

SI Units · metres, sec, kg

adapted to humans → numbers $O(1)$

Natural units: takes into account constants of Nature

- 1) unifies physical dimensions (treat space & time on = footing)
- 2) dimensional analysis → determine which effects are important
- 3) indicates possible breakdown of this

SPEED OF LIGHT

$$c = 299792458 \text{ m/s} \approx 3 \times 10^8 \text{ m/s} = \text{const.} = 1$$

$$1\text{s} = 3 \times 10^8 \text{ m} \quad \text{lightyear } 1 \text{ yr} = 9.4607 \times 10^{15} \text{ m}$$

$v \ll c = 1 \Rightarrow$ Galilean transf, Newton kin accurate

$v \lesssim 1 \Rightarrow$ need SR

GRAVITATIONAL CONSTANT

$$G = 6.67408 \times 10^{-11} \text{ m}^3 \text{ kg}^{-1} \text{ s}^{-2} = \text{const.}$$

$$c=1, G=1 \Rightarrow 1\text{m} = 1.3466 \times 10^{27} \text{ kg}$$

$$1\text{s} = 4.0370 \times 10^{35} \text{ kg}$$

$$M_{\odot} = 1.477 \frac{\text{kg}}{\text{km}} = 4.927 \mu\text{s} \rightarrow \sim \text{Schwarzschild radius of sun}$$

$$\frac{M}{R} \ll \frac{c^2}{G} \Rightarrow \text{Newtonian gravity accurate}$$

$$\frac{M}{R} \approx 1 \Rightarrow \text{NG breaks down! Need GR}$$

If velocities are themselves determined by gravity,

$$v \approx 1 \leftrightarrow M/R \approx 1$$

Spherical orbit around mass M : $\frac{v^2}{c^2} = \frac{G}{c^2} \frac{M}{R} \Rightarrow v^2 = \frac{M}{R}$

Escape velocity $\frac{vc^2}{c^2} = \frac{2G}{c^2} \frac{M}{R}$

Planck's constant

$$\hbar \equiv \frac{h}{2\pi} = 1.0545718 \times 10^{-34} \text{ kg m}^2 \text{ s}^{-1}$$

$$\text{Set } c = \hbar = 1 \Rightarrow 1 \text{ kg} = 8.5223 \times 10^{50} \text{ Hz}$$

(QFT)

$$\text{or } 1 \text{ m} = 1/3.51767282 \times 10^{-48} \text{ kg}$$

$$\text{Compton wavelength } \lambda = \frac{\hbar}{mc} = \frac{1}{m}$$

Compare w/ size or available volume

$$\text{Sun } \lambda_0 = \frac{\hbar}{M_{\text{oc}}} = 0.177 \times 10^{-72} \text{ m} \Rightarrow \frac{\lambda_0}{R_0} \ll 1$$

$$\text{Proton } \lambda_0 = \frac{\hbar}{M_{\text{p}c}} = 0.210268 \text{ fm} \sim \text{radius of atomic nuclei}$$

↑
proton!

$\sim 1-10 \text