principle of Relativity: laws of physics independent of choice of inertial frame

Gravity :- gravitational field affects motion of particles

- field generated by a mass distribution

Gravitational potential

$$\Phi : \mathbb{R}^3 \rightarrow \mathbb{R}$$

$$x^i \mapsto \Phi(x)$$

obeys Poisson equation and produces acceleration

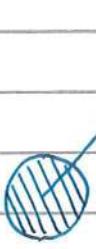
$$\nabla^2 \Phi = 4\pi G \rho, \quad m \frac{d^2}{dt^2} \underline{x} = m \ddot{\underline{x}} = -m \nabla \Phi$$

where $\rho : \mathbb{R}^3 \rightarrow \mathbb{R}$ is matter density

G : Newton's constant, "strength of gravity"

∇^2 : Laplacian on \mathbb{R}^3 , $\delta^{ij} \frac{\partial}{\partial x^i} \frac{\partial}{\partial x^j}$

Example: localised spherical mass



$$M = \int_0^R d^3x \rho$$

$$\Phi = -\frac{GM}{|\underline{x}|}$$

$$\Rightarrow \ddot{x}^i = -\frac{GM}{|\underline{x}|^2} \frac{\underline{x}}{|\underline{x}|}$$

1.2 - Problems with Newtonian theory

a) Instantaneous signal propagation

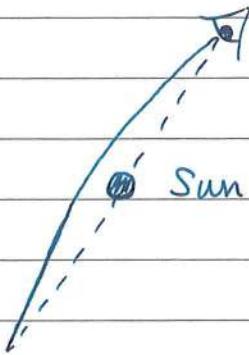
No time derivatives in Poisson equation
 \Rightarrow instant signalling

Incompatible with Special Relativity (signals limited by c)

b) Bending of light

If light is a wave, no coupling between electromagnetism and gravity, so no deflection.

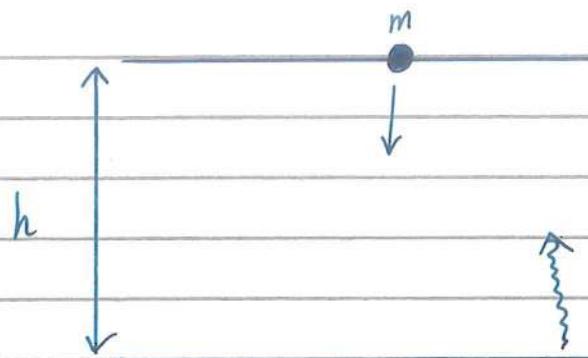
If light is a particle (massless test particle), get $1/2$ of deflection observed



Eddington 1919

Wait for solar eclipse then compare location of stars near sun.

c) Thought experiment (Einstein)



- Drop mass m from height h

- At bottom, convert m to energy as photon

- Photon measured again at top.

$$E_m^{\text{top}} = mc^2$$

$$\begin{aligned} E_m^{\text{bottom}} &= mc^2 + \frac{1}{2}mv^2 + O(v^4) \\ &= mc^2 \left(1 + \frac{gh}{c^2} + \dots \right) \end{aligned}$$

↑ SR corrections.

$g \approx 10 \text{ m s}^{-2}$, grav. acc. at Earth's surface

$\frac{gh}{c^2} \ll 1$ for small SR effects. (linear terms)

$$E_m^{\text{bottom}} = E_{\gamma}^{\text{bottom}} = mc^2 \left(1 + \frac{gh}{c^2} \right)$$

Conservation of energy $\Rightarrow E_{\gamma}^{\text{top}} = mc^2$

$$\text{But } \frac{E_{\gamma}^{\text{top}}}{E_{\gamma}^{\text{bottom}}} = \frac{1}{1 + \frac{gh}{c^2}} \approx 1 - \frac{gh}{c^2}$$

So energy (and frequency) of photon must decrease on way back up - "gravitational redshift".

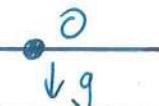
Clock at bottom runs slow! "Time dilation"

Frame at rest is not inertial.

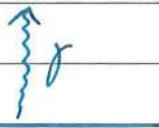
No mechanism for this to happen in Newtonian gravity!

- gravity couples to mass, not energy.
- energy conserved, earth encures momentum conserved.
- redshift observed by Pound - Rebka 1960

Consider an observer \circ falling freely from to



$t = 0$: photon released from bottom, \circ at rest



$t = h/c$: photon reaches top, \circ has speed $u = gh/c$

There will be a SR velocity redshift for \circ

$$E\gamma^{\circ} = \left(\frac{1 + u/c}{1 - u/c} \right)^{1/2} E\gamma^{\text{top}} \approx (1 + u/c) E\gamma^{\text{top}} \\ \approx \left(1 + \frac{gh}{c^2} \right) E\gamma^{\text{top}}$$

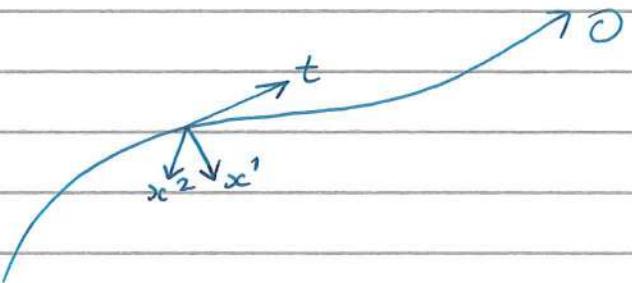
$$\text{So } \frac{E\gamma^{\circ}}{E\gamma^{\text{bottom}}} = \frac{E\gamma^{\circ}}{E\gamma^{\text{top}}} \frac{E\gamma^{\text{top}}}{E\gamma^{\text{bottom}}} = \frac{1 + gh/c^2}{1 + gh/c^2} \approx 1 + \mathcal{O}(gh^2)$$

The redshift of the photon vanishes in the freely falling reference frame.

Equivalence Principle: may eliminate effects of gravity locally by moving to a freely falling reference frame

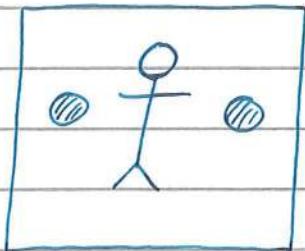
i.e. local affects of gravity indistinguishable from being in an accelerated frame of reference.

A freely falling observer O may use a local inertial frame $\{x^m\}$ in a small neighbourhood of a point on their worldline

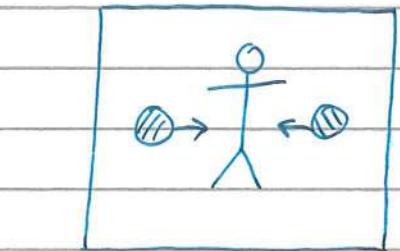


Special Relativity holds in this local frame.

Example: elevator falling to earth



"constant field"

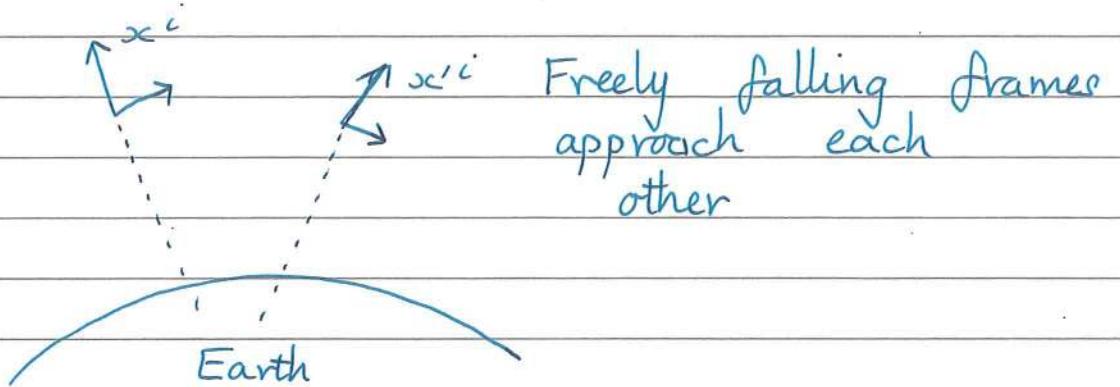


Earth

If elevator is small and you only consider a short time, these look the same!

Local: small neighbourhood in space and time.

Gravity appears as relative acceleration of local inertial frames



Transformation between these frames is not a (linear) Lorentz transformation

$$x'^a \neq L^a_b x^b$$

\Rightarrow Spacetime is curved.

Need a new theory :- SR holds over short distances / times

- Equations will be non-linear (energy sources field)
- Reduces to Newtonian gravity for weak fields and low speeds.

Review of Special Relativity

Model spacetime on \mathbb{R}^4

- Flat "Minkowski" space M_4
- Points in M_4 are "events"
- Label points with $x^\mu = (t, x^i) = (x^0, x^i)$
(but no invariant meaning)

Conventions: use "summation convention"

- Inertial coordinates (μ, ν, \dots)
- General coordinates (a, b, \dots)
- Euclidean coordinates (i, j, \dots)

M_4 has natural measure of distance

$$ds^2 = -(dx^0)^2 + \sum_i (dx^i)^2$$

$$= \eta_{\mu\nu} dx^\mu dx^\nu$$

$$\eta_{\mu\nu} = \text{diag}(-1, +1, +1, +1)$$

Coordinates in which this holds are inertial frames

Lorentz transformations

Linear transformations of x^μ that leave ds^2 invariant

$$x^\mu \mapsto x'^\mu = L^\mu{}_\nu x^\nu$$

$$ds^2 = \eta_{\mu\nu} dx^\mu dx^\nu = \eta_{\mu\nu} dx'^\mu dx'^\nu$$

$$\Rightarrow \eta_{\mu\nu} L^\mu{}_\sigma L^\nu{}_\rho = \eta_{\sigma\rho}$$

In matrix notation

$$x' = L x, \quad L^T \eta L = \eta$$

These transformations relate "inertial frames" in which speed of light is the same.
Their defining property implies

- $\det L = \pm 1$

- $L \in O(1, 3)$

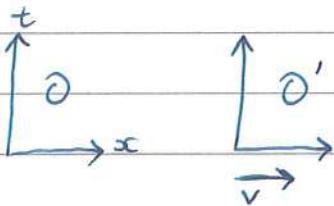
Minkowski version of $R^T \eta R = \eta$ for $O(4)$

Elements can be broken into "boosts" and "rotations"

Boosts :- "rotations" which mix space and time

- relate frames moving relative to each other

e.g.



$$x'^\mu = L^\mu{}_\nu x^\nu$$

$$L^\mu{}_\nu = \begin{pmatrix} \gamma & -\gamma v \\ -v^\nu & \gamma \\ & & 1 \\ & & & 1 \end{pmatrix}$$

$$\gamma = (1 - v^2)^{-1/2}$$

Rotations : Only in $\mathbb{R}^3 \subset \mathbb{R}^{1,3}$, $x'^i = R^i{}_j x^j$

$$L^\mu{}_\nu = \begin{pmatrix} 1 & \\ & R^i{}_j \end{pmatrix}, \quad R \in SO(3)$$

Discrete symmetries : "Parity" $x^i \mapsto -x^i$

"Time reversal" $x^0 \mapsto -x^0$

Generally, can also shift the coordinates so that

$$x'^\mu = L^\mu{}_\nu x^\nu + c^\mu$$

\nwarrow constant

Together, these give Poincaré transformations.

Causal structure

Metric η defines Lorentz invariant distance between events P and Q , with coordinates x_P^μ and x_Q^μ

$$\begin{aligned} (\Delta x)^2 &= \eta_{\mu\nu} (x_P^\mu - x_Q^\mu)(x_P^\nu - x_Q^\nu) \\ &= \eta(x_P - x_Q, x_P - x_Q) \end{aligned}$$

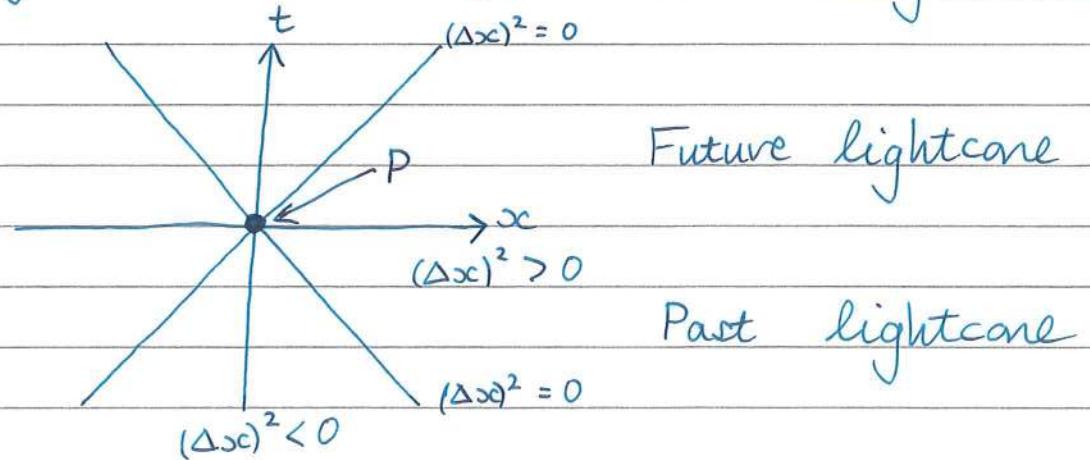
Depending on the sign of $(\Delta x)^2$, the events P and Q are called

$(\Delta x)^2 < 0$ "timelike separated".

$(\Delta x)^2 = 0$ "lightlike separated".

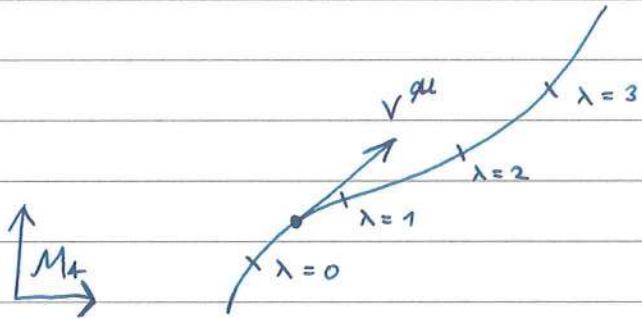
$(\Delta x)^2 > 0$ "spacelike separated"

The set of events that are lightlike from P define the "lightcone" at P



Curves and tangent vectors

Curve given by a map $\lambda \mapsto x^\mu(\lambda)$ ($\mathbb{R} \rightarrow M_4$)



Tangent vector to curve at $x^\mu(\lambda_0)$ is

$$v^\mu = \left. \frac{d}{d\lambda} x^\mu(\lambda) \right|_{\lambda=\lambda_0}$$

The tangent vector v^μ is called

$$\eta(v, v) < 0 \quad \text{"timelike"}$$

$$\eta(v, v) = 0 \quad \text{"null"}$$

$$\eta(v, v) > 0 \quad \text{"spacelike"}$$

The sign of $\eta(v, v)$ depends on the image of the curve, not its parametrisation.

A curve whose tangent vector is everywhere timelike is a "timelike curve", etc.

- Massive particles follow timelike curves
- Massless particles follow null curves.

Proper time

A natural parametrization for a timelike curve is given by the Lorentz invariant "proper time" τ along the curve

$$x^\mu = x^\mu(\tau)$$

$$d\tau = \sqrt{-ds^2}$$

$$= \sqrt{-\eta_{\mu\nu} dx^\mu dx^\nu}$$

$$= \sqrt{-\eta_{\mu\nu} \frac{dx^\mu}{d\tau} \frac{dx^\nu}{d\tau}} d\tau$$

$$\Rightarrow -\eta_{\mu\nu} \dot{x}^\mu \dot{x}^\nu = 1 \quad \left(\dot{x}^\mu := \frac{dx^\mu}{d\tau} \right)$$

Similarly, spacelike curves parametrised by "proper distance" ds .

As τ is Lorentz invariant

$$\dot{x}'^\mu(\tau) = \frac{d}{d\tau} x'^\mu(\tau) = \frac{\partial x'^\mu}{\partial x^\nu} \frac{dx^\nu}{d\tau} = L^\mu{}_\nu \dot{x}^\nu(\tau)$$

Lorentz vectors (4-vectors)

Objects with components v^μ that transform under Lorentz transformations as

$$v^\mu \mapsto v'^\mu = L^\mu{}_\nu v^\nu$$

The metric $\eta_{\mu\nu}$ gives an indefinite scalar product on vectors

The scalar product $\eta_{\mu\nu} v^\mu w^\nu$ is a Lorentz scalar, so is invariant under Lorentz transformations

$$\begin{aligned} \eta_{\mu\nu} v'^\mu w'^\nu &= \eta_{\mu\nu} L^\mu{}_\rho v^\rho L^\nu{}_\sigma w^\sigma \\ &= \eta_{\mu\nu} v^\mu w^\nu \end{aligned} \quad \downarrow L^T \eta L = \eta$$

A vector is timelike, null, ... depending on sign of $\eta(v, v)$.

Other Lorentz tensors

Scalars are invariant, e.g. $\eta(v, w)$

Co-vectors (or 1-forms) transform under dual representation

$$\Lambda = (L^\top)^{-1} = \eta L \eta^{-1}$$

$$u'_\mu = \frac{\Lambda_\mu{}^\nu u_\nu}{u_\nu (L^{-1})^\nu_\mu}, \quad \Lambda_\mu{}^\nu = \eta_{\mu\rho} L^\rho{}_\sigma \eta^{\sigma\nu}$$

Vectors are elements of $T_p M_4$ (at a point P)

Corectors are elements of $T_p^* M_4$

Corectors define a map $T_p M_4 \rightarrow \mathbb{R}$

$$u: v \in T_p M_4 \mapsto u(v) = u_\mu v^\mu \in \mathbb{R}$$

The metric $\eta_{\mu\nu}$ defines an isomorphism

$$T_p M_4 \cong T_p^* M_4$$

$$v^\mu = \eta^{\mu\nu} v_\nu, \quad v_\mu = \eta_{\mu\nu} v^\nu$$

(p, q) tensors transform like a product of vectors and corectors

$$T^{\mu_1 \dots \mu_p}_{\nu_1 \dots \nu_q} \mapsto T'^{\mu_1 \dots \mu_p}_{\nu_1 \dots \nu_q}$$

$$= L^{\mu_1}{}_{\rho_1} \dots L^{\mu_p}{}_{\rho_p} (L^{-1})^{\rho_1}{}_{\nu_1} \dots (L^{-1})^{\rho_q}{}_{\nu_q} T^{\rho_1 \dots \rho_p}_{\sigma_1 \dots \sigma_q}$$

Products e.g. $v^\mu w^\nu u_\mu$ are $(2, 1)$ tensor

- Linear combinations of (p, q) tensors are (p, q) .
- Products and contractions of tensors are again tensors.
- Type of tensors can be read off from indices.

Tensor fields

Assignment of a tensor to each point of M_4

$$T: x \mapsto T^{\mu_1 \dots \mu_p}_{\nu_1 \dots \nu_q}(x)$$

e.g. given $v^\mu(x)$, $\eta_{\mu\nu} v^\mu(x) v^\nu(x) = \eta(v, v)(x)$
is a scalar function.

e.g. given scalar function $f(x)$

$$u_\mu(x) := \frac{\partial}{\partial x^\mu} f(x) = \partial_\mu f$$

is a covector / 1-form.

e.g. Wave operator $\square = \eta^{\mu\nu} \partial_\mu \partial_\nu$ maps (p, q) to (p, q)
 $(\nabla^2 = \square)$

e.g. $\eta_{\mu\nu}$ is a $(0,2)$ tensor that does not depend on x^μ or change with Lorentz transformations

i.e. $\partial_\mu \eta_{\nu\rho} = 0, \quad \eta_{\mu\nu}^{\text{diag}} = (-1, 1, 1, 1)$

e.g. Identity tensor / Kronecker delta

$$\delta^\mu{}_\nu = \text{diag}(1, 1, 1, 1) \quad \text{in any inertial frame.}$$

$$\delta^\mu{}_\nu T^\nu\dots = T^\mu\dots$$

$$\eta^{\mu\rho} \eta_{\nu\rho} = \delta^\mu{}_\nu$$

$$e.g. T_{\mu\nu} = \frac{1}{2} (T_{\mu\nu} - T_{\nu\mu})$$

$$T_{\mu\nu} = \frac{1}{2} (T_{\mu\nu} + T_{\nu\mu})$$

Worldlines of massive particles

Timelike curve parametrised by proper time τ

$$u^\mu = \dot{x}^\mu(\tau)$$

"4-velocity"

$$e.g. u^\mu = (1, \vec{0})$$

at rest

$$u^\mu u_\mu = \eta_{\mu\nu} u^\mu u^\nu = -1$$

$$u^\mu = \gamma(v)(1, \vec{v})$$

massive

$$4\text{-acceleration} : a^\mu = \frac{d}{d\tau} u^\mu$$

$$u^\mu = (1, \vec{v}), |\vec{v}|^2 = 1$$

massless

Massive free particles obey $a^\mu = 0$

Note that

$$\frac{d}{d\tau} (u^\mu u^\nu \eta_{\mu\nu}) = 0$$

$$= 2 a^\mu u^\nu \eta_{\mu\nu}$$

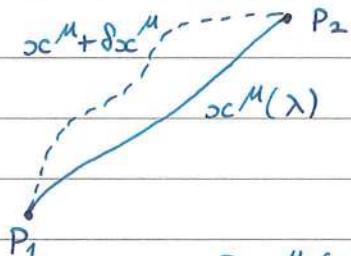
$$\Rightarrow \eta(a, u) = 0$$

If $a^\mu \neq 0$, a^μ orthogonal to u^μ

$$\Rightarrow a_\mu a^\mu > 0 \quad \text{"spacelike"}$$

Action and proper time

Physical trajectories extreme proper time



$$\delta x^\mu(\lambda_1) = \delta x^\mu(\lambda_2) = 0$$

Action for free particle

$$S[x] = -m \int d\tau$$

$$= -m \int \sqrt{-\eta_{\mu\nu} dx^\mu dx^\nu}$$

With a parametrisation $x^\mu(\lambda)$

$$S[x] = \int d\lambda L_\lambda$$

$$L_\lambda = -m \sqrt{-g_{\mu\nu} \frac{dx^\mu}{d\lambda} \frac{dx^\nu}{d\lambda}}$$

e.g. $\lambda = x^0 = t$

$$L_t = -m \sqrt{1 - |\vec{v}|^2}$$

$$\vec{v} = \frac{d\vec{x}}{dt}$$

Can always choose λ s.t.

$$\left(-g_{\mu\nu} \frac{dx^\mu}{d\lambda} \frac{dx^\nu}{d\lambda} \right)^{1/2} = \text{constant}$$

λ is then an "affine parameter"
 $\lambda = a\tau + b$ for τ proper time.

Important: for a timelike curve $x^\mu(\lambda)$, extremising $S[x]$ is equivalent to extremising

$$S[x] = \int d\lambda \frac{1}{2} g_{\mu\nu} \frac{dx^\mu}{d\lambda} \frac{dx^\nu}{d\lambda}$$

This simpler functional can also be used for massless particles!

Curves / trajectories / worldlines that extremise the action are known as "geodesics".

- Analogue of straight lines in M_4 .

4-momentum

Defined as $p^\mu = m u^\mu = (E, \vec{p})$

$$p_\mu p^\mu = -m^2 \quad \text{"mass shell relation"} \\ \uparrow \\ \text{rest mass}$$

Given a reference frame / coordinates in which

- particle has momentum p^μ
- observer \mathcal{O} has velocity v^μ

Observer will measure energy of particle to be

$$E_{\mathcal{O}} = -\gamma_{\mu\nu} p^\mu v^\nu$$

e.g. Particle at rest w.r.t. \mathcal{O}

$$- p^\mu = m v^\mu$$

$$E_{\mathcal{O}} = m \quad \text{"rest mass in } \mathcal{O \text{ frame}}"$$

Can work in frame of \mathcal{O} ($p^\mu = (m, \vec{0}), v^\mu = (1, \vec{0})$)
 or in a different frame ($v^\mu = \gamma(1, \vec{v}), p^\mu = m v^\mu$)

e.g. Particle moving at v in \hat{x} direction in \mathcal{O} frame

$$v^\mu = (1, \vec{0}) \quad "0 at rest in own frame"$$

$$p^\mu = \gamma m(1, v, 0, 0)$$

$$\Rightarrow E_0 = m\gamma \approx m + \frac{1}{2}v^2 + \dots$$

↓ ↓
 rest kinetic
 mass energy

Stress - energy tensor

Energy density, energy flux, momentum density and pressure encoded by a symmetric $(2,0)$ tensor $T^{\mu\nu}$

Let $T^{\mu\nu}$ be stress-tensor and u^μ the 4-velocity of a timelike observer 0 in an inertial frame

- 0 measures a 4-momentum density

$$j^\mu = -T^{\mu\nu}u_\nu$$

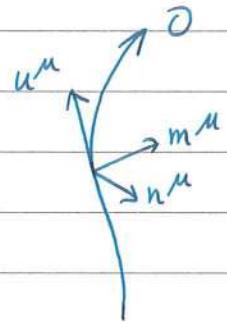
- Energy is $-u^\mu p_\mu$, so energy density is

$$\rho = -u^\mu j_\mu = T_{\mu\nu} u^\mu u^\nu$$

- for normal matter, $T_{\mu\nu} u^\mu u^\nu \geq 0$,
"weak energy condition".

Let m^μ and n^μ be spacelike vectors s.t.

- $m_\mu m^\mu = n_\mu n^\mu = +1$
- $u_\mu m^\mu = u_\mu n^\mu = 0$

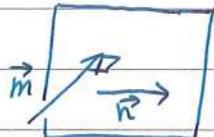


Pressure in m^μ direction measured by ∂ is

$$p = T_{\mu\nu} m^\mu m^\nu$$

Stress in n^μ direction across surface \perp to m^μ is

$$S = T_{\mu\nu} m^\mu n^\nu$$



Conservation of energy and momentum is

$$\partial_\mu T^{\mu\nu} = 0$$

- Can derive this from Noether's theorem for translations
- For a field theory coupled to gravity

with action $S[\phi, g_{ab}]$

$$T_{ab} = \frac{\delta S}{\delta g^{ab}}$$

Perfect fluid

Macroscopic description of matter in terms of pressure and density:

e.g. gases or fluids.

A "perfect fluid" is one such that an observer in the rest frame of the fluid sees it as isotropic

- "comoving" observer sees it as rotation invariant.

In reference frame of fluid

$$T_{00} = \rho, \quad T_{ij} = p \delta_{ij}, \quad T_{0i} = 0$$

- ρ : "energy density".

- p : "pressure".

To specify the kind of fluid, give a relation between ρ and p

$$\text{"Equation of state": } p = p(\rho)$$

In an inertial frame where fluid moves with 4-velocity u^μ

$$T_{\mu\nu} = (\rho + p) u_\mu u_\nu + p \eta_{\mu\nu}$$

$$\text{e.g. for } u^\mu = (1, \vec{v}), \quad T_{\mu\nu} u^\mu u^\nu = \rho$$

"Dust" is pressureless ($p = 0$, particles do not bump into each other much) - project along u^μ for energy conservation.

$$u_\mu \partial_\nu T^{\mu\nu} = u_\mu \partial_\nu (\rho u^\nu u^\mu)$$

$$\begin{aligned} &= u_\mu u^\mu \underbrace{\partial_\nu (\rho u^\nu)}_{j^\nu} + \rho u^\nu u_\mu \underbrace{\partial_\nu u^\mu}_0 \quad \text{as } \partial_\nu (u_\mu u^\mu) = 0 \\ &= - \partial_\nu j^\nu \end{aligned}$$

"Fluid density conserved"

$$\text{In } v \ll 1 \text{ limit, } u^\mu = \gamma(1, \vec{v}) \approx (1, \vec{v})$$

$$j^\mu = \rho u^\mu \approx (\rho, \rho \vec{v}),$$

$$\partial_\mu j^\mu = \partial_t \rho + \vec{\nabla} \cdot (\rho \vec{v}) = 0 \quad \text{"conservation of mass"} \\ \text{"continuity equation"}$$

4.4 - Electromagnetic flux

Electromagnetic field encoded in a $(0,2)$ anti-symmetric tensor $F_{\mu\nu}$

- $F_{\mu\nu}$ has 6 components (3 electric, 3 magnetic)

An observer with 4-velocity v^μ measures

- Electric field : $E_\mu = F_{\mu\nu} v^\nu$

E^μ is spacelike with 3 independent components (see PS1)

- Magnetic field : $B_\mu = -\frac{1}{2} \epsilon_{\mu\nu\rho\sigma} F^{\nu\rho} v^\sigma$

where $\epsilon_{0123} = +1$ and $\epsilon_{\mu\nu\rho\sigma} = \epsilon_{[\mu\nu\rho\sigma]}$

Again, B^μ spacelike with 3 components.

Example : O at rest, $v^\mu = (1, 0)$

$$E_\mu = F_{\mu 0} \Rightarrow E_i = F_{i0}$$

$$B_\mu = -\frac{1}{2} \epsilon_{\mu\nu\rho\sigma} F^{\nu\rho}$$

$$= +\frac{1}{2} \epsilon_{0\mu\nu\rho} F^{\nu\rho}$$

$$\Rightarrow B_i = \frac{1}{2} \epsilon_{ijk} F^{jk}$$

$$\Rightarrow F_{\mu\nu} = \begin{pmatrix} 0 & -E_1 & -E_2 & -E_3 \\ E_1 & 0 & B_3 & -B_2 \\ E_2 & -B_3 & 0 & B_1 \\ E_3 & B_2 & -B_1 & 0 \end{pmatrix}$$

Example : 0 with $v^\mu = \gamma(v)(1, \underline{v})$

$$\begin{aligned} E'_i &= F_{i\mu} v^\mu \\ &= \gamma(v) (F_{i0} + F_{ij} v^j) \\ &= \gamma(v) (E_i + \frac{1}{2} \epsilon_{ijk} v^j B^k) \end{aligned}$$

$$\Rightarrow \vec{E}' = \gamma(v) (\vec{E} + \vec{v} \times \vec{B})$$

Electric vs. magnetic is dependent on the inertial frame.

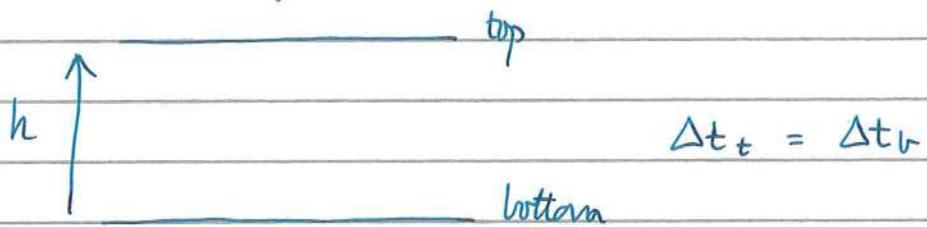
5.1 - Review

In absence of gravity, spacetime is

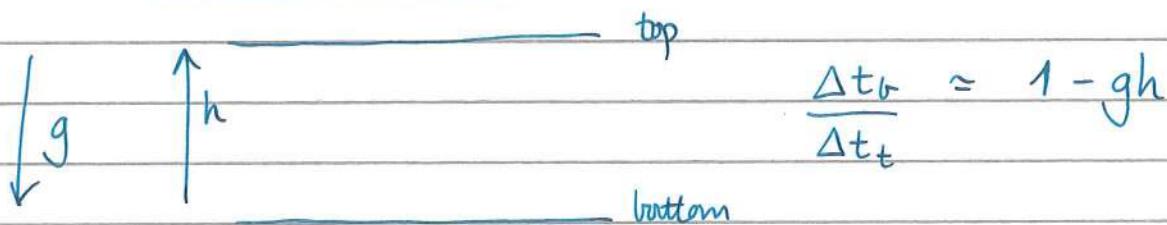
- $M_4 = \mathbb{R}^4$ as topological space
- Flat metric of signature $(-, +, +, +)$
- There are distinguished inertial frames in which $g = \eta = \text{diag}(-1, 1, 1, 1)$

5.2 - Gravity (intuition)

Observers at rest in a global inertial frame agree on time differences



Observers at rest in a gravitational field experience time dilation



Can eliminate local effects by moving to a freely falling frame.

5.3 - Gravity (concretely)

There are no global inertial frames in a (non-uniform) gravitational field.

A freely falling observer may set up a local inertial frame in which $g = \eta$

Spacetime is a smooth, 4-dimensional manifold with a metric g_{ab} of signature $(-, +, +, +)$

5.4 - Smooth manifolds

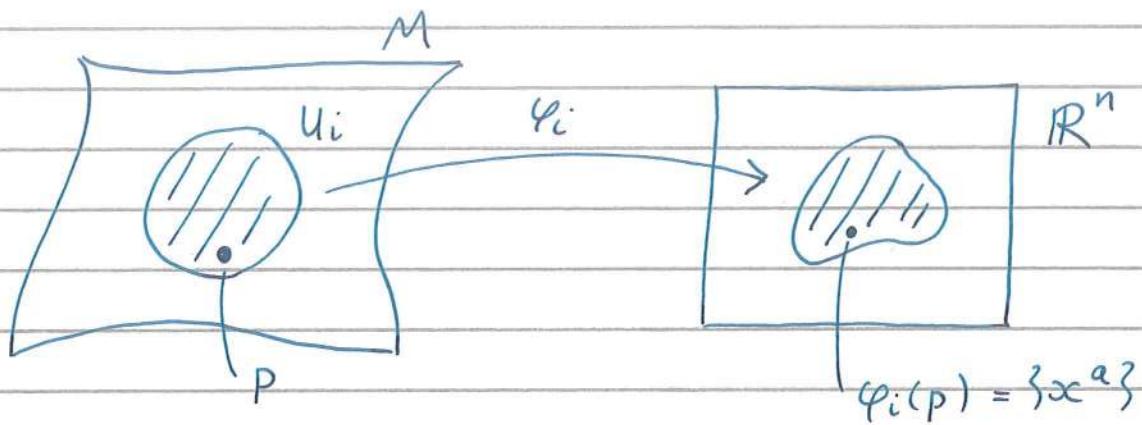
Def: 1) M is a topological space set of points with neighbourhoods satisfying some axioms

2) M has coordinate charts $\{U_i, \varphi_i\}$

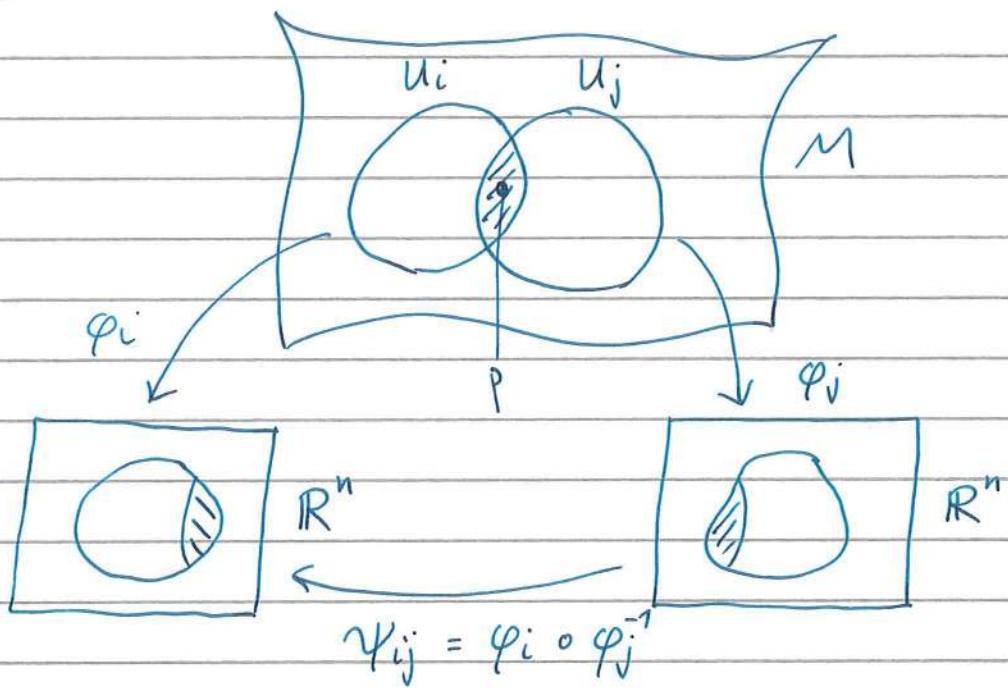
↑ labels the chart

- $U_i \subset M$ are open sets such that $\bigcup U_i = M$

- $\varphi_i : U_i \rightarrow \mathbb{R}^n$, homeomorphism - bijection
- continuous
- continuous inverse



3) Compatibility on overlaps



$$\text{If } \varphi_i(p) = \{x^\alpha\} \quad p \in U_i \cap U_j \\ \varphi_j(p) = \{x'^\alpha\}$$

$$x'^\alpha = x^\alpha(x) \quad \text{are } C^\infty$$

These are general coordinate transformations!

- Might need multiple sets of coordinates / patches to cover manifold
- If patches fully overlap, just a redefinition of your coordinates

5.5 - Tensor fields

On overlap $U_i \cap U_j$ s.t. $q_i(p) = \{x^a\}$
 $q_j(p) = \{x'^a\}$

Example: scalar $f : M \rightarrow \mathbb{R}$

$$f(x) \mapsto f(x') = f(x'(x))$$

Example: tangent vector to curve $x^a(\lambda)$

$$\begin{aligned} T^a(\lambda) := \frac{dx^a}{d\lambda} &\mapsto \frac{dx'^a}{d\lambda} = \frac{\partial x'^a}{\partial x^b} \frac{dx^b}{d\lambda} \\ &= \frac{\partial x'^a}{\partial x^b} T^b(\lambda) \end{aligned}$$

Example: gradient of scalar f

$$\begin{aligned} \partial_a f = \frac{\partial}{\partial x^a} f &\mapsto \frac{\partial}{\partial x'^a} f = \frac{\partial x^b}{\partial x'^a} \frac{\partial}{\partial x^b} f \\ &= \frac{\partial x^b}{\partial x'^a} \partial_b f \end{aligned}$$

Alternatively: tensor C^∞ linear in arguments.
 $\omega(v) := \omega(v^a)$, $\omega(fv) = f\omega(v)$

Important: $\frac{\partial x'^a}{\partial x^b}$ not constant in general!

Example: (p, q) tensor $T^{a_1 \dots a_p}_{\quad b_1 \dots b_q}$

$$T^{a_1 \dots a_p}_{\quad b_1 \dots b_p} \mapsto T'^{a_1 \dots a_p}_{\quad b_1 \dots b_p}(x')$$

$$= \frac{\partial x'^{a_1}}{\partial x^{c_1}} \dots \frac{\partial x'^{a_p}}{\partial x^{c_p}} T^{c_1 \dots c_p}_{\quad d_1 \dots d_p}(x)$$

As before, we have

- Sum of (p, q) tensors is (p, q)
- Product of (p, q) and (r, s) is $(p+r, q+s)$
- Contraction, $T^{a_1 \dots a_{p-1} c}_{\quad b_1 \dots b_{q-1} c}$ is $(p-1, q-1)$

5.6 - Covariant derivatives

Partial derivatives of a tensor do not give another tensor (except for scalars!)

Example: partial derivative of a vector field

$$\frac{\partial v'^a}{\partial x^b} = \frac{\partial x^c}{\partial x^b} \frac{\partial}{\partial x^c} \left(\frac{\partial x'^a}{\partial x^d} v^d \right)$$

$$= \underbrace{\frac{\partial x^c}{\partial x'^b} \frac{\partial x'^a}{\partial x^d} \frac{\partial V^d}{\partial x^c}}_{\text{looks right for } (1,1) \text{ tensor}} + \underbrace{\frac{\partial x^c}{\partial x'^b} \frac{\partial^2 x'^a}{\partial x^c \partial x^d} V^d}_{\text{Non-zero unless } x'^a = L^a_b x^b \text{ constant!}}$$

Now define covariant derivative

$$\nabla_b V^a = \partial_b V^a + \Gamma^a_{bc} V^c$$

- Want $\nabla_b V^a$ to transform as $(1,1)$ tensor.
- $\partial_b V^a$ has extra term so is not a tensor.
- Γ^a_{bc} defined so that it cancels this extra piece!

$$\Gamma^a_{bc} = \frac{\partial x^p}{\partial x'^b} \frac{\partial x'^q}{\partial x'^c} \left(\frac{\partial x'^a}{\partial x^r} \Gamma^r_{pq} - \frac{\partial^2 x'^a}{\partial x^p \partial x^q} \right)$$

Exercise on PS2 - check this!

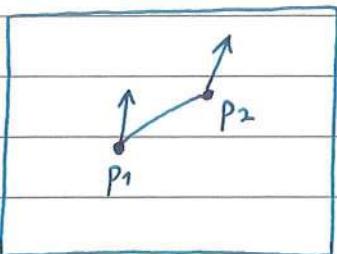
- Check $\nabla_b V^a$ then transforms as $(1,1)$ tensor

$$\nabla_b V^a \mapsto \nabla'_b V'^a = \frac{\partial x^c}{\partial x'^b} \frac{\partial x'^a}{\partial x^d} \nabla_c V^d$$

What is really going on?

Derivative lets you compare a tensor at different points on a manifold

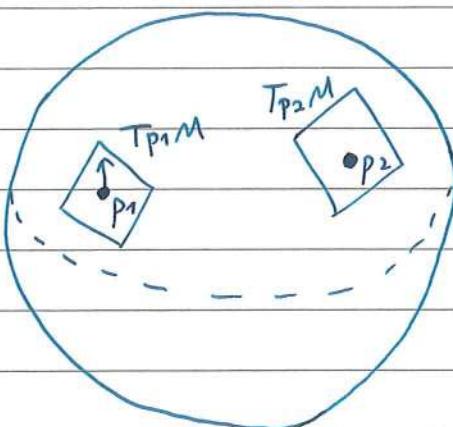
e.g. For \mathbb{R}^2



Canonical way to transport vector at p_1 to p_2 to compare (just use ∂_a) : $T_{p_1}\mathbb{R}^2 = T_{p_2}\mathbb{R}^2$

Not so simple for curved manifolds.

e.g. for S^2



Prescription for transporting vector from p_1 to p_2 needs extra information.

$T_{p_1}S^2 \cong T_{p_2}S^2$ but no canonical identification

Extra input is a connection ∇_a - allows us to compare vectors in different tangent spaces.

Covariant derivative ∇_a extends to (p,q) tensors as

- Linearity $\nabla_a (S^{b_1 \dots c_1 \dots} + T^{b_1 \dots c_1 \dots})$

$$= \nabla_a S^{b_1 \dots c_1 \dots} + \nabla_a T^{b_1 \dots c_1 \dots}$$

- Products $\nabla_a (S^{b_1 \dots c_1 \dots} T^{d_1 \dots e_1 \dots})$

$$= (\nabla_a S^{b_1 \dots c_1 \dots}) T^{d_1 \dots e_1 \dots} + S^{b_1 \dots c_1 \dots} (\nabla_a T^{d_1 \dots e_1 \dots})$$

- Action on scalars $\nabla_a f = \partial_a f$

Example : $\phi = v^a w_a$

$$\nabla_a \phi := \partial_a \phi = (\partial_a v^b) w_b + v^b (\partial_a w_b)$$

but $= \nabla_a (v^b w_b)$

$$= (\nabla_a v^b) w_b + v^b (\nabla_a w_b)$$

$$= (\partial_a v^b + \Gamma^b_{ac} v^c) w_b + v^b (\nabla_a w_b)$$

Holds for any v^b , so

$$\nabla_a w_b = \partial_a w_b - \Gamma^c_{ab} w_c$$

Can find action on (p,q) tensor by induction

$$\begin{aligned} \nabla_a T^{b_1 \dots b_p} {}_{c_1 \dots c_p} &= \partial_a T^{b_1 \dots c_1 \dots} \\ &+ P^{b_1} {}_{ab} T^{b_2 \dots b_p} {}_{c_1 \dots} + P^{b_2} {}_{ab} T^{b_1 \dots b_3 \dots} {}_{c_1 \dots} \\ &- P^c {}_{ac_1} T^{b_1 \dots c_2 \dots} - P^c {}_{ac_2} T^{b_1 \dots c_1 c_3 \dots} \end{aligned}$$

Can think of $P^c {}_{ab}$ as $(P_a)^c {}_b$

- For each vector index, $(P_a \cdot v)^c = (P_a)^c {}_b v^b$
 $= P^c {}_{ab} v^b$
- For each 1-form index, $(P_a \cdot \omega)_c = -(P_a)^c {}_b \omega^b$
 $= -P^c {}_{ab} \omega^b$

$P^a {}_{bc}$ (and ∇_a) are not unique for a given manifold

$$P^a {}_{bc} \mapsto \hat{P}^a {}_{bc} = P^a {}_{bc} + Q^a {}_{bc}$$

is equally fine if $Q^a {}_{bc}$ is an honest (1,2) tensor

- Have connections that differ by $Q^a {}_{bc}$.
- How to fix this ambiguity?

Physics : Spacetime is a manifold + a metric

- Want to measure distances
- Want ∇_a and metric to be compatible

Peak ahead : Unique ∇_a such that

$$1) \quad \nabla_a g_{bc} = 0$$

$$2) \quad \nabla^a_{\;bc} = \nabla^a_{\;cb}$$

This is the connection that appears in GR.

6.1 - Spacetime metric

Spacetime metric is a) Non-degenerate ($\det g \neq 0$)

b) Symmetric (0,2) tensor

c) Signature $(-, +, +, +)$

Line element :

$$ds^2 = g_{ab}(x) dx^a dx^b$$

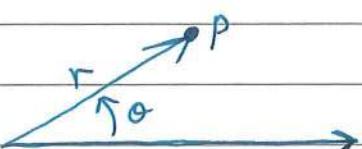
- gives infinitesimal distance between x^a and $x^a + dx^a$.

Example : \mathbb{R}^2 + Euclidean metric

$$ds^2 = dx^2 + dy^2$$

$$= dr^2 + r^2 d\theta^2$$

$$\Rightarrow g_{ab} = \begin{pmatrix} 1 & 0 \\ 0 & r^2 \end{pmatrix}$$



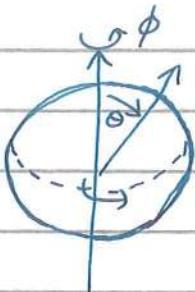
$$g^{ab} = \begin{pmatrix} 1 & 0 \\ 0 & r^{-2} \end{pmatrix}$$

Note : (x, y) are global chart
 (r, θ) good for $\mathbb{R}^2 \setminus \{0\}$

Example: S^2 + a round metric

$$0 \leq \phi < 2\pi$$

$$0 < \theta < \pi$$



(Valid away from $\theta = 0, 2\pi$)

$$ds^2 = d\theta^2 + \sin^2\theta d\phi^2$$

$$g_{ab} = \begin{pmatrix} 1 & 0 \\ 0 & \sin^2\theta \end{pmatrix}$$

$$g^{ab} = \begin{pmatrix} 1 & 0 \\ 0 & \frac{1}{\sin^2\theta} \end{pmatrix}$$

As far discussion in lectures 2+3

- g_{ab} defines inner product on $T_p M$

$$g(v, w) = g_{ab} v^a w^b$$

- v^a is TL if $g(v, v) < 0$, etc.

$$- g^{ab} g_{bc} = \delta^a_c$$

- g_{ab} defines $T_p M \cong (T_p M)^*$

$$v_a = g_{ab} v^b, \quad w^a = g^{ab} w_b$$

6.2 - Levi-Civita covariant derivative

Recall : $\nabla_a \phi = \partial_a \phi$

$$\nabla_a (S^{\cdot\cdot\cdot} + T^{\cdot\cdot\cdot}) = \nabla_a S^{\cdot\cdot\cdot} + \nabla_a T^{\cdot\cdot\cdot}$$

$$\nabla_a (S^{\cdot\cdot\cdot} T^{\cdot\cdot\cdot}) = (\nabla_a S^{\cdot\cdot\cdot}) T^{\cdot\cdot\cdot} + S^{\cdot\cdot\cdot} (\nabla_a T^{\cdot\cdot\cdot})$$

$$\nabla_a v^b = \partial_a v^b + \Gamma^b_{ac} v^c$$

↙ (1,1)
↙ not a tensor
tensor

The metric g_{ab} determines a unique connection ∇_a

$$+ 1) \quad \nabla_a g_{bc} = 0 \quad \text{"metric compatible"}$$

$$2) \quad \Gamma^c_{ab} = \Gamma^c_{ba} \quad \text{"torsion free"}$$

$$\text{Proof : } \nabla_a g_{bc} = \partial_a g_{bc} - \Gamma^d_{ab} g_{dc} - \Gamma^d_{ac} g_{bd} = 0 \quad (1)$$

$$\nabla_b g_{ca} = \partial_b g_{ca} - \Gamma^d_{bc} g_{da} - \Gamma^d_{ba} g_{cd} = 0 \quad (2)$$

$$\nabla_c g_{ab} = \dots \quad (3)$$

Consider $(2) + (3) - (1)$ and use $g_{ab} = g_{ba}$, $\Gamma^a_{bc} = \Gamma^a_{cb}$

$$\Rightarrow \partial_b g_{ca} + \partial_c g_{ab} - \partial_a g_{bc} = 2 \Gamma^d_{bc} g_{da}$$

$$\Rightarrow P^a_{bc} = \frac{1}{2} g^{ad} (\partial_b g_{cd} + \partial_c g_{bd} - \partial_d g_{bc})$$

These P^a_{bc} are known as "Christoffel symbols"

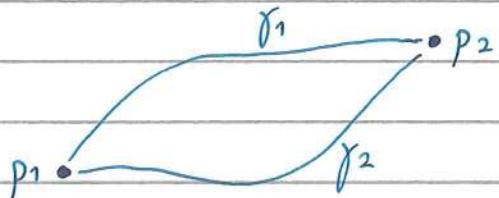
6.3 - Parallel transport

In flat space, $g_{ab} = \eta_{ab}$, can pick $P^a_{bc} = 0$

- Can look at change in a tensor using

$$\partial_a T^b = 0 \Leftrightarrow T^b \text{ constant in } x^a$$

In curved space, $\nabla_a T^b = 0$ is natural generalization



The way $T^a|_{p_1}$ is transported to p_2 depends on the path taken

- Have to specify the path we are using

For a curve $\gamma = x^a(\lambda)$ with tangent $v^a = \frac{dx^a}{d\lambda}$

$$\nabla_v := \frac{D}{D\lambda} = v^a \nabla_a = \nabla \dot{\gamma}$$

Def: A tensor $S^{a_1 \dots a_p}{}_{b_1 \dots b_q}(x)$ is parallel transported along a curve $x^a(\lambda)$ if

$$v^a D_a S^{a_1 \dots a_p}{}_{b_1 \dots b_q} = 0$$

i.e. for v^a tangent to $x^a(\lambda)$

$$\nabla_v S^{a_1 \dots a_p}{}_{b_1 \dots b_q} = 0$$

This specifies a unique way to move a vector along a curve

i.e. given a vector $u^a \in T_p M$ for $p = \gamma(0)$, there is a unique vector field $U^a(\lambda)$ s.t.

$$1) \quad \nabla_j U^a = 0$$

$$2) \quad U^a(0) = u^a$$

Consider a curve $\gamma(\lambda)$ with $\dot{\gamma} = T$ that parallel transports its own tangent vector

$$0 = \nabla_j T^a$$

$$= \nabla_T T^a$$

$$= T^b \nabla_b T^a$$

$$= \frac{dx^b}{d\lambda} \left(\frac{\partial}{\partial x^b} \frac{dx^a}{d\lambda} + \Gamma^a_{bc} \frac{dx^c}{d\lambda} \right)$$

$$= \frac{d^2 x^a}{d\lambda^2} + P^a{}_{bc} \frac{dx^b}{d\lambda} \frac{dx^c}{d\lambda}$$

$$= \ddot{x}^a + P^a{}_{bc} \dot{x}^b \dot{x}^c$$

Such a curve $x^a(\lambda)$ is called a geodesic.

Note: we could have taken

$$T^b D_b T^a = \alpha T^a$$

as our definition.

We can always reparametrize our curve
 $\lambda \mapsto \lambda'(\lambda)$ such that

$$g^{ab} T^a T^b = T_a T^a = \text{const. as fn. } \lambda$$

Thus

$$\frac{d}{d\lambda} (T^a T_a) = 0$$

$$= \frac{d x^b}{d\lambda} \partial_b (T^a T_a) \quad \downarrow \quad \partial = \nabla \text{ on scalars}$$

$$= T^b D_b (T^a T_a)$$

$$= 2(T^b D_b T^a) T_a$$

$\underbrace{}_{\alpha T^a}$

$$= 2\alpha T^a T_a$$

$$\Rightarrow \alpha = 0$$

A parametrisation in which $T_a T^a = \text{const}$ is called affine.

- The geodesic equation is

$$T^a D_a T^b = 0$$

- Affine parameters related by

$$\lambda = a\lambda' + b$$

Timelike geodesics minimise proper time τ .

$$\Delta\tau = \int_{\lambda_1}^{\lambda_2} d\lambda \sqrt{-g_{ab}(x) \dot{x}^a \dot{x}^b}$$

$$\dot{x}^a = \frac{dx^a}{d\lambda}$$

Proof: for a timelike geodesic, $\sqrt{-g(\dot{x}, \dot{x})} > 0$
 along curve so equivalent to
 minimising

$$S = \int_{\lambda_1}^{\lambda_2} L, \quad L = g^{ab}(x) \dot{x}^a \dot{x}^b$$

NB: $\Delta \tau$ functional invariant under any reparametrisation of λ .

S invariant under $\lambda \mapsto a\lambda + b$ "affine"

S minimised for L satisfying Euler - Lagrange equations

$$EL: \frac{d}{d\lambda} \frac{\partial L}{\partial \dot{x}^a} - \frac{\partial L}{\partial x^a} = 0$$

$$\frac{\partial L}{\partial x^a} = \partial_a g^{bc} \dot{x}^b \dot{x}^c$$

$$\frac{\partial L}{\partial \dot{x}^a} = 2 g^{ab} \dot{x}^b$$

$$\frac{d}{d\lambda} \left(\frac{\partial L}{\partial \dot{x}^a} \right) = 2 \left(\frac{d}{d\lambda} g^{ab} \right) \dot{x}^b + 2 g^{ab} \ddot{x}^b$$

$$= 2 \dot{x}^c \partial_c g^{ab} \dot{x}^b + 2 g^{ab} \ddot{x}^b$$

$$\Rightarrow 0 = gab\ddot{x}^b + \partial_c gab\dot{x}^c\dot{x}^b - \frac{1}{2} \partial_a g_{bc}\dot{x}^b\dot{x}^c$$

$$= gab\ddot{x}^b + \frac{1}{2} (\partial_c gab + \partial_b gac - \partial_a g_{bc})\dot{x}^b\dot{x}^c$$

$$\Rightarrow 0 = \ddot{x}^a + \frac{1}{2} g^{ad} (\partial_b g_{dc} + \partial_c g_{db} - \partial_d g_{bc})\dot{x}^b\dot{x}^c$$

$$\Rightarrow \ddot{x}^a + P^a{}_{bc}\dot{x}^b\dot{x}^c = 0$$

Comments : 1) Levi-Civita connection appears naturally.

2) In practice, comparing geodesic equation with $\delta S = 0$ equations is easiest way to compute $P^a{}_{bc}$.

Example : Flat \mathbb{R}^2 in polar coordinates (PS2)

Example : S^2 with round metric

$$ds^2 = d\theta^2 + \sin^2\theta d\phi^2$$

$$L = \dot{\theta}^2 + \sin^2\theta \dot{\phi}^2$$

$$\frac{\partial L}{\partial \theta} = \partial_\theta L = 2 \sin\theta \cos\theta \dot{\phi}^2 \quad \partial_\phi L = 0$$

$$\partial_\theta L = 2\dot{\theta}$$

$$\partial_\phi L = 2 \sin^2\theta \dot{\phi}^2$$

$$\theta : \ddot{\theta} - \sin \theta \cos \theta \dot{\phi}^2 = 0$$

$$\phi : \frac{d}{d\lambda} (\sin^2 \theta \dot{\phi}) = 0 \quad \text{"conservation of angular momentum"}$$

$$\Rightarrow \ddot{\phi} + 2 \frac{\cos \theta}{\sin \theta} \dot{\phi} \dot{\theta} = 0$$

Compare with $\ddot{x}^a + P^a_{bc} \dot{x}^b \dot{x}^c = 0$

$$\Rightarrow P^\theta_{\phi\phi} = -\sin \theta \cos \theta$$

$$P^\phi_{\theta\phi} = P^\phi_{\phi\theta} = \frac{\cos \theta}{\sin \theta}$$

Comment: L did not depend on ϕ so there was a conserved quantity along the geodesic

What do the geodesics look like?

- Choose $\dot{\phi}(0) = 0$ (no ϕ motion)

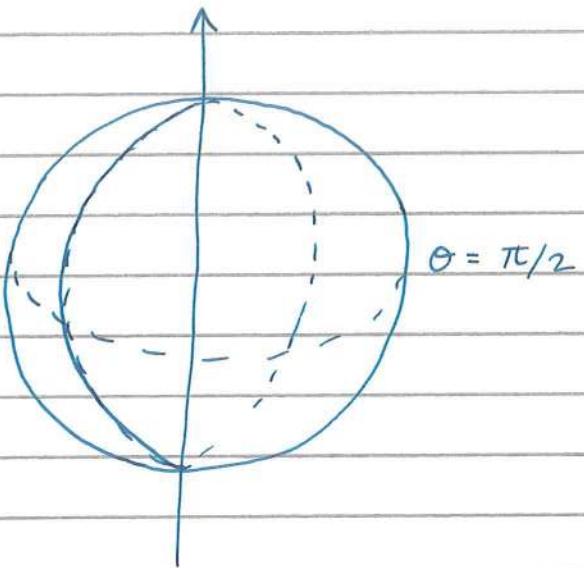
$\Rightarrow \ddot{\phi} = 0$ from ϕ equation

$\Rightarrow \phi(\lambda) = \text{constant}$ (as $\dot{\phi}(0) = \dot{\phi}(\lambda) = 0$)

$\Rightarrow \ddot{\theta} = 0$ from θ equation

So $\theta = \text{constant}$

"Great circles"



7.1 - Review

Spacetime : 1) Smooth manifold M
 2) Metric tensor $g_{ab}(x)$

Unique covariant derivative ∇_a : 1) $\nabla_a g_{bc} = 0$
 2) $\nabla^c \nabla_a b = \nabla^c \nabla_b a$

Geodesics : 1) Curve $x^a(\lambda)$ with $T^a = \dot{x}^a(\lambda)$
 $T^a \nabla_a T^b = 0$
 2) Minimise proper time $\Delta\tau$

7.2 - Local inertial frames

Can always find coordinates around a point P such that

$$1) \quad x^a(p) = 0$$

$$2) \quad \nabla^a \nabla_c(x) = 0 + O(x)$$

$$3) \quad g_{ab}(x) = \eta_{ab} + O(x^2)$$

Example : S^2 with round metric

$$ds^2 = d\theta^2 + \sin^2\theta d\phi^2$$

$$\text{let } \hat{\theta} = \theta - \pi/2, \hat{\phi} = \phi - c$$

So $(\hat{\theta}, \hat{\phi}) = (0, 0)$ at $\phi = c$ on equator

$$\begin{aligned} \Rightarrow ds^2 &= d\hat{\theta}^2 + \cos^2\hat{\theta} d\hat{\phi}^2 \\ &= d\hat{\theta}^2 + (1 - \frac{\hat{\theta}^2}{2})^2 d\hat{\phi}^2 \\ &= d\hat{\theta}^2 + d\hat{\phi}^2 + O(\hat{\theta}^2) \end{aligned}$$

Metric looks flat to $O(x^2)$

In local inertial frame, geodesic equation is

$$\frac{d^2x^a}{d\lambda^2} = 0 + O(x^3)$$

so free particles move in straight lines (as in SR).

These local coordinates are those used by a freely falling observer.

In a local frame, $\nabla_a = \partial_a$

Suggests that we can promote equations from SR to GR using

$$\partial_a \rightarrow D_a \quad \text{"minimal coupling"}$$

which then reduce to SR laws in a local inertial frame.

Example : $D_a F^{ab} = 4\pi J^b$

$$D_a [F_{bc}] = 0$$

Electromagnetism

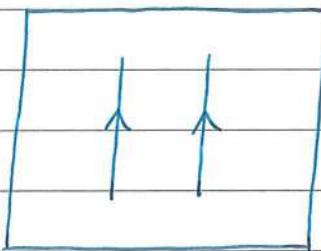
$$D_a T^{ab} = 0$$

Stress tensor

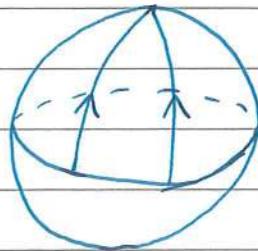
7.3 - Curvature

Deviations from special relativity at $\mathcal{O}(x^2)$ in g_{ab}

Characterised by focussing (or parting) of geodesics



\mathbb{R}^2



S^2

Suggests that we can promote equations from SR to GR using

$$\partial_a \rightarrow D_a \quad \text{"minimal coupling"}$$

which then reduce to SR laws in a local inertial frame.

Example : $D_a F^{ab} = 4\pi J^b$

$$D_a F^{bc} = 0$$

Electromagnetism

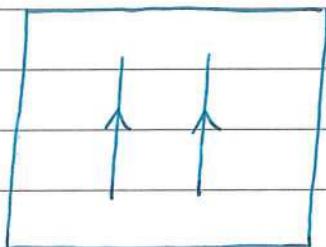
$$D_a T^{ab} = 0$$

Stress tensor

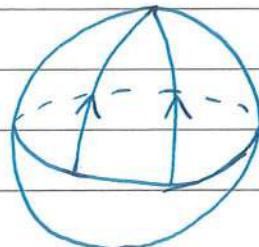
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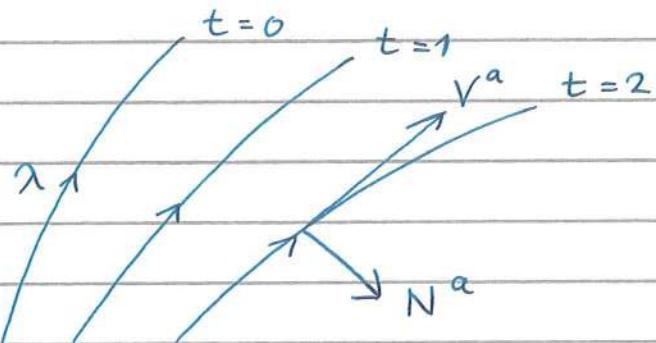
\mathbb{R}^2



S^2

Consider a 1-parameter family of timelike geodesics

$$x_t^a(\lambda) = x^a(\lambda, t)$$



$$V^a = \frac{dx^a}{d\lambda}, \quad N^a = \frac{dx^a}{dt}$$

"Geodesics" $\Rightarrow V^a \nabla_a V^b = 0$ for all t .

We can change the affine parameter

$$\lambda \mapsto a(t)\lambda + b(t)$$

$$\Rightarrow V^a \mapsto \frac{1}{a(t)} V^a$$

$$N^a \mapsto N^a + (a'(t)\lambda + b'(t)) V^a$$

Fix this using : 1) Norm of V^a preserved with t

2) Set $g(N, V) = 0$ (ignore deviation along geodesic)

$$\begin{aligned}
 1) \frac{d}{d\lambda} g(v, v) &= \cancel{v^a} \partial_a g(v, v) \quad \downarrow \text{scalar} \\
 &= \cancel{v^a} \partial_a g(v, v) \quad \downarrow \text{"metric" } \partial_a \\
 &= 2 \cancel{v^a} g_{bc} \partial_a v^b v^c \quad \downarrow \\
 &= 2 v_b \underbrace{\cancel{v^a} \partial_a v^b}_0 \quad \downarrow \\
 &= 0
 \end{aligned}$$

$$\Rightarrow g(v, v) = -f(t)^2 \quad \text{for some } f(t)$$

Choose $a(t) = f(t)$ to fix

$$g(v, v) = -1$$

so that λ is -proper time

$$\begin{aligned}
 2) \frac{d}{d\lambda} g(v, N) &= v^c \nabla_c (g_{ab} v^a N^b) \quad \downarrow \nabla g = 0 \\
 &= g_{ab} v^a v^c \nabla_c N^b \quad \downarrow v \nabla v = 0
 \end{aligned}$$

$$\text{but } v^c \nabla_c N^b - N^c \nabla_c N^b = v^c \partial_c N^b - N^c \partial_c v^b$$

$$\begin{aligned}
 \text{need this} &= \frac{\partial}{\partial \lambda} \frac{dx^a}{dt} - \frac{\partial}{\partial t} \frac{\partial x^a}{\partial \lambda} \\
 &= 0
 \end{aligned}$$

$$\begin{aligned}
 \text{So } \frac{d}{d\lambda} g(V, N) &= g_{ab} V^a N^c D_c V^b \\
 &= \frac{1}{2} N^c D_c (g_{ab} V^a V^b) \\
 &= 0 \quad = -1 \quad \forall \lambda, t
 \end{aligned}$$

So $g(V, N)$ constant with λ

Use remaining $\lambda \mapsto \lambda + b(t)$

$$N^a \mapsto N^a + b'(t) V^a$$

to fix $g(V, N) = 0$.

Relative acceleration of nearly geodesics

$$\begin{aligned}
 \frac{D^2 N^a}{D\lambda^2} &= \nabla_V \nabla_V N^a \\
 &= V^b \nabla_b (V^c \nabla_c N^a) \\
 &= V^b \nabla_b (N^c \nabla_c V^a) \\
 &= V^b (\nabla_b N^c) (\nabla_c V^a) + V^b N^c \nabla_b \nabla_c V^a \\
 &= V^b (\nabla_b N^c) (\nabla_c V^a) \\
 &\quad + V^b N^c (\nabla_b \nabla_c - \nabla_c \nabla_b) V^a \\
 &\quad + V^b N^c \nabla_c \nabla_b V^a
 \end{aligned}$$

$$\begin{aligned}
 & [N, V] = 0 \\
 & \hookrightarrow \\
 & = N^b \nabla_b V^c \nabla_c V^a + V^b N^c \nabla_c \nabla_b V^a \\
 & + V^b N^c [\nabla_b, \nabla_c] V^a \\
 & = N^b \nabla_b (V^c \nabla_c V^a) \quad \leftarrow = 0 \text{ as geodesic.} \\
 & + V^b N^c [\nabla_b, \nabla_c] V^a \\
 & = + R^{a}_{bc}{}^d V^b N^c V^d
 \end{aligned}$$

This defines the Riemann curvature tensor

$$+ R^{a}_{bc}{}^d V^d = [\nabla_b, \nabla_c] V^a$$

Clearly C^∞ linear in bc indices

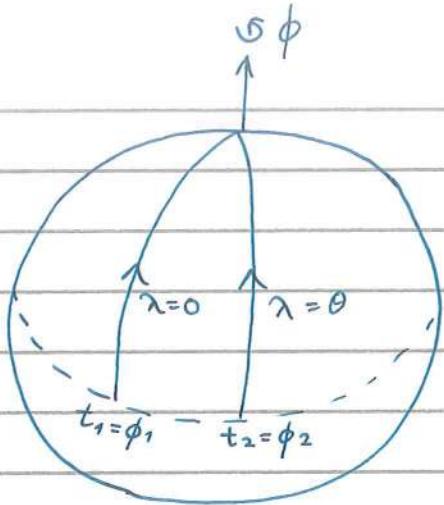
- Can check it is linear under

$$V^a \rightarrow f V^a \quad (\text{c.f. } [\nabla_a, \nabla_b] f = 0 \text{ for torsion free})$$

so transforms as a tensor.

Example: Round S^2

Identify $t = \phi$, $\lambda = \theta$



$$V^a = (V^\theta, V^\phi) = (1, 0)$$

$$N^a = (N^\theta, N^\phi) = (0, 1)$$

Recall : $\Gamma_{\phi\phi}^\theta = -\sin\theta \cos\theta$

$$\Gamma_{\theta\phi}^\phi = \Gamma_{\phi\theta}^\phi = \frac{\cos\theta}{\sin\theta}$$

$$\frac{DN^a}{D\lambda} = \frac{dx^b}{d\lambda} \nabla_b N^a$$

$$= \sqrt{b} \nabla_b N^a$$

$$= \underbrace{\partial_\theta N^a}_0 + \Gamma_{\theta\phi}^\phi N^\phi$$

$$\Rightarrow \frac{DN^\phi}{D\lambda} = \Gamma_{\theta\phi}^\phi = \frac{\cos\theta}{\sin\theta}$$

$$\begin{aligned}
 \text{Now } \frac{D^2}{D\lambda^2} N^\phi &= \partial_\theta \left(\frac{DN^\phi}{D\lambda} \right) + \pi^\phi_{\theta\phi} \frac{DN^\phi}{D\lambda} \\
 &= \partial_\theta \left(\frac{\cos\theta}{\sin\theta} \right) + \left(\frac{\cos\theta}{\sin\theta} \right)^2 \\
 &= -1 \\
 &= + R_{bc}^\phi V^b N^c V^d \\
 &= + R_{\phi\theta}^\phi
 \end{aligned}$$

$$\text{So } R_{\phi\theta}^\phi = -1$$

Comment : In 2d, Riemann tensor has only 1 independent component (see PS3)

8.1 - Riemann tensor

Recall $[\nabla_a, \nabla_b] V^d = R^d_{abc} V^c$

Extends to other tensors by induction

$$1) [\nabla_a, \nabla_b] \phi = [\partial_a, \partial_b] \phi - (\Gamma^c_{ab} - \Gamma^c_{ba}) \partial_c \phi \\ = 0$$

$$2) \text{ Apply to } \phi = v^a w_a \text{ to read off action}$$

$$[\nabla_a, \nabla_b] T^{c_1 \dots d_1 \dots} = R^e_{abc} T^{ec_2 \dots d_1 \dots} + \dots \\ - R^e_{abd} T^{c_1 \dots ed_2 \dots} + \dots$$

(Think of R^c_{abd} as $(R^c_{ab})^d$, then acts with + on vector index and - on connectors)

Expression for R^c_{abd} in terms of g_{ab}

$$[\nabla_a, \nabla_b] V^c = \partial_a \nabla_b V^c - \Gamma^d_{ab} \nabla_d V^c + \Gamma^c_{ad} \nabla_b V^d \\ - (a \leftrightarrow b) \\ = \partial_a (\partial_b V^c + \Gamma^c_{bd} V^d) - \Gamma^d_{ab} (\partial_d V^c + \Gamma^c_{de} V^e) \\ + \Gamma^c_{ad} (\partial_b V^d + \Gamma^d_{be} V^e) - (a \leftrightarrow b)$$

Simplify using $[\partial_a, \partial_b] = 0$ and $\nabla^a g_{bc} = 0$

- All derivatives of V drop out

$$= (\partial_a P^c{}_{be} + P^c{}_{ad} P^d{}_{be} - a \leftrightarrow b) V^e$$
$$= R_{ab}{}^c{}^e V^e$$

- Comments :
- 1) Explicitly linear in $V^e \Rightarrow$ tensorial
(verifying using transformation law is painful).
 - 2) Depends on P and ∂P
 - 3) Can pick $P|_p = 0$ but $\partial P|_p \neq 0$,
so R does not vanish in local
inertial frame in general.
 - 4) $R = 0$ in cartesian for Minkowski, so also
zero in any coordinates - converse ~~also~~ also holds!

8.2 - Algebraic identities

$$1) R_{ab}{}^c{}^d = - R_{ba}{}^c{}^d \quad (\text{from definition})$$

$$2) R_{abcd} = - R_{abdc} \quad (\nabla_a \text{ metric compatible})$$

Since $\nabla_a g_{bc} = 0$

$$0 = [\nabla_a, \nabla_b] g_{cd}$$

$$= R_{abcd} + R_{abdc}$$

$$3) R_{[abc]d} = 0 \quad \text{"First Bianchi identity"}$$

(Torsion free $\Gamma^a_{[bc]} = 0$)

$$\text{Compute } \nabla_a \nabla_b \nabla_c \phi = 0 \quad (\text{uses torsion free})$$

$$\text{But equal to } R_{[ab}{}^d{}_{c]} \nabla_d \phi$$

$$\text{As this vanishes for all } \phi, \quad R_{[ab}{}^d{}_{c]} = 0$$

$$\Rightarrow R_{[abc]d} = 0$$

$$1) + 2) + 3) \Rightarrow R_{abcd} = R_{cdab}$$

8.3 - Bianchi identity

$$\nabla_a R_{bc}{}^d{}_e = 0 \quad (\text{like } \nabla_a F_{bc} = 0)$$

(needs torsion free)

$$1) (\nabla_a \nabla_b - \nabla_b \nabla_a) \nabla_c w_d$$

$$= -R_{ab}{}^e{}_c \nabla_e w_d - R_{ab}{}^e{}_d \nabla_c w_e$$

$$2) \nabla_c (\nabla_a \nabla_b - \nabla_b \nabla_a) w_d$$

$$= \nabla_c (-R_{ab}{}^e{}_d w_e)$$

$$= -\nabla_c R_{ab}{}^e{}_d w_e - R_{ab}{}^e{}_d \nabla_c w_e$$

Antisymmetrice 1) and 2) over a, b, c

- LHS are equal so

$$\begin{aligned} & - R_{[ab}{}^e {}_{c]} \nabla_e w_d - R_{[abi}{}^e {}_d \nabla_c] w_e \\ & = - \nabla_c R_{abi}{}^e w_e - R_{[abi}{}^e {}_d \nabla_c] w_e \\ & \quad \uparrow \text{must vanish for all } w_e \end{aligned}$$

← vanishes due to 1st Bianchi
] cancel

8.4 - Einstein equation

So far we have described the effects of a gravitational field on a test particle

$$- \text{Like } \ddot{x} = - \nabla \Phi$$

Gravity is non-linear, the gravitational field should satisfy a generalisation of the Poisson equation, $\nabla^2 \Phi \sim 4\pi G\rho$

That is, for a given distribution of matter and energy, what is the resulting metric?

Should be of the form

$$\text{Tensor}(g_{ab}) = \text{Tensor}(\text{matter, energy...})$$

Stress tensor T^{ab} captures source contribution

$$\Rightarrow G_{ab} = \lambda T^{ab}$$

where - G_{ab} linear in R^{cd}_{ab} (2nd order equations of motion for the metric)

- $G_{ab} = G_{ba}$ (as T symmetric)

- $\nabla^a G_{ab} = 0$ (as $\nabla^a T_{ab} = 0$)

($G_{ab} \propto g_{ab}$ doesn't work as $\text{tr } g = 2$ but $\text{tr } T_{ab}$ can vanish)

There is (almost) a unique answer to this question!

Define: $R_{ab} = R_{acb}{}^c = R_{acd}{}^b g^{cd}$

"Ricci tensor" ($R_{ab} = R_{ba}$)

$$R = g^{ab} R_{ab}$$

"Ricci scalar"

Now start from Bianchi identity and contract

$$\nabla_a R_{bcde} = 0$$

$$\equiv \nabla_a R_{bcde} + \nabla_b R_{cade} + \nabla_c R_{abd} = 0$$

$$\times g^{bd} g^{ce} \text{ and use } \nabla g = 0$$

$$= \nabla_a R^{bc} + \nabla_b R^{ac} + \nabla_c R^{bc}$$

$$= \nabla_a R - \nabla_b R^b - \nabla_c R^c$$

$$= 0$$

$$\Rightarrow \nabla^a (g_{ab} R - 2 R^b) = 0$$

i.e. $\nabla^a (R^b - \frac{1}{2} g_{ab} R) = 0$

$\underbrace{\phantom{R^b - \frac{1}{2} g_{ab} R}_{\text{G}}}_{\text{G}_{ab}}$

G_{ab} known as Einstein tensor.

$$R^b - \frac{1}{2} g_{ab} = \lambda T^b$$

"Einstein equation"

Fix λ using Newtonian limit.

Example : S^2 with round metric

Recall $R_{\theta\phi}{}^\phi{}_0 = -1$

$$g^{\theta\theta} = 1$$

$$g_{\theta\theta} = 1$$

$$g^{\phi\phi} = \frac{1}{\sin^2\theta}$$

$$g_{\phi\phi} = \sin^2\theta$$

$$R_{\theta\theta} = R_{\theta\phi}{}^\phi{}_0$$

$$= R_{\theta\phi}{}^\phi$$

$$= +1$$

$$R_{\phi\phi} = R_{\phi\theta}{}^\theta$$

$$= R_{\phi\theta}{}^\theta{}_0 g_{\phi\phi} g^{\theta\theta}$$

$$= (+1) \sin^2\theta$$

i.e. $R_{ab} = \begin{pmatrix} 1 & 0 \\ 0 & \sin^2\theta \end{pmatrix}$

Note $R_{ab} = g_{ab} !$ "Einstein metric"

Scalar $R = g^{ab} R_{ab} = g^{\theta\theta} R_{\theta\theta} + g^{\phi\phi} R_{\phi\phi}$

$$= 2$$

Einstein tensor: $G_{ab} = R_{ab} - \frac{1}{2} g_{ab} R$

$= 0$ identically.

True for any metric in two dimensions.

Comments:

- 1) $R \sim \partial P + P^2$
 $\sim \partial^2 g + \partial g \partial g$

R is 2nd order in derivatives, as is G_{ab} .

Thus the equation for g_{ab} is 2nd and g_{ab} is a dynamical field.

- 2) One can derive Einstein equations from a 4d action

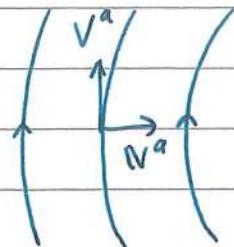
$$S = \int d^4x \sqrt{-g} R$$

$$\delta S = 0 \text{ reproduces } G_{ab} = 0$$

Can add "matter fields to generate T_{ab} .

9.1 - Review

Geodesic deviation : $\frac{D^2 N^a}{D\lambda^2} = R_{bc}{}^a V^b N^c V^d$



Einstein equations : $R_{ab} - \frac{1}{2} g_{ab} = \lambda T_{ab}$

Plan : Determine λ by going to Newtonian limit and comparing to Newton's 2nd law.

9.2 - Newtonian limit: curvature

Assume existence of ^{approx.} global frame with :

$$1) g_{ab} = \eta_{ab} + \epsilon h_{ab} + O(\epsilon^2)$$

$$2) \partial_t g_{ab} = 0 + O(\epsilon)$$

Gravity is : 1) Weak .

2) Slowly varying .

View h_{ab} as perturbation around flat space

- To $\mathcal{O}(\epsilon)$, raise and lower with η^{ab}, η^{ab} .

Now want to compute curvature

1) Inverse metric : $g^{ab} = \eta^{ab} + \epsilon h^{ab}$

$$\Rightarrow g^{ab} = \eta^{ab} - \epsilon h^{ab}$$

$$\text{so that } g^{ab} g^{bc} = \delta_a^c + \mathcal{O}(\epsilon^2)$$

2) Christoffel symbols

$$\Gamma^a_{bc} = \frac{1}{2} g^{ad} (\partial_b g_{cd} + \partial_c g_{bd} - \partial_d g_{bc})$$

$$= \frac{1}{2} \epsilon \eta^{ad} (\partial_b h_{cd} + \partial_c h_{bd} - \partial_d h_{bc}) + \mathcal{O}(\epsilon^2)$$

3) Riemann tensor : since $\Gamma \sim \mathcal{O}(\epsilon)$, only $\partial\Gamma$ is $\mathcal{O}(\epsilon)$ (ignore Γ^2)

$$R^{ab}_{cd} = \partial_a \Gamma^c_{bd} - \partial_b \Gamma^c_{ad} + \mathcal{O}(\epsilon^2)$$

$$= \frac{1}{2} \epsilon \left[\eta^{ce} (\partial_a \partial_b h_{de} + \partial_a \partial_d h_{be} - \partial_a \partial_e h_{bd}) \right.$$

$$\left. - \eta^{ce} (\partial_b \partial_a h_{de} + \partial_b \partial_d h_{ae} - \partial_b \partial_e h_{ad}) \right]$$

$$R_{abcd} = \frac{\varepsilon}{2} \left(\partial_a \partial_d h_{bc} - \partial_a \partial_c h_{bd} + \partial_b \partial_c h_{ad} - \partial_b \partial_d h_{ac} \right) + O(\varepsilon^2)$$

Comment: symmetries are manifest.

4) Ricci tensor:

$$\begin{aligned} R_{ac} &= g^{bd} R_{abd} \\ &= \eta^{bd} R_{abd} + O(\varepsilon^2) \\ &= \frac{\varepsilon}{2} \left(\partial_a \partial_b h^c{}_c - \partial_a \partial_c h^b{}_b + \partial_b \partial_c h^a{}_a - \partial_b \partial^a h_{ac} \right) \\ &= \frac{\varepsilon}{2} \left(2 \partial^b \partial_{(a} h_{c)b} - \partial_b \partial^b h_{ac} - \partial_a \partial_c h^a{}_a \right) \end{aligned}$$

$$\text{where } h := \eta^{ab} h_{ab} = h^a{}_a = h_a{}^a$$

5) Einstein tensor: introduce "trace-free" perturbation (or trace reversed)

$$\bar{h}_{ab} = h_{ab} - \frac{1}{2} \eta_{ab} h \quad (\text{tr } \eta_{ab} = 2)$$

$$\text{Then: } \bar{h} = h - 2h = -h \Rightarrow h_{ab} = \bar{h}_{ab} - \frac{1}{2} \eta_{ab} \bar{h}$$

$$G_{ac} := R_{ac} - \frac{1}{2} g_{ac} R$$

$$= \frac{\epsilon}{2} \left(2 \partial^b \partial_a \bar{h}_{cb} - \partial_b \partial^b \bar{h}_{ac} - \eta_{ac} \partial^b \partial^d \bar{h}_{bd} \right)$$

6) Gauge invariance

$g_{ab} = \eta_{ab} + \eta h^{ab} + \mathcal{O}(\epsilon^2)$ does not fully specify the coordinate system

- There can be other coordinates in which $g = \eta + h + \dots$ but h will be different.
- Decomposition of metric into background + perturbation is not unique.
- Different h 's can give same curvature, i.e. same physical spacetime to $\mathcal{O}(\epsilon^2)$

Gauge transformation:

$$x^a \mapsto x^a + \xi^a(x)$$

$$h_{ab} \mapsto h_{ab} - \partial_a \xi_b - \partial_b \xi_a$$

Comment: can check $S R_{abcd} = 0$ to $\mathcal{O}(\xi^2)$
 so \bar{h}_{ab} describes same geometry.

Want to match to Newton

- Pick "harmonic" gauge (nice coordinates)
- Also known as Einstein / Hilbert / de Donder gauge.

$$\partial^a \bar{h}_{ab} = 0$$

- Weak field limit of

$$g^{ab} \nabla^c \bar{h}_{ab} = 0 \Leftrightarrow \nabla_a \partial^a \bar{x}^b = \square \bar{x}^b = 0$$

↑
not a vector

(Cartesian coordinates in SR solve this too!)

$$\Rightarrow G_{ac} = -\frac{\epsilon}{2} \partial_b \partial^b \bar{h}_{ac} + \mathcal{O}(\epsilon^2)$$

$$= -\frac{\epsilon}{2} \nabla^2 \bar{h}_{ac} + \mathcal{O}(\epsilon^2)$$

9.3 - Newtonian limit: Einstein equation

Assume pressureless matter at rest in the approx. inertial frame

$$T_{ab} = \rho u_a u_b, \quad u_a = (1, 0, 0, 0)$$

$$\text{So } G_{ab} = \lambda T_{ab} \quad \text{is}$$

$$-\frac{1}{2} \varepsilon \nabla^2 \bar{h}_{ab} = \lambda T_{ab}$$

$$\left\{ \begin{array}{l} -\frac{1}{2} \varepsilon \nabla^2 \bar{h}_{00} = \lambda \rho \\ \nabla^2 \bar{h}_{ab} = 0 \quad (ab) \neq (00) \end{array} \right.$$

2nd equation: if $\bar{h}_{ab} \rightarrow 0$ at infinity, need

$$\bar{h}_{ab} = 0 \quad (ab) \neq (00)$$

$$\Rightarrow \bar{h} = \eta^{ab} \bar{h}_{ab} = -\bar{h}_{00}$$

$$\begin{aligned} \Rightarrow h_{00} &= \bar{h}_{00} - \frac{1}{2} \eta_{00} \bar{h} \\ &= \frac{1}{2} \bar{h}_{00} \end{aligned}$$

$$\text{So 1st eq}^n \text{ is: } \nabla^2 \bar{h}_{00} = -\frac{\lambda}{\varepsilon} \rho$$

Compare: $\nabla^2 \phi = 4\pi \rho G$

- how is ϕ related to \bar{h}_{00} ?

9.4 - Newtonian limit: geodesic equation.

$$\ddot{x}^a + P^a_{bc} \dot{x}^b \dot{x}^c = 0$$

$$\dot{x}^a = \frac{dx^a}{d\tau} \quad \text{"proper time reduces to coordinate time in Newtonian limit"}$$

Assume non-relativistic motion:

$$\dot{x}^a = (1, 0, 0, 0) + O(\varepsilon)$$

$\tau \approx$ coordinate time x^0 of approx. inertial frame.

$$\Rightarrow \frac{d^2 x^a}{dt^2} = -P^a_{00}$$

$$\Rightarrow \frac{d^2 x^i}{dt^2} = -P^i_{00} = +\frac{\varepsilon}{2} \partial_i h_{00}$$

Compare: $\ddot{x}^i = -\partial_i \phi \Rightarrow \phi = -\frac{\varepsilon}{2} h_{00} = -\frac{\varepsilon}{4} \bar{h}_{00}$

9.5- Value of λ

Plug back into Einstein equation

$$\Rightarrow \nabla^2 \phi = \frac{\lambda}{2} \rho = 4\pi G \rho$$

$$\Rightarrow \lambda = 8\pi G$$

$$\Rightarrow R_{ab} - \frac{1}{2} g_{ab} R = 8\pi G T_{ab}$$

10 - Schwarzschild Solution

10.1 - Vacuum equations

Absence of mass / energy : $T^{ab} = 0$

$$\Rightarrow R^{ab} - \frac{1}{2} g^{ab} R = 0$$

$$\Rightarrow R - 2R = 0$$

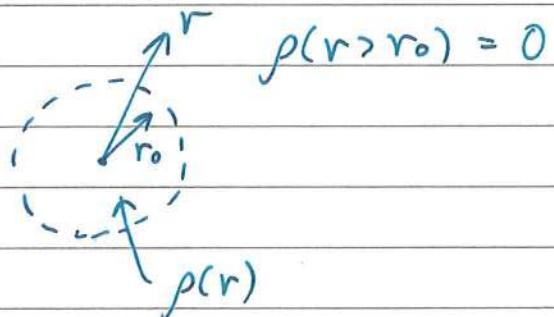
$$\Rightarrow R^{ab} = 0 \quad \text{"vacuum equations"}$$

10.2 - Schwarzschild solution

Gravitational field outside spherical distribution of matter

Birkhoff's theorem: any there is a unique static, spherically symmetric solution of $R^{ab} = 0$

(spherically \Rightarrow static + acymp. flat \Rightarrow Schwarzschild)



Metric outside :

$$ds^2 = -\left(1 - \frac{2GM}{r}\right) dt^2 + \left(1 - \frac{2GM}{r}\right)^{-1} dr^2$$

$$+ r^2(d\theta^2 + \sin^2\theta d\phi^2)$$

slice at fixed (t, r)
has S^2 geometry

r : radial coordinate

t : time coordinate

$R_s = 2GM$ is Schwarzschild radius

Restoring units : $R_s = \frac{2GM}{c^2}$

- Sun : $R_s \approx 1 \text{ km}$

- Earth : $R_s \approx 1 \text{ cm}$

Astrophysics cares about $r > R_s$ region.

Newtonian limit: 1) Weak field for $r \gg R_s$.

2) $\frac{dt}{dt} \gg \frac{dr}{d\tau}$ non-relativistic.

$$g_{tt} = -\left(1 - \frac{2GM}{r}\right)$$

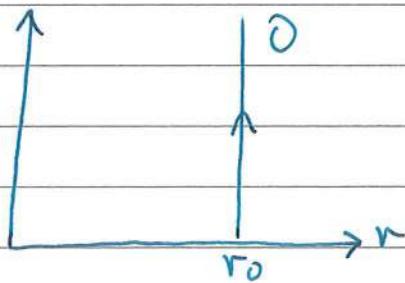
$$\Rightarrow h_{00} = \frac{2GM}{r}$$

$$\text{Compare with } \phi = -\frac{1}{2} h_{00} = -\frac{GM}{r}$$

↑
from last
lecture

10.3 - Stationary observers

Stationary: $r = r_0 = \text{const.}$



Question: how is proper time of ∂ related to t ?

t is "coordinate time".

Since $dr = 0$ far θ (and $d\theta = d\phi = 0$)

$$ds^2 = -d\tau^2 = -\left(1 - \frac{2GM}{r_0}\right) dt^2$$

$$\Rightarrow d\tau = \left(1 - \frac{2GM}{r_0}\right)^{1/2} dt$$

As $r_0 \gg R_s$, $d\tau \rightarrow dt$

Coordinate time t is the proper time of a stationary observer at spatial infinity $r \rightarrow \infty$.

Alternatively: ∂ is stationary

$$u^\alpha = \frac{dx^\alpha}{d\tau} = \left(\frac{dt}{d\tau}, 0, 0, 0\right)$$

$$u_\alpha u^\alpha = -1$$

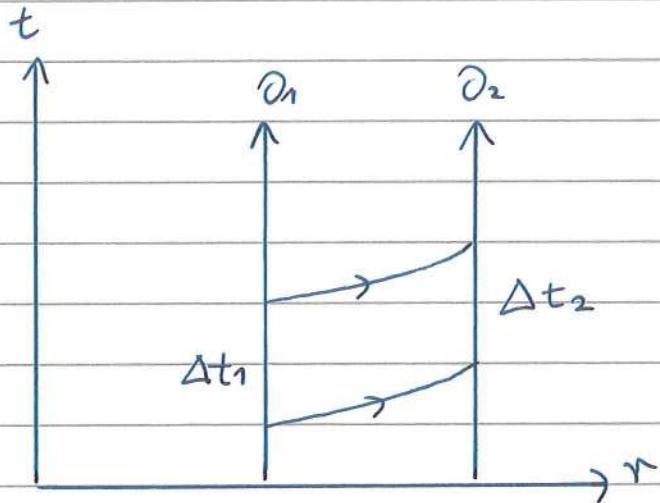
$$= g_{00}(u^\alpha)^2$$

$$= -\left(1 - \frac{2GM}{r_0}\right) \left(\frac{dt}{d\tau}\right)^2$$

$$\Rightarrow \frac{dt}{d\tau} = \frac{1}{\left(1 - \frac{2GM}{r_0}\right)^{1/2}}$$

10.4 - Gravitational Redshift

Consider 2 stationary observers O_1 and O_2



- O_1 emits signals separated by Δt_1 .
- O_2 receives signals separated by Δt_2

Spacetime is static (metric does not depend on t)

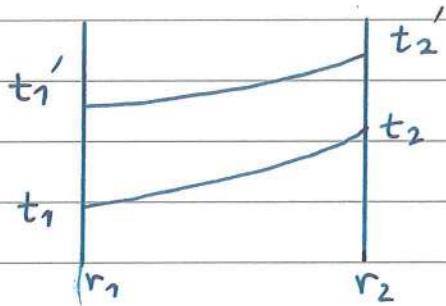
$$\Rightarrow \Delta t_1 = \Delta t_2 = \Delta t \text{ "coordinate time agrees"}$$

Explicitly: light travels on null geodesic, a curve that obeys

$$ds^2 = 0$$

$$\Rightarrow \left(1 - \frac{2MG}{r}\right) dt^2 - \left(1 - \frac{2GM}{r}\right)^{-1} dr^2 = 0$$

$$\Rightarrow \frac{dt}{dr} = + \frac{1}{(1 - \frac{2GM}{r})^{1/2}} \quad (+ \text{ as } t \text{ increases with } r, \text{ outgoing})$$



$$t_2 - t_1 = \int_{r_1}^{r_2} \frac{1}{(1 - \frac{2GM}{r})^{1/2}} dr = \int_{t_1}^{t_2'} dt$$

$$\Rightarrow t_2 - t_1 = t_2' - t_1'$$

$$\Rightarrow \Delta t_1 = \Delta t_2$$

How much proper time passes for ∂_1 and ∂_2 ?

Stationary $\Rightarrow dr = d\theta = d\phi = 0$

$$\Rightarrow -d\tau^2 = -\left(1 - \frac{2GM}{r}\right) dt^2$$

$$\Rightarrow d\tau = \left(1 - \frac{2GM}{r}\right)^{1/2} dt$$

$$\Rightarrow \Delta\tau_i = \left(1 - \frac{2GM}{r_i}\right)^{1/2} \Delta t$$

$$\text{So } \frac{\Delta\tau_2}{\Delta\tau_1} = \left(\frac{1 - \frac{2GM}{r_2}}{1 - \frac{2GM}{r_1}} \right)^{1/2}$$

As $r_2 > r_1$, $\Delta\tau_2 > \Delta\tau_1$

Less time passes for O_1 than O_2

O_1 's clock "runs slow"

Clocks run slow in gravitational field / curved spacetime.

"Gravitational Time Dilation".

Example: Near surface of Earth

$$r_1 = R_E$$

$$r_2 = R_E + h, \quad h \ll R_E$$

$$\frac{\Delta\tau_2}{\Delta\tau_1} \approx 1 - \frac{GM}{R_E+h} + \frac{GM}{R_E} \quad (\text{expand } 1/2)$$

$$\approx 1 + \frac{GM}{R_E^2} h$$

$$= 1 + gh \quad \text{"shift in photon w"}$$

Consider two different limits

1) $r_2 \rightarrow \infty$, O_2 far away from source

$$\frac{\Delta\tau_2}{\Delta\tau_1} \rightarrow \frac{1}{(1 - \frac{2GM}{r_1})^{1/2}} \quad \textcircled{*}$$

$$\Delta\tau_2 = \Delta t$$

Can be used to operationally define r .

Stationary observer O_2 at ∞ sends signals to O_1 separated by $\Delta\tau_2$.

O_1 sends message back with how long between signals ($\Delta\tau_1$)

O_2 then defines O_1 to be at r_1 given by $\textcircled{*}$

2) $r_1 \rightarrow 2GM$

$$\frac{\Delta\tau_2}{\Delta\tau_1} \rightarrow \infty !$$

O_2 observes O_1 to slow down and eventually "freeze" as they pass the Schwarzschild radius.

NB: For stars, etc, solution only valid for $r > R_E$ and $R_E \gg 2GM_E$, so do not consider radius of body see this!

11.1 - Geodesics for Schwarzschild

Lagrangian for affinely parametrised geodesics

$$\mathcal{L} = g_{ab} \dot{x}^a \dot{x}^b \quad (\text{set } a=1)$$

$$= -\left(1 - \frac{2M}{r}\right) \dot{t}^2 + \left(1 - \frac{2M}{r}\right)^{-\frac{1}{2}} \dot{r}^2$$

$$+ r^2 (\dot{\theta}^2 + \sin^2 \theta \dot{\phi}^2)$$

Concerned quantities

1) \mathcal{L} independent of $t \Rightarrow \frac{d}{dx} \left(\frac{\partial \mathcal{L}}{\partial t} \right) = 0$

$$E := \left(1 - \frac{2M}{r}\right) \dot{t}$$

2) \mathcal{L} independent of ϕ :

$$J = r^2 \sin^2 \theta \dot{\phi}^2$$

3) \mathcal{L} itself is conserved

$$-K = \mathcal{L} = \begin{cases} -1 & \text{TL geodesic} \\ 0 & \text{null geodesic} \end{cases}$$

In TL case, choose proper time as parameter.

Spherical symmetry $\Rightarrow (J_x, J_y, J_z)$ conserved

- J corresponds to ϕ rotations
- Other components are messy

Simplification: Can always rotate coordinates so particles initial motion is in $\theta = \frac{\pi}{2}$ plane, WLOG.

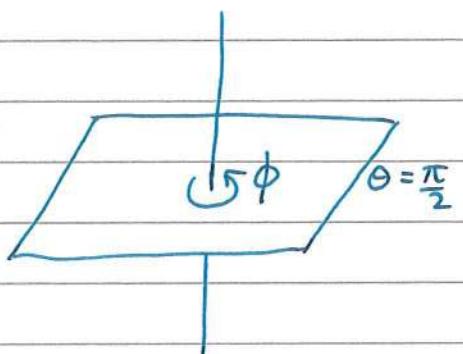
Particle motion stays in this plane

Proof: $\ddot{\theta} \text{ eq } \frac{d}{d\lambda} (r^2 \dot{\theta}) = r^2 \sin \theta \cos \theta \dot{\phi}^2$

$$\ddot{\theta} + 2 \frac{\dot{r} \dot{\theta}}{r} - \sin^2 \theta \cos^2 \theta \dot{\phi}^2 = 0 \quad \textcircled{*}$$

Use symmetry to set

$$\theta(0) = \frac{\pi}{2}, \quad \dot{\theta}(0) = 0$$



Then $\textcircled{*}$ implies $\ddot{\theta}(0) = 0$

$$\Rightarrow \ddot{\theta}(s) = \frac{\pi}{2}$$

Then the only non-zero angular momentum is J .

Restrict to $\theta = \frac{\pi}{2}$, $\dot{\theta} = 0$

$$E = \left(1 - \frac{2M}{r}\right) t$$

$$J = r^2 \dot{\phi}$$

$$\begin{aligned} L &= -\left(1 - \frac{2M}{r}\right) \dot{t}^2 + \left(1 - \frac{2M}{r}\right)^{-1} \dot{r}^2 + r^2 \dot{\phi}^2 \\ &= -K \end{aligned}$$

Combine (eliminate t and $\dot{\phi}$ from L)

$$-K = \frac{\dot{r}^2 - E^2}{1 - \frac{2M}{r}} + \frac{J^2}{r^2}$$

$$\Rightarrow E^2 = \dot{r}^2 + \left(K + \frac{J^2}{r^2}\right) \left(1 - \frac{2M}{r}\right)$$

$$\Rightarrow \frac{E^2 - K}{m^2} = \frac{1}{2} \dot{r}^2 + V(r)$$

$$V(r) = -\frac{KM}{r} + \frac{J^2}{2r^2} - \frac{mJ^2}{r^3}$$

"Motion of massive particle in 1d with effective potential $V(r)$ "

11.2 - Timelike Geodesics

$$TL \Rightarrow K = 1$$

$$\Rightarrow \frac{E^2 - 1}{2} = \frac{1}{2} \dot{r}^2 + V(r)$$

$$V(r) = -\frac{M}{r} + \frac{J^2}{2r^2} - \frac{mJ^2}{r^3}$$

Newtonian gravitational potential

Centrifugal barrier

GR correction

Compare to energy of non-relativistic particle in $1/r$ potential

$$L = \frac{1}{2} \dot{r}^2 + \frac{1}{2} r^2 \dot{\phi}^2 + \frac{mM}{r}$$

$$H = \frac{1}{2} \dot{r}^2 + \frac{1}{2} r^2 \dot{\phi}^2 - \frac{M}{r}$$

$$= \frac{1}{2} \dot{r}^2 + \frac{J^2}{2r^2} - \frac{M}{r}$$

$\underbrace{\qquad\qquad}_{V_N(r)}$

i.e. $V(r) = V_N(r) - \frac{mJ^2}{r^3}$

Properties of $V(r)$

- $V(r) \rightarrow -\frac{M}{r}$ as $r \rightarrow \infty$

- $V(r) \rightarrow -\frac{mJ^2}{R^3}$ as $r \rightarrow 0$

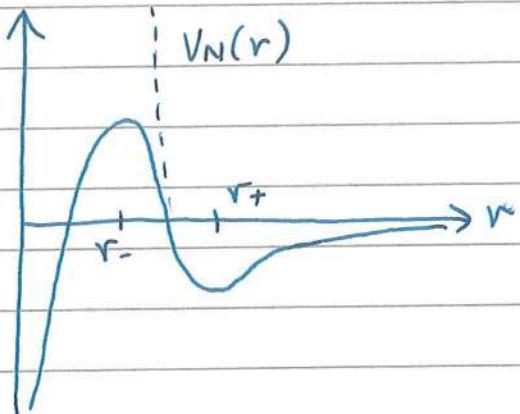
Extrema : $\frac{\partial V}{\partial r} = \frac{M}{r^2} - \frac{J^2}{r^3} + \frac{3mJ^2}{r^4}$

$$V' = 0 \text{ at } r_{\pm} = \frac{J^2}{2M} \left(1 \pm \sqrt{1 - 12 \left(\frac{M}{J} \right)^2} \right)$$

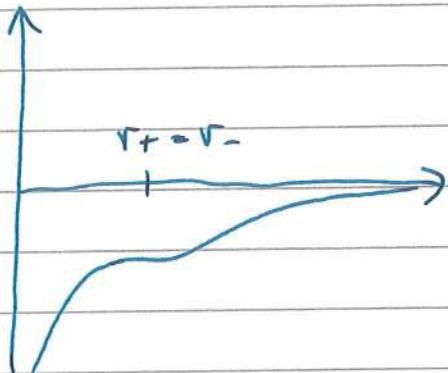
At $J/M = \sqrt{12}$, extrema collide to leave inflection point.

$$J/M > \sqrt{12}$$

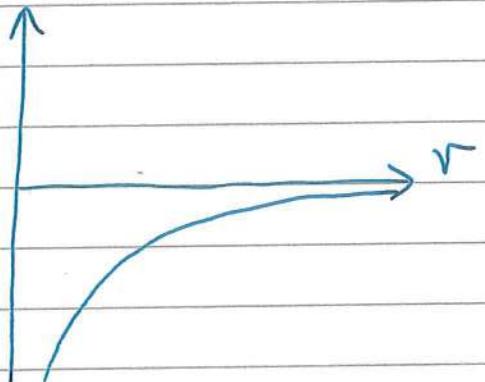
r_+ is minimum.



$$J/M = \sqrt{12}$$



$$J/M < \sqrt{12}$$



For this choice, the GR correction completely overcomes the angular momentum barrier for from the centrifugal term.

"Gravity in GR stronger than Newtonian"

11.3 - Types of Orbit

Recall : $\frac{E^2 - 1}{2} = \frac{1}{2} \dot{r}^2 + V(r)$

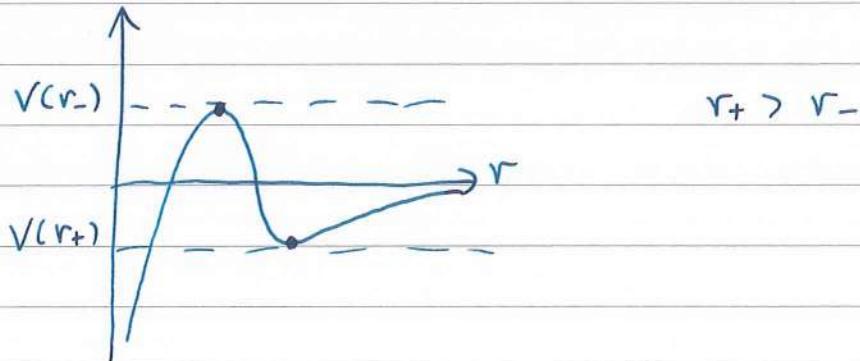
$$\Rightarrow \ddot{r} = -\frac{\partial V}{\partial r} \quad (\text{can also get from } r \text{ eq}^n)$$

a) Circular orbit

$$\dot{r} = \ddot{r} = 0$$

$$\ddot{r} = 0 \Rightarrow \frac{\partial V}{\partial r} = 0$$

which is true for $r = r_{\pm}$



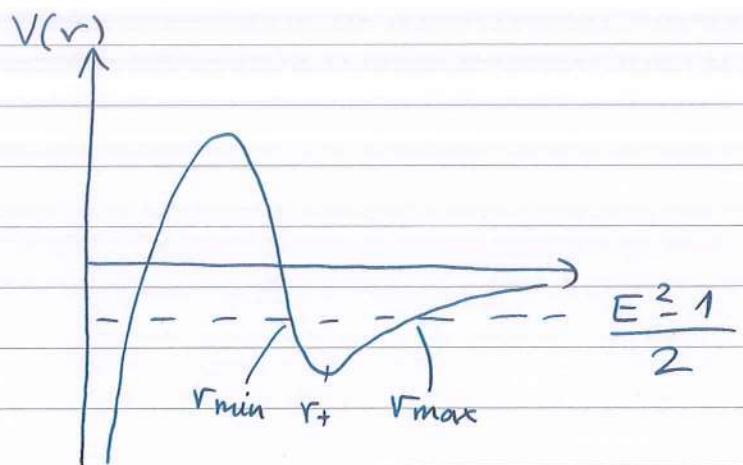
- r_- is unstable orbit

- r_+ is stable orbit

The closest (marginally) stable orbit is
for $J/m = \sqrt{12}$

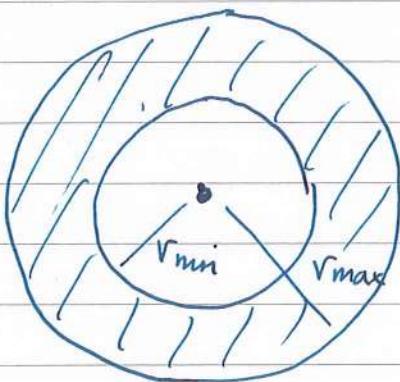
$$r_{\pm} = \frac{J^2}{2m} = GM$$

b) Bound Orbits



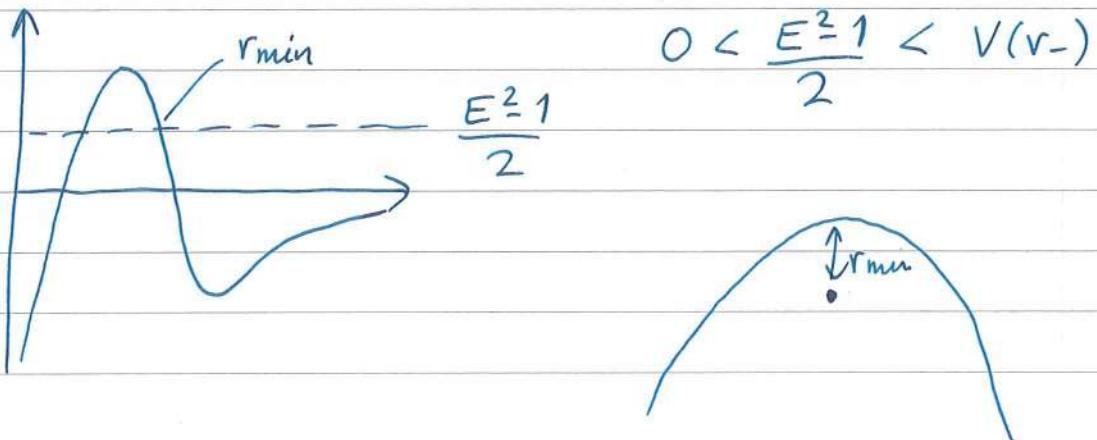
$$V(r_+) < \frac{E^2 - 1}{2} < 0$$

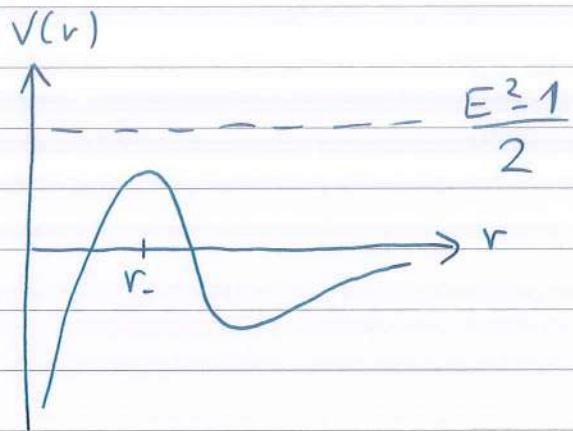
where $r > r_-$



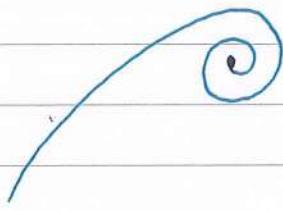
Orbit confined
to shaded region

c) Unbound orbits





$$\frac{E^2 - 1}{2} > V(r_-)$$



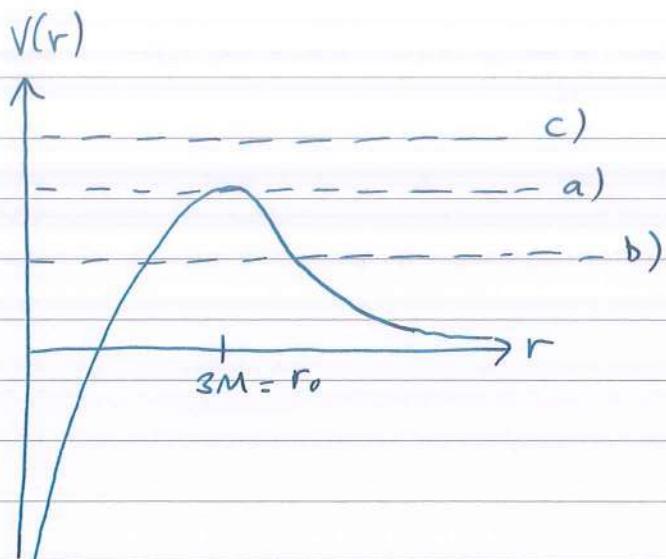
Such an orbit is not possible in Newtonian theory as angular momentum barrier is infinitely high.

11.4 - Null geodesics

$$k = 0 \Rightarrow \frac{E^2}{2} = \frac{1}{2} \dot{r}^2 + V(r)$$

$$V(r) = \frac{J^2}{2r^2} - \frac{MJ^2}{r^3}$$

No Newtonian potential term as have massive less particles



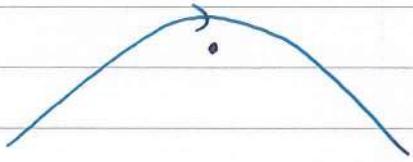
a) Unstable circular orbit

$$v_0 = \sqrt{3M}, \quad \frac{E^2}{2} = V(v_0)$$



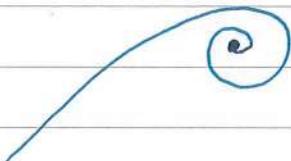
b) Unbound orbit

$$0 < \frac{E^2}{2} < V(v_0)$$



c) Unbound orbit

$$\frac{E^2}{2} > V(v_0)$$

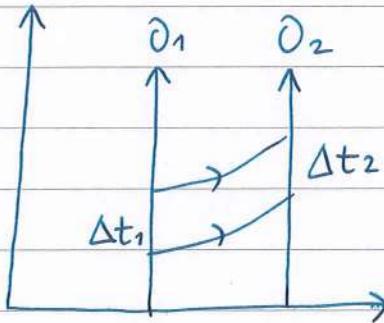


12.1 - Experimental Tests

- Gravitational redshift
- Perihelion shift
- Bending of light

Gravitational Redshift

(See lecture 10)



$$\Delta t_1 = \Delta t_2$$

$$\frac{\Delta \tau_1}{\Delta \tau_2} = \left(\frac{1 - \frac{2M}{r_1}}{1 - \frac{2M}{r_2}} \right)^{1/2}$$

If curves represent the crests of an EM wave, the energies measured by O_1 and O_2 are

$$E_1 = \frac{2\pi\hbar}{\Delta \tau_1}, \quad E_2 = \frac{2\pi\hbar}{\Delta \tau_2}$$

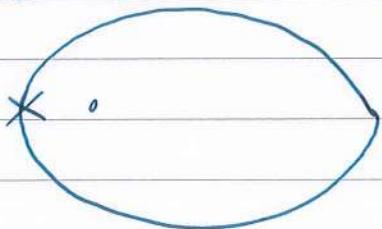
$$\frac{E_2}{E_1} = \left(\frac{1 - \frac{2M}{r_1}}{1 - \frac{2M}{r_2}} \right)^{1/2}$$

If $r_2 > r_1$, $\frac{E_2}{E_1} < 1$

Photons redshifted as they climb out of a gravitational potential.

12.3 - Perihelion Shift

Perihelion is point of closest approach of orbit around sun



Recall that for TL geodesic in Schwarzschild

Observation: perihelion shifts with each orbit.
Newton predicts $\frac{1}{2}0$ of the shift observed (43 arcseconds / century)

$$V(r) = -\frac{M}{r} + \frac{J^2}{2r^2} - \frac{MJ^2}{r^3}, \quad \frac{E^2 - 1}{2} = \frac{1}{2}r^2 + V(r)$$

Consider a circular orbit at $r = r_+$ with small perturbations

$$0 > \frac{E^2 - 1}{2} > V(r_+) \quad , \quad \cancel{E^2 > 1}$$

Step 1 :

$$\text{Circular} \Rightarrow \ddot{r} = 0 = \frac{\partial V}{\partial r}$$

$$\Rightarrow J^2 = \frac{Mr^2}{r - 3M}$$

$$\text{For } r \gg M, \quad J^2 \approx Mr$$

Step 2 : small perturbations around orbit

Convenient to change $(r, \tau) \mapsto (u, \phi)$

$$u = \frac{M}{r}$$

$$\frac{du}{d\phi} = - \frac{M}{r^2} \frac{dr}{d\phi}$$

$$= - \frac{M}{r^2} \frac{\dot{r}}{\dot{\phi}}$$

$$= - \frac{Mr}{J}$$

Rewrite equation relating conserved quantities

$$\frac{E^2 - 1}{2} = \frac{1}{2} \left(\frac{J}{M} \frac{du}{d\phi} \right)^2 - u + \frac{J^2}{2M^2} u^2 - \frac{J^2 u^3}{M^2}$$

Take 2nd derivative

$$\begin{aligned} \frac{d^2 u}{d\phi^2} &= \frac{du}{d\phi} \frac{d}{du} \left(\frac{du}{d\phi} \right) \\ &= \frac{1}{2} \frac{d}{du} \left(\frac{du}{d\phi} \right)^2 \\ &= \underbrace{\frac{M^2}{J^2} - u}_{\text{Newton}} + \underbrace{3u^2}_{\text{GR}} \end{aligned}$$

Perturb: $u(\phi) = \frac{M}{R} + v(\phi)$

↑ radius of circular orbit

$$\begin{aligned} \Rightarrow \frac{d^2 v}{d\phi^2} &= \frac{M^2}{J^2} - \left(\frac{M}{R} + v \right) + 3 \left(\frac{M}{R} + v \right)^3 \\ &= \frac{M^2}{J^2} - \frac{M}{R} + 3 \left(\frac{M}{R} \right)^2 \\ &\quad - \left(1 - \frac{6M}{R} \right) v + O(v^2) \end{aligned}$$

From Step 1: $J^2 = \frac{Mr^2}{r-3M}$ the $O(v^0)$ term vanishes

$$\text{So } \frac{d^2v}{d\phi^2} + \left(1 - \frac{6M}{R}\right)v = 0$$

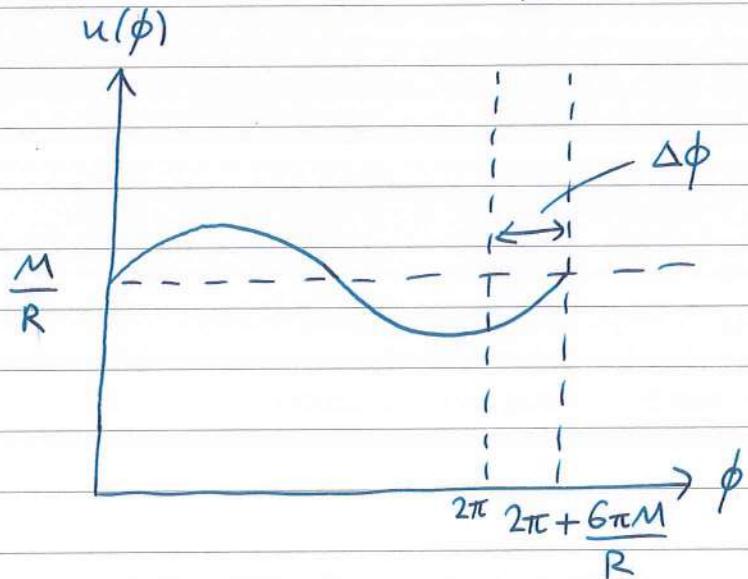
- $R < 6M$: unstable (hyperbolic solⁿ)
- $R > 6M$: stable (trig solⁿ)

For $R > 6M$, solution is periodic with frequency

$$\omega^2 = 1 - \frac{6M}{R}$$

$$T_\phi = \frac{2\pi}{\omega} = \frac{2\pi}{\left(1 - \frac{6M}{R}\right)^{1/2}}$$

$$\approx 2\pi + \frac{6\pi M}{R} \quad \text{for } R \gg 3M$$



Orbit Point of closest approach shifts by $\frac{6\pi M}{R}$ on each orbit!

Restoring units : $\Delta\phi = \alpha n \frac{6\pi GM}{c^2 R}$

For Mercury : $R = 5.55 \times 10^7 \text{ km}$

$M = \text{mass of sun} = 1.99 \times 10^{30} \text{ kg}$

$\Delta\phi \approx 5 \times 10^{-7} \text{ radians per orbit}$

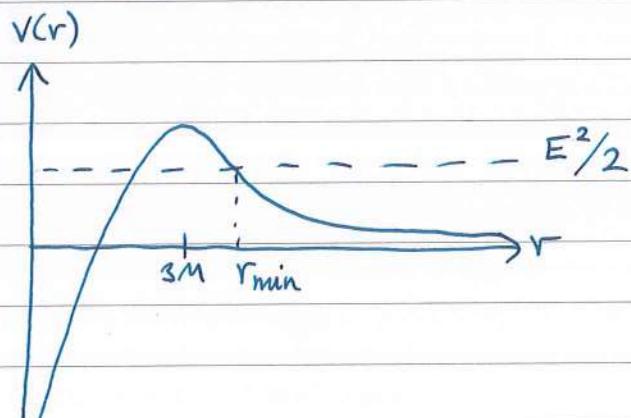
Matches observation!

12.4 - Bending of light

$$\mathcal{L} = -K = 0$$

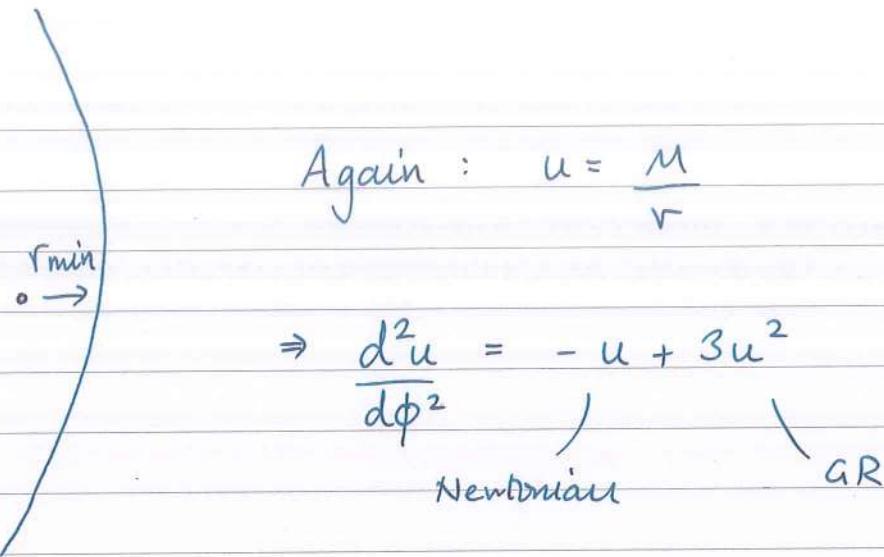
$$\Rightarrow \frac{E^2}{2} = \frac{1}{2} \dot{r}^2 + V(r)$$

$$V(r) = \frac{J^2}{2r^2} \left(1 - \frac{2M}{r}\right)$$



In region $0 < \frac{E^2}{2} < V(3M)$

$$E > \frac{J}{3M}$$



For $r \gg M$, $u \ll 1$ and to leading order

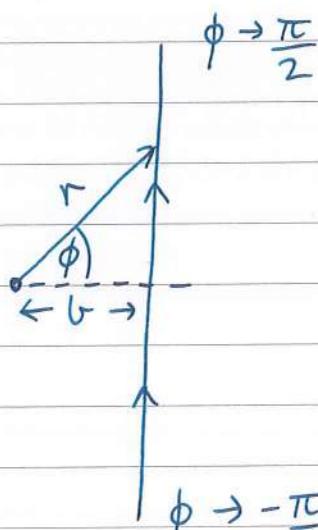
$$\frac{d^2u}{d\phi^2} = -u$$

$$\Rightarrow u(\phi) = A \cos(\phi - \phi_0)$$

$$\text{Choose } \phi_0 = 0$$

$$\text{Substitute into } \left(\frac{ME}{J} \right)^2 = \left(\frac{du}{d\phi} \right)^2 + u^2$$

$$\Rightarrow A = \frac{E}{J} M$$



"Impact parameter"

$$b = r \cos \phi$$

$$= \frac{M}{u} \cos \phi$$

$$= \frac{J}{E}$$

No deflection!

Now look at perturbation and include $\mathcal{O}(\epsilon^2)$ term

$$u(\phi) = A \cos \phi + v(\phi)$$

with limit : $A \sim \mathcal{O}(\epsilon)$

$$v \sim \mathcal{O}(\epsilon^2)$$

$$\epsilon \rightarrow 0$$

A large impact parameter and a small perturbation. $v \ll A$.

Look at eqⁿ for $\left(\frac{du}{d\phi}\right)^2$

$$0 = \left(\frac{du}{d\phi}\right)^2 + u^2 - 2u^3 - A^2$$

$$\begin{aligned} &= (-A \sin \phi + v')^2 + (A \cos \phi + v)^2 \\ &\quad - 2(A \cos \phi + v)^3 - A^2 \end{aligned}$$

- Leading $\mathcal{O}(\epsilon^2)$ term vanishes by construction
- Subleading terms give

$$\theta = -2A \sin \phi v' + 2A \cos \phi v$$

$$- 2A^3 \cos^3 \phi$$

$$\Rightarrow \sin \phi v' = \cos \phi v - A^2 \cos^3 \phi$$

$$\Rightarrow v(\phi) = A^2 (1 + \sin^2 \phi) + C \sin \phi$$

Choose $v(-\frac{\pi}{2}) = 0$ (no perturbation at ∞)

$$= 2A^2 - C$$

$$\Rightarrow v(\phi) = A^2 (1 + \sin \phi)^2$$



Deflection angle $\Delta\phi$ is $r \rightarrow \infty$ for $\phi > 0$

$$\theta = u(\frac{\pi}{2} + \Delta\phi)$$

$$= 4A^2 - A \Delta\phi + O(\Delta\phi^2)$$

$$\Rightarrow \Delta\phi = 4A$$

$$= \frac{4ME}{J}$$

$$= \frac{4M}{b}$$

Restoring units : $\Delta\phi = \frac{4GM}{bc^2}$

- Deflection larger for greater mass and closer approach.

13.1 - Singularities

$$ds^2 = -(1 - \frac{2M}{r}) dt^2 + (1 - \frac{2M}{r})^{-1} dr^2 + r^2 d\Omega^2$$

What happens at $r = 2M, 0$?

Singularities can be artifact of coordinates

Compute scalar invariants:

$$\circ R = g^{ab} R_{ab} = 0 \quad (\text{as solves Einstein})$$

$$\circ R_{abcd} R^{abcd} = \frac{12M^2}{r^6}$$

$\curvearrowleft r = 0$ is genuine singularity in geometry

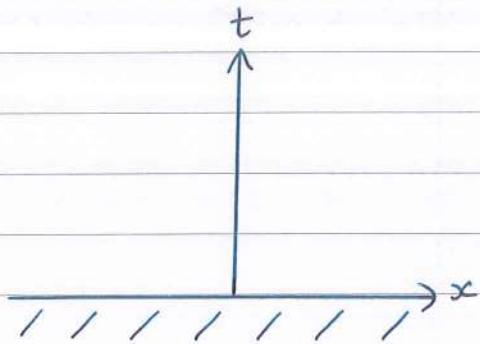
Nothing happens to R^2 at $r = 2M$. Singularity in metric components can be removed by a coordinate transformation

$r = 2M$ plays important physical role, known as "event horizon".

13.2 - Toy Example I

$$ds^2 = -\frac{dt^2}{t^4} + dx^2$$

$$0 < t < \infty, \\ -\infty < x < \infty$$



Singularity in metric components at $t = 0$

Change coordinates: $t' = t^{-1}$

$$dt' = -\frac{dt}{t^2}$$

$$\Rightarrow ds^2 = -dt'^2 + dx^2$$

Metric on half of flat \mathbb{R}^2 with $0 < t' < \infty$

Singularity at $t = 0 \equiv t' \rightarrow \infty$ region in flat \mathbb{R}^2 .

Definition: Spacetime is geodesically complete if all geodesics can be extended to arbitrarily large values of affine parameter.

(t', x) coordinates show geodesics can extend out to $t' \rightarrow \infty$ ($t = 0$) without issue

- Spacetime not geodesically complete as $t' = 0$ is limit.

Can extend spacetime so it is geodesically complete.

- In (t, x) , extend past $t \rightarrow 0$
- In (t', x) , just include $t' \leq 0$ to get full \mathbb{R}^2 .

13.3 - Toy Example II

Rindler spacetime

$$ds^2 = -x^2 dt^2 + dx^2$$

$$-\infty < t < \infty$$

$$0 < x < \infty$$

Metric components singular at $x = 0$

$$g_{ab} = \begin{pmatrix} -x^2 & 0 \\ 0 & 1 \end{pmatrix} \quad g^{ab} = \begin{pmatrix} -1/x^2 & 0 \\ 0 & 0 \end{pmatrix}$$

- Geodesics terminate with finite length at $x = 0$

- Curvature invariants not singular at $x = 0$
($R_{abcd} = 0$!)

Introduce coordinates using null geodesics

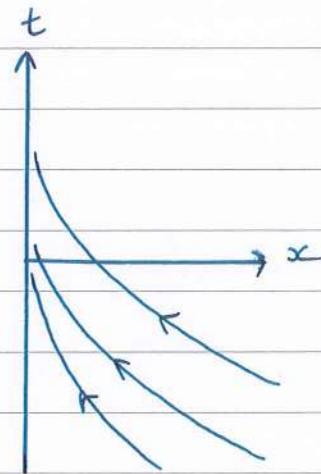
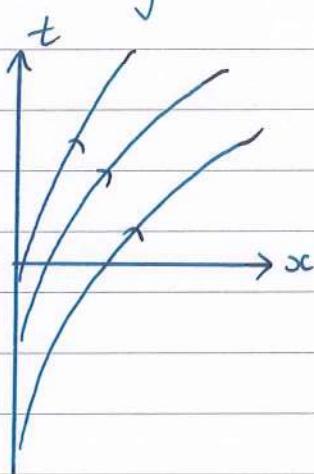
$$L = -x^2 \dot{t}^2 + \dot{x}^2 = 0$$

$$\Rightarrow \left(\frac{dt}{dx} \right)^2 = \frac{1}{x^2}$$

$$\Rightarrow t = \pm \log x + \text{const.}$$

+ : outgoing

- : incoming



Define "null coordinates" (u, v)

$$u = t - \log x$$

$$v = t + \log x$$

Incoming null geodesic $\Rightarrow v = \text{const.}$

Outgoing null geodesic $\Rightarrow u = \text{const.}$

Compute metric in (u, v) coordinates

$$du = dt - \frac{dx}{x}$$

$$dv = dt + \frac{dx}{x}$$

$$\Rightarrow du dv = dt^2 - \frac{dx^2}{x^2}$$

$$\Rightarrow ds^2 = -e^{v-u} du dv$$

where $-\infty < u < \infty$ and $-\infty < v < \infty$ corresponds to $x > 0$

Note, since $x^2 = e^{v-u}$, $x = 0$ corresponds to $v = -\infty$ or $u = +\infty$.

Is the space geodesically complete? Look near $x = 0$.

Let's compute the affine parameter λ along null geodesics.

$$\frac{\partial}{\partial t} L = 0 \Rightarrow E = x^2 \dot{t} = \text{const.}$$

$$= x^2 \frac{dt}{d\lambda}$$

$$\Rightarrow d\lambda = \frac{1}{E} x^2 dt$$

$$= \frac{1}{2E} e^{v-u} (du + dv)$$

Outgoing : $u = u_0$ (constant)

$$\Rightarrow \lambda = \frac{1}{2E} \int e^{v-u_0} dv$$

$$= C + \frac{e^{-u_0}}{2E} e^v$$

$$\equiv a + b\lambda'$$

i.e. e^v is affine parameter

Incoming : $v = v_0$

$$\Rightarrow \lambda = \frac{1}{2E} \int e^{-u+v_0} du$$

$$= C - \frac{e^{v_0}}{2E} e^{-u}$$

i.e. $-e^{-u}$ is affine parameter

Can we follow geodesics for any length?

i.e. do affine parameters take values in all of \mathbb{R} ?

No! $\lambda_{in} = e^v$, $\lambda_{out} = -e^{-u}$

$$\lambda_{in} \geq 0, \quad \lambda_{out} \leq 0$$

Idea : change coordinates so that metric has no singularity at $x = 0$, then just extend range of coordinates to give new, extended spacetime.

Let $U = -e^{-u}$, $V = e^v$, $U \in (-\infty, 0)$
 $V \in (0, \infty)$

$$\Rightarrow ds^2 = -dUdV$$

No singularity at $U = V = 0$ ($x = 0$)

- Extend to $U \in (-\infty, \infty)$
 $V \in (-\infty, \infty)$

- This extended spacetime is geodesically complete (cannot access new region with old (u, v) coords.)

Finally, set $T = \frac{1}{2}(U+V)$

$$X = \frac{1}{2}(V-U)$$

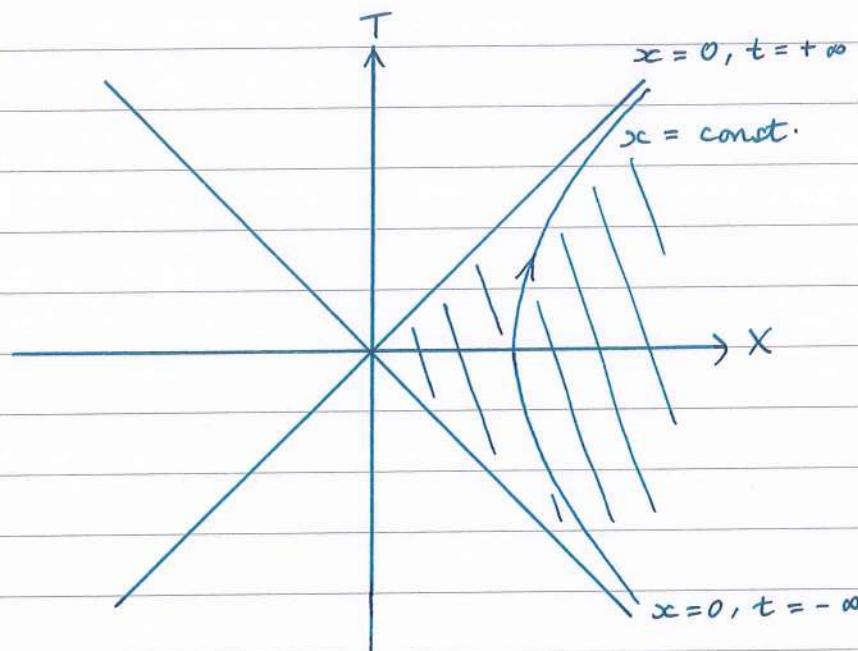
$$\Rightarrow ds^2 = -dT^2 + dX^2$$

$$T \in (-\infty, \infty), X \in (-\infty, \infty)$$

Simply \mathbb{R}^2 with flat metric!

If there were a curvature singularity at $x = 0$, no reason to extend spacetime!

- Original spacetime is region $X > |T|$
- Null geodesics are straight lines.
- Curve $x^c = \text{const.}$ is uniformly acc.
observer in (T, X) coordinates



13.4 - Back to Schwarzschild

In $r > 2M$ region

$$ds^2 = -(1 - \frac{2M}{r})dt^2 + (1 - \frac{2M}{r})^{-1}dr^2 + r^2d\Omega^2$$

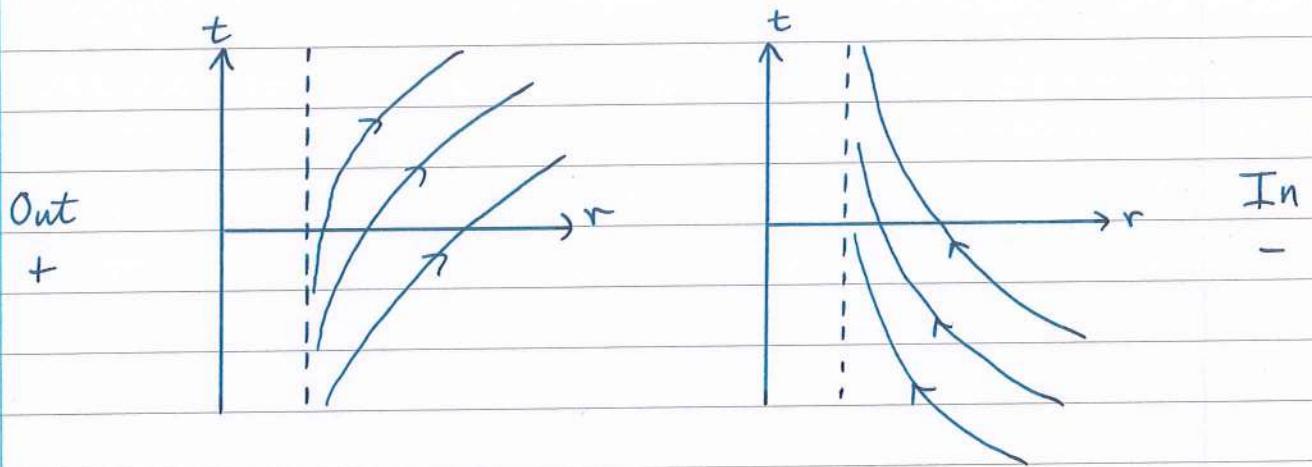
Apply same method: look at null geodesics,
find coordinates well-behaved
at $r = 2M$, extend
coordinates.

$$\text{Null geodesics: } \mathcal{L} = 0 = -(1 - \frac{2M}{r})\dot{t}^2 + (1 - \frac{2M}{r})\dot{r}^2$$

$$\Rightarrow \left(\frac{dt}{dr}\right)^2 = \left(\frac{1}{1 - \frac{2M}{r}}\right)^2$$

$$\Rightarrow t = \pm r_* + \text{const.}$$

$$\text{where } r_* = r + 2M \log\left(\frac{r}{2M} - 1\right)$$



Use null coordinates in $r > 2M$

$$u = t - r_*$$

$$v = t + r_*$$

$$\text{Incoming: } v = v_0$$

$$\text{Outgoing: } u = u_0$$

$$\text{Metric: } ds^2 = -(1 - \frac{2M}{r}) du dv$$

$$= -\frac{2M}{r} e^{-r/2M} e^{(v-u)/4M} du dv$$

with $u \in (-\infty, \infty)$, $v \in (-\infty, \infty)$

$r \rightarrow 2M$ corresponds to $u \rightarrow +\infty$ or $v \rightarrow -\infty$

This is not geodesically complete: radial null geodesics meet $r=2M$ at finite affine parameter

c.f. $(1 - \frac{2M}{r})\dot{t} = (1 - \frac{2M}{r})^{-1}\dot{r}$ for null

$$\Rightarrow dt = \pm \frac{dr}{1 - \frac{2M}{r}}$$

Int $E = (1 - \frac{2M}{r}) \frac{dt}{d\lambda}$

$$\Rightarrow d\lambda = \pm \frac{1}{E} dr \quad \text{so } r \text{ is affine.}$$

Define : $u = -e^{-u/4M} \in (-\infty, 0)$

$$v = e^{v/4M} \in (0, \infty)$$

$$\Rightarrow ds^2 = -\frac{32M^3}{r} e^{-r/2M} du dv$$

Metric is non-singular at $r=2M$ ($u=0$ or $v=0$) so we extend to

$$u \in (-\infty, \infty), \quad v \in (-\infty, \infty)$$

$$\text{Finally : } T = \frac{1}{2}(U+V)$$

$$X = \frac{1}{2}(V-U)$$

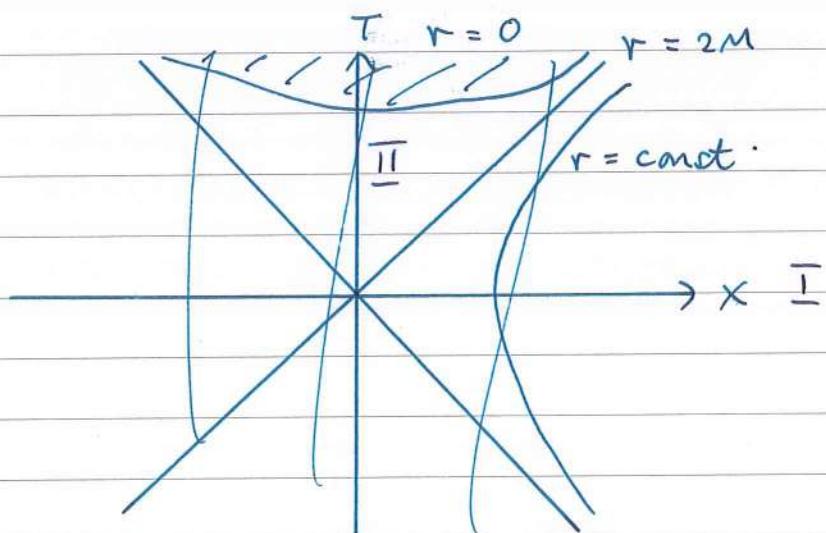
- $r > 0$ requires $T^2 - X^2 < 1$

$$\text{- Metric : } ds^2 = \frac{32m^2}{r} e^{-r/2m} (-dT^2 + dX^2)$$

- Null geodesics : incoming $T + X = \text{const.}$
outgoing $T - X = \text{const.}$

- $r > 2M$ region is $X > |T|$

- Now nothing strange happens at $r = 2M$.
Can follow a particle down to $r = 2M$ using (t, r) , then follow across horizon with (U, V) , then convert back to (t, r) inside horizon.



Consider observer falling across horizon

For $r < 2M$

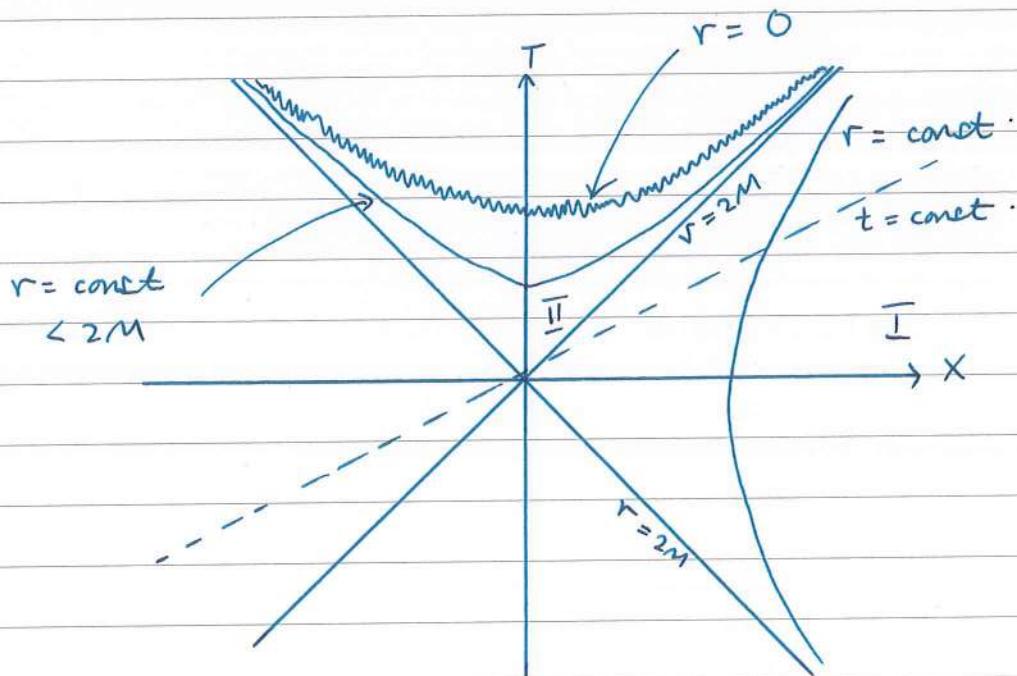
$$ds^2 = + \underbrace{\left(\frac{2M}{r} - 1\right) dt^2}_{> 0} + - \underbrace{\left(\frac{2M}{r} - 1\right)^{-1} dr^2}_{> 0}$$

t is now a spacelike coordinate.

r is timelike coordinate.

For a timelike geodesic

- r decreases as particles move to the future
- $r = 0$ (where $R^{ab} R_{ab}$ diverges) is a point in time. It cannot be avoided.



- Particle can never escape from $r < 2M$
- Will reach $r = 0$ in finite proper time
- Signals sent from \mathbb{II} always hit $r = 0$

"Black Hole"

14.1 - Cosmology

Cosmology is large-scale description of universe.

- Cannot do easy "cosmological experiments" so there are many things we don't understand
- What happened at (or before) Big Bang?
- Is universe spatially finite or infinite?
- Will universe continue expanding?
- What is dark matter?
- Is dark energy causing acceleration?
What is dark energy?

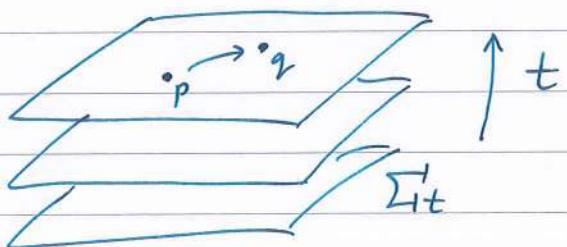
Build models using observations

- Impossible to write down models for all stars etc.
- Average over galactic scales to get an approximate model.
 - 1) At large scales, non-gravitational interactions can be ignored (short range or screened).

- 2) No privileged position in the universe -
 "Copernican Principle". Universe looks
 the same everywhere, i.e. space is
 homogeneous.
- 3) Universe looks the same in all directions.
 Rotational symmetry, i.e. space is
 isotropic.

14.2 - Homogeneity

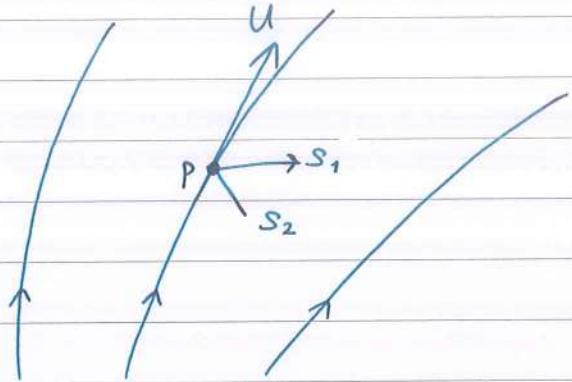
Spacetime foliated by 1-parameter family
 of spacelike hypersurfaces



For any 2 points $p, q \in \Sigma_t$, there is
 a transformation $p \mapsto q$ that preserves
 the metric - an "isometry".

14.3 - Isotropy

There is a set of distinguished observers
 (timelike geodesics) filling spacetime such
 that



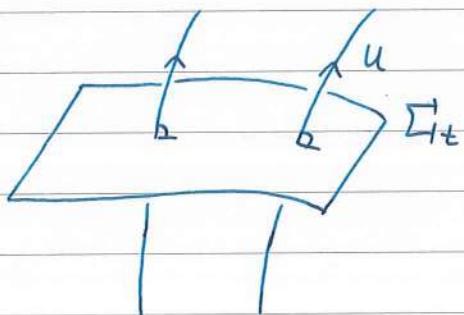
$$g(u, s_1) = g(u, s_2) = 0$$

for any point P and a pair of spacelike vectors orthogonal to u , there exists an isometry of the metric that rotates $s_1 \mapsto s_2$.

Known as "isotropic observers".

13.4 - Metric

Homog. + Ico. $\Rightarrow \Sigma_{t+}$ orthogonal to u



$$\Rightarrow g_{ab} = u_a u_b + h_{ab} \quad \text{metric on } \Sigma_{t+}$$

Introduce coordinates: $x^a = (\tau, x^i)$

(co-moving)

τ = proper time of isotropic observers

(homog \Rightarrow isotropic observers measure same $\Delta\tau$ between hypersurfaces)

In these coordinates

$$ds^2 = -d\tau^2 + h_{ij} dx^i dx^j$$

Let $R_{ijk}^l e$ be the Riemann tensor on Σ_τ built from h_{ij}

Claim: 1) Isotropy $\Rightarrow R_{ijk}^l = \frac{R}{6}(g_{ik}g_{jl} - g_{jk}g_{il})$

2) Homog. $\Rightarrow R$ is constant on Σ_τ
(depends on τ only)

(Proof of 1) at end of notes)

A space with R_{ijk}^l of this form and $R = \text{const}$ is a space of constant curvature.

Taken together, Σ_τ must be a maximally symmetric space. There are 3 of these

- $R > 0$: 3-sphere S^3 with round metric

$$ds_{(3)}^2 = d\psi^2 + \sin^2\psi(d\theta^2 + \sin^2\theta d\phi^2)$$

- $R = 0$: Flat \mathbb{R}^3 with Euclidean metric

$$ds_{(3)}^2 = d\psi^2 + \psi^2(d\theta^2 + \sin^2\theta d\phi^2)$$

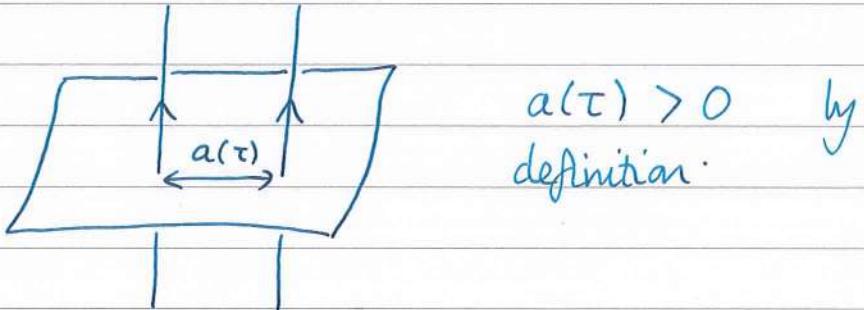
- $R < 0$: Hyperbolic space H^3

$$ds_{(3)}^2 = d\psi^2 + \sinh^2\psi(d\theta^2 + \sin^2\theta d\phi^2)$$

The 4d metric is then Friedmann - Robertson - Walker

$$ds^2 = -dt^2 + a(\tau)^2 ds_{(3)}^2$$

The scale factor $a(\tau)$ gives separation of nearly isotropic observers



To determine $a(\tau)$, solve Einstein equation given

- Choice of $R > 0$, $R = 0$ or $R < 0$.

- Choice of matter content.

- Choice of cosmological constant Λ (to come).

Comments

- Can also take

$$ds_{(3)}^2 = \frac{dr^2}{1 - kr^2} + r^2 d\Omega^2$$

$\uparrow S^2$

- Previous metric has $k = 1$ for S^3 , etc.
- In this metric, can use rescaling of $a(\tau)$ to set $k = \pm 1, 0$.
- Or use scaling to set $a(\tau_0) = 1$ where $\tau_0 = \text{"today"}$.
- At constant τ , $ds^2 = a(\tau)^2 ds_{(3)}^2$
 - For $k=1$, $a(\tau)$ gives size (radius) of universe.
 - For $k=-1$, universe is infinite but $a(\tau)$ sets scale of curvature

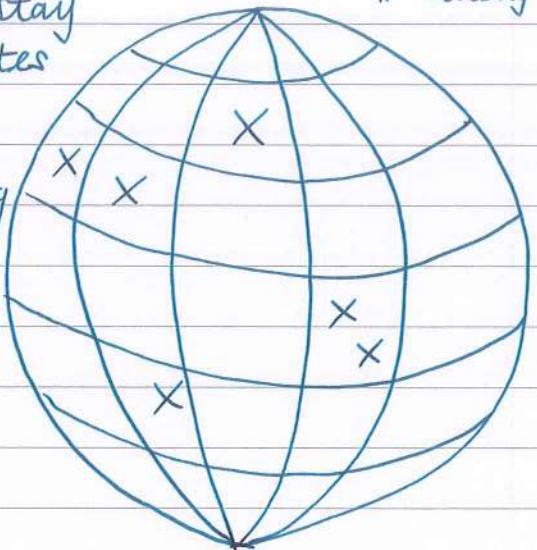
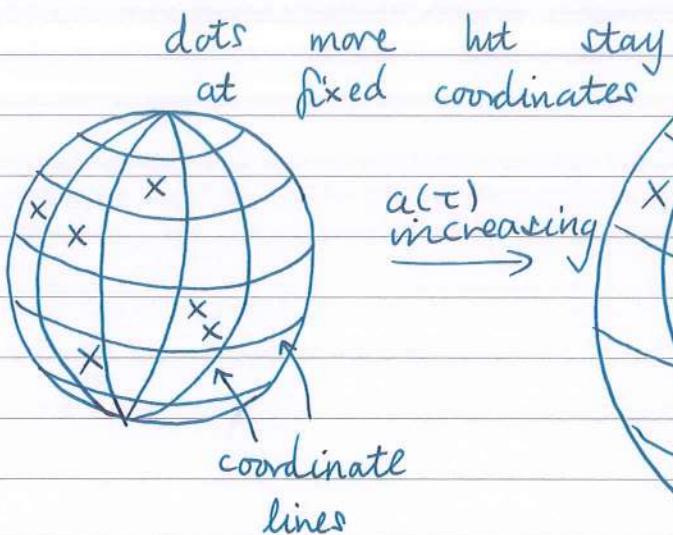
$$R^{(3)}(\tau) = \frac{1}{a(\tau)} R^{(3)}$$

- For $k=0$, R^3 infinite.

NB: $k=1$ case gives option of unbounded finite universe (S^3 is boundary of ball in 4d).

e.g. Comoving coordinate system

density decreases but
density constant



One can check that $x^i = \text{constant}$ curves
g are geodesics (or $\psi = \text{constant}$)

Co-moving observers at $\psi = \text{constant}$ follow
geodesics.

Their proper time is just the τ that
appears in the metric.

$$\text{Proof of } R_{ij}^{kl} = \frac{R}{6}(g... +)$$

From $R_{ij}^{kl} = -R_{ji}^{kl} = -R_{ij}^{lk}$, we have
a linear map on the vector space of
rank $(0, 2)$ antisymmetric tensors at $p \in \Gamma^\tau$, W .

$$R : W \rightarrow W ,$$

$$: A_{ij} \rightarrow R_{ij}^{kl} A_{kl}$$

Since $R_{ij}^{kl} = + R_{ij}^{kl}$, the map is self-adjoint with respect to the +ve definite inner product on W

$$\langle \cdot, \cdot \rangle : W \times W \rightarrow \mathbb{R}$$

$$: (A_{ij}, B_{ij}) \mapsto h^{ik} h^{jl} A_{ij} B_{kl}$$

W is finite dimensional, so has an orthonormal basis of eigenvectors of $R: W \rightarrow W$.

If the eigenvalues were distinct, we could construct distinguished vectors which would violate isotropy.

Thus all eigenvalues must be equal

$$\Rightarrow R = \text{identity map.}$$

$$\Rightarrow R = k \mathbf{1}$$

$$\text{i.e. } R_{ij}^{kl} = k(\delta_i^k \delta_j^l - \delta_j^k \delta_i^l)$$

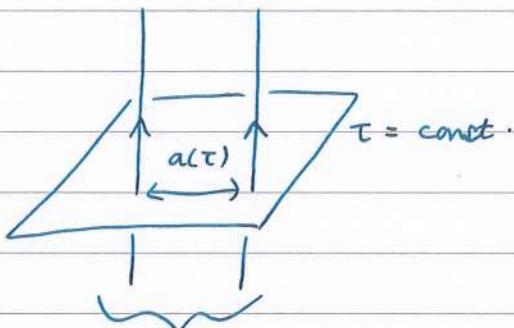
$$\text{Contracting to get } R = 6k$$

Homogeneity implies R cannot depend on x^i , so it is constant on Σ_T .

15.1 - Review

Homogeneity + Isotropy :

$$ds^2 = -d\tau^2 + a(\tau)^2 \left\{ \begin{array}{l} d\psi^2 + \sin^2\psi (\sin^2\theta d\phi^2) \\ d\psi^2 + \psi^2 (\sin^2\theta d\phi^2) \\ d\psi^2 + \sinh^2\psi (\sin^2\theta d\phi^2) \end{array} \right.$$



Isotropic/comoving observers with proper time τ
and $u^a = (1, 0)$

$a(\tau)$ is scale factor, fixed by Einstein equations.

15.2 - Curvature

Focus on flat spatial geometry ($k=0$)

$$ds^2 = -d\tau^2 + a^2 dx^i dx^i$$

1) Compute Γ from L

$$L = -\dot{\tau}^2 + a^2 \dot{x}^i \dot{x}^i, \quad i = \frac{d\tau}{d\lambda}, \quad a' = \frac{da}{d\tau}$$

$$\Rightarrow \Gamma^{\tau}_{ii} = aa', \quad \Gamma^i_{i\tau} = \frac{a'}{a}$$

NB: $R^{\tau}_{\tau i i}$ and $R^i_{i \tau \tau}$ equal for any i
due to isotropy.

2) Isotropy $\Rightarrow R_{\alpha \alpha}$ (no sum) are possibly non-zero.

$$\text{Find } R_{\tau \tau} = -3 \frac{a''}{a}$$

$$R_{ii} = aa'' + 2(a')^2$$

$$\begin{aligned} 3) \quad R &= g^{ab} R_{ab} \\ &= -R_{\tau \tau} + \frac{1}{a^2} \sum_{i=1}^3 R_{ii} \\ &= \frac{3a''}{a} + \frac{1}{a^2} 3 (aa'' + 2(a')^2) \\ &= 6 \left(\frac{a''}{a} + \frac{(a')^2}{a^2} \right) \end{aligned}$$

$$\text{Recall } G_{ab} \equiv R_{ab} - \frac{1}{2} R g_{ab}$$

$$\begin{aligned} \Rightarrow G_{\tau \tau} &= R_{\tau \tau} + \frac{1}{2} R \\ &= 3 \frac{(a')^2}{a^2} \end{aligned}$$

$$\Rightarrow G_{ii} = -2aa'' - (a')^2$$

15.3 - Matter

Need to specify matter content of universe

In general one finds

$$G_{00} = 3 \left(\frac{(a')^2}{a^2} + \frac{k}{a^2} \right)$$

$$G_{ij} = - \left(\frac{2a''}{a} + \frac{(a')^2}{a^2} + \frac{k}{a^2} \right) h_{ij}$$

$\uparrow a^2 ds_{(3)}^2$

Given $G_{ab} = 8\pi T_{ab}$, we must have

$$T_{00} = \rho(\tau)$$

$$T_{ij} = p(\tau) h_{ij}$$

written in terms of the 4-velocity of a comoving observer u_a

$$T_{ab} = (\rho + p) u_a u_b + p g_{ab}$$

i.e. perfect fluid at rest w.r.t. comoving coordinates.

Supplement with equation of state $p = w\rho$

e.g. dust : $w = 0$ ($p = 0$)

$$\hookrightarrow S = S(V^w E)$$

radiation : $w = 1/3$

cosmological constant: $w = -1$

NB: $G_{ab} + \Lambda g_{ab} = 8\pi T_{ab}$

$$\Rightarrow G_{ab} = 8\pi (T_{ab} - \frac{\Lambda}{8\pi} g_{ab})$$

$$\Rightarrow T^a_{ab} = -\frac{\Lambda}{8\pi} g_{ab}$$

$$\Rightarrow T^a_{00} \equiv \rho_1 = \frac{\Lambda}{8\pi} = -\rho_1$$

(can also have $w = w(\tau)$, e.g. inflation).

15.4 - Einstein equations

Focus on $k=0$, $T_{00} = \rho$

$$T_{ii} = a^2 p$$

$$G_{ab} = 8\pi T_{ab}$$

$$\hookrightarrow 1) 3 \left(\frac{a'}{a} \right)^2 = 8\pi \rho$$

$$2) -2aa'' - (a')^2 = 8\pi a^2 p$$

$$1) + 2) \Rightarrow \frac{a''}{a} = -\frac{4\pi}{3} (\rho + 3p)$$

Conservation of Tab

$$\nabla_a T^{ab} = 0 \Rightarrow \rho' + 3(\rho + p) \frac{a'}{a} = 0$$

(τ component)

For any geometry

$$\left(\frac{a'}{a}\right)^2 = \frac{8\pi\rho}{3} - \frac{k}{a^2}$$

$$\frac{a''}{a} = -\frac{4\pi}{3} (\rho + 3p)$$

$$\rho' + 3(\rho + p) \frac{a'}{a} = 0$$

(not independent, any 2 imply the 3rd)
cf. Bianchi

15.5 - Examples

a) Dust : pressureless gas $p=0$ (e.g. galaxies)

Continuity eq $\stackrel{u}{=} :$ $\rho' + 3\rho \frac{a'}{a} = 0$

$$\Rightarrow \frac{\rho'}{\rho} + 3 \frac{a'}{a} = 0$$

$$\Rightarrow \rho(a) \propto a^{-3}$$

Note: - ρ is rest mass per unit volume measured by isotropic observers

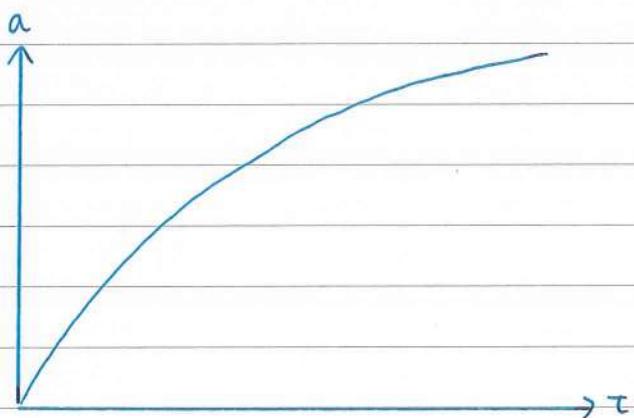
- Rest mass conserved
- Spatial volumes scale as a^3
- expect $\rho \sim a^{-3}$

For $k = 0$

$$\left(\frac{a'}{a}\right)^2 = \frac{8\pi}{3}\rho = c a^{-3}$$

$$\Rightarrow a' = \sqrt{c} a^{-1/2}$$

$$\Rightarrow a(\tau) \propto \tau^{2/3}$$



v) Radiation filled universe, $\rho = \frac{1}{3} p$

$$\text{Continuity: } \rho' + 4\rho \frac{a'}{a} = 0$$

$$\Rightarrow \rho(a) \propto a^{-4}$$

• a^{-3} from volume scaling

• a^{-1} from redshift of photons

For $k=0$, $a(\tau) \propto \tau^{1/2}$

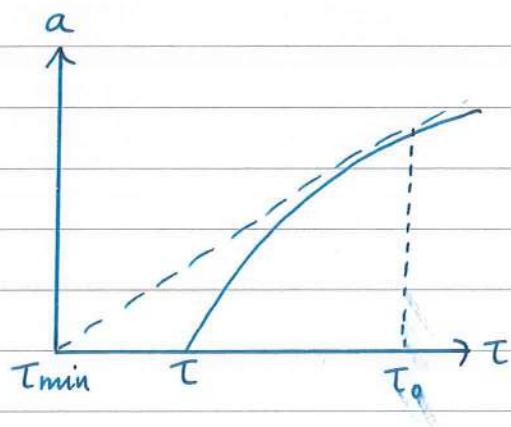
15.6- General conclusions

From $\frac{a''}{a} = -\frac{4\pi}{3}(\rho + 3p)$ ($a > 0$ by definition)

if $\rho > 0$, $p > 0$, $\Rightarrow a'' < 0$

i.e. universe cannot be static!

Given $a' > 0$ today (expansion) and $a'' < 0$ (slowing expansion), we must have $a = 0$ at some point τ in the past



Given $a' > 0$, fate of universe determined by $k = \pm 1, 0$.

From continuity equation, if $\rho > 0$, ρ decreases at least as fast as a^{-3}

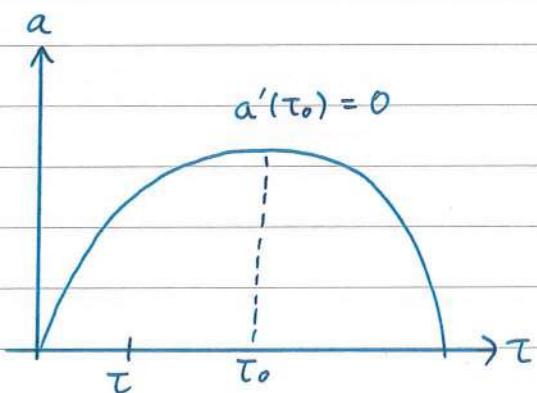
From $\left(\frac{a'}{a}\right)^2 = \frac{8\pi}{3}\rho - \frac{k}{a^2}$

$k = 0, -1$: If $a' > 0$ today, RHS $\neq 0$
so $a' > 0$ for all future

"Universe expands forever"

$k = +1$: If $a' > 0$ today, ρ decreases more rapidly than a^{-2} as a increases.

RHS = 0 for some τ , then $a' < 0$ for future.



Universe with compact spatial geometry (S^3) exists for finite time!

NB : λ contributes $p < 0$ so these conclusions
change depending on λ !

16.1 - Cosmological metric

Recall

$$ds^2 = -d\tau^2 + a(\tau)^2 \left\{ \begin{array}{l} d\psi^2 + \sin^2 \psi d\Omega^2 \\ d\psi^2 + \psi^2 d\Omega^2 \\ d\psi^2 + \sinh^2 \psi d\Omega^2 \end{array} \right.$$

Scale factor $a(\tau)$ obeys

$$\left(\frac{a'}{a} \right)^2 = \frac{8\pi\rho}{3} - \frac{k}{a^2}$$

$$\frac{a''}{a} = -\frac{4\pi}{3} (\rho + 3p)$$

$$\rho' + 3(\rho + p) \frac{a'}{a} = 0$$

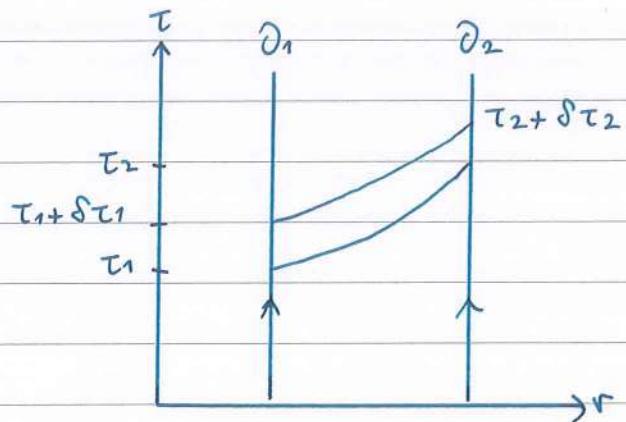
$$k = \begin{cases} +1 \\ 0 \\ -1 \end{cases}$$

Setting $r = \begin{cases} \sin \psi \\ \psi \\ \sinh \psi \end{cases}$ gives

$$ds^2 = -d\tau^2 + a^2(\tau) \left(\frac{dr^2}{1 - kr^2} + r^2 d\Omega^2 \right)$$

16.2 - Gravitational redshift

Two co-moving observers O_1 and O_2



Photon travels on null geodesic

$$\mathcal{L} = -\dot{\tau}^2 + a^2 \frac{\dot{r}^2}{1 - kr^2} = 0$$

$$\Rightarrow \frac{\dot{\tau}}{a} = \pm \frac{\dot{r}}{(1 - kr^2)^{1/2}}$$

Take + for $r_2 > r_1$ geodesic.

$$\Rightarrow \int_{\tau_1}^{\tau_2} \frac{d\tau}{a(\tau)} = \int_{r_1}^{r_2} \frac{dr}{(1 - kr^2)^{1/2}}$$

RHS depends on (r_2, r_1) only

$$\Rightarrow \int_{\tau_1}^{\tau_2} \frac{d\tau}{a(\tau)} = \int_{\tau_1 + \delta\tau_1}^{\tau_2 + \delta\tau_2} \frac{d\tau}{a(\tau)}$$

$$\Rightarrow \int_{\tau_1}^{\tau_1 + \delta\tau_1} \frac{d\tau}{a(\tau)} = \int_{\tau_2}^{\tau_2 + \delta\tau_2} \frac{d\tau}{a(\tau)}$$

As $d\tau_1, \delta\tau_2 \rightarrow 0$

$$\frac{\delta\tau_1}{\tau_1} = \frac{\delta\tau_2}{\tau_2}$$

O_1 emits photon with $\delta\tau_1$ between peaks,
 O_2 measures it with $\delta\tau_2$ between peaks

$$E_i = \frac{2\pi\hbar}{8t_i}$$

$$\Rightarrow \frac{E_2}{E_1} = \frac{a(\tau_1)}{a(\tau_2)}$$

"Gravitational redshift in expanding universe"

$a(\tau_2) > a(\tau_1)$ for expansion $\Rightarrow E_2 < E_1$

NB : Cosmologists write $\frac{E_2}{E_1} = \frac{1}{1+z}$

z known as the redshift.

16.3 - Hubble's law

Consider photon emitted from galaxy nearly at $\tau_1 = \tau_0 - \Delta\tau$ and received at $\tau_2 = \tau_0$

$$a(\tau_0 - \Delta\tau) \approx a(\tau_0) - \Delta\tau a'(\tau_0) + O(\Delta\tau^2)$$

$$\text{But } z = \frac{a(\tau_2)}{a(\tau_1)} - 1$$

$$= \frac{a(\tau_0)}{a(\tau_0 - \Delta\tau)} - 1$$

$$= \Delta\tau \frac{a'(\tau_0)}{a(\tau_0)} + O(\Delta\tau^2)$$

$$\approx \Delta\tau H_0$$

$$H_0 = \frac{a'(\tau_0)}{a(\tau_0)} \quad \text{is} \quad \underline{\text{Hubble's constant}}$$

For $k=0$, physical distance travelled by photon is ↑

$$d = \int_{r_1}^{r_2} a(\tau_0) dr \quad \text{"present instantaneous proper distance"}$$

$$\approx a(\tau_0) \int_{\tau_0 - \Delta\tau}^{\tau_0} \frac{d\tau}{a(\tau)}$$

$$\approx \Delta\tau + O(\Delta\tau^2)$$

$$\Rightarrow z = H_0 d$$

"Hubble's law"

As $H_0 \sim$ constant, amount of redshift gives measure of distance to emitting objects

16.4 - Horizons

How much of the universe can be observed by a single co-moving observer?

Focus on $k=0$. Study null geodesics.

Define conformal time

$$d\eta = \frac{d\tau}{a}$$

$$\eta = \int^{\tau} \frac{d\tau'}{a(\tau')}$$

Metric is then

$$ds^2 = a(\eta)^2 (-d\eta^2 + dx^i dx^i)$$

Flat metric on subset of \mathbb{R}^4 (might be horizons!) given by (η_{ab}, u) , $u \in \mathbb{R}^4$

This metric is conformally flat, light rays travel at 45° on spacetime diagrams.

The causal structure (how light behaves) is then easy to analyse.

Since $a^2 > 0$, events connected by a null geodesic iff connected by a geodesic in flat spacetime.

Need to worry about the range of η to see how $U \subset \mathbb{R}^4$.

If $\int_0^\infty \frac{d\tau}{a} \rightarrow \infty$ and $\int_{-\infty}^0 \frac{d\tau}{a} \rightarrow -\infty$

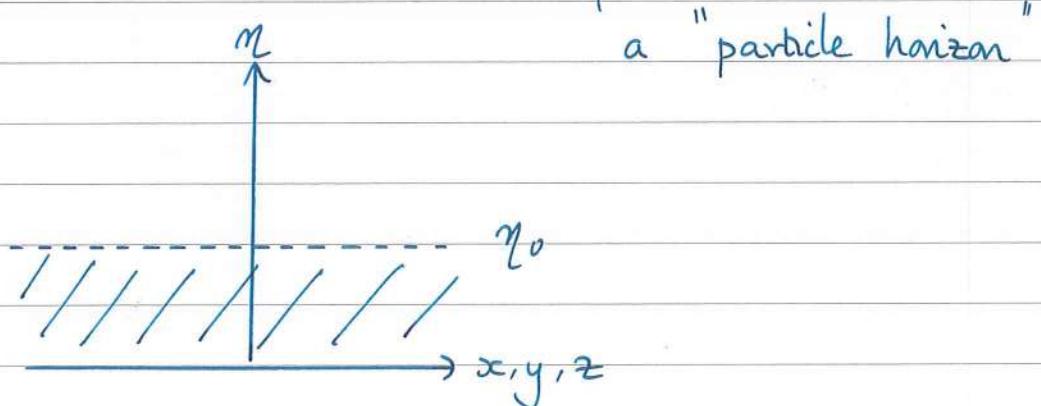
then $\eta \in (-\infty, \infty)$ so $U = \mathbb{R}^4$

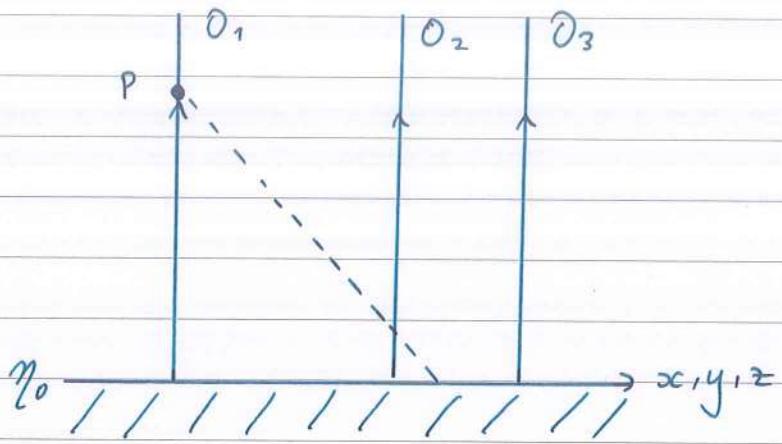
Otherwise there are horizons.

- If $\int_0^\infty \frac{d\tau}{a}$ converges / is finite, there

is a past horizon ↪ (a grows as $\tau \rightarrow 0$, universe contracts going forward)

e.g. $\int_0^\tau \frac{d\tau}{a} = \eta(\tau) - \eta_0$





O_1 at P can receive signal from O_2
but not O_3 .

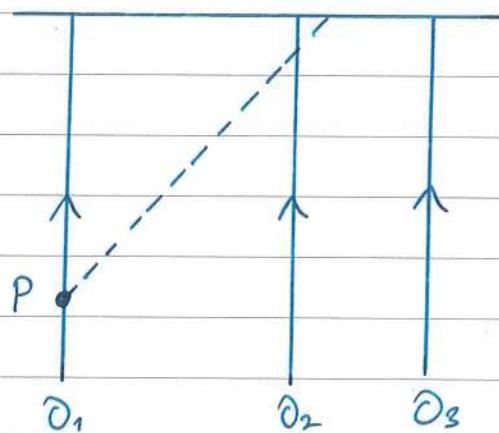
Part horizon distance:

$a(t_0) \int_0^{t_0} \frac{d\tau}{a(\tau)}$ is maximum physical distance at time t_0 between observers in causal contact.

"distance travelled by light between t_0 and start of universe"

• If $\int_0^{\infty} \frac{d\tau}{a}$ converges, there is a

future horizon ($a \rightarrow 0$ as $\tau \rightarrow \infty$)



Observer at P can send signal to O_2 but can never communicate with O_3

Future horizon distance:

$$a(\tau_0) \int_{\tau_0}^{\infty} \frac{d\tau}{a}$$

is maximum physical distance at time τ_0 between observers that can communicate in the future.

Existence of the horizons depends on the form of $a(\tau)$ (so the matter content and $k = \pm 1, 0$)

Example: Duct ($p=0$)

$$a(\tau) = \propto \tau^{2/3}$$

$$\begin{aligned} \bullet \int_0^{\tau_0} \frac{d\tau}{a} &\sim \propto \tau^{1/3} \Big|_0^{\tau_0} \\ &\sim \propto \tau_0^{1/3} \end{aligned}$$

Converges \rightarrow there is a past horizon

$$\bullet \int_{\tau_0}^{\infty} \frac{d\tau}{a} \sim \propto \tau^{1/3} \Big|_{\tau_0}^{\infty} \sim \infty - \propto \tau_0^{1/3}$$

Diverges, no future horizon.

• Past horizon distance

$$a(\tau_0) \int_0^{\tau_0} \frac{d\tau}{a(\tau)} = \alpha \tau_0^{2/3} \int_0^{\tau_0} \frac{1}{\alpha} \tau^{-2/3} d\tau$$

$$= 3\tau_0$$

$$(= 3c\tau_0)$$

Defines the size of the observable universe.

Example : Cosmological constant, $\Lambda > 0$

$$a(\tau) = e^{\alpha\tau} \quad \alpha = \sqrt{\frac{\Lambda}{3}}$$

Both integrals converge so future
and past horizons

$$\text{Past : } a(\tau_0) \int_0^{\tau_0} \frac{d\tau}{a(\tau)} = \frac{1}{\alpha} (e^{\alpha\tau_0} - 1)$$

$$\approx \frac{1}{\alpha} e^{\alpha\tau_0} \quad (\tau_0 \gg \frac{1}{\alpha})$$

Grows exponentially with τ_0 (can observe more of universe)

$$\text{Future : } a(\tau_0) \int_{\tau_0}^{\infty} \frac{d\tau}{a(\tau)} = \frac{1}{\alpha} e^{\alpha\tau_0} (e^{-\alpha\tau_0} - 0)$$

$$= \frac{1}{\alpha}$$

Constant! Cannot communicate with different distances as τ_0 changes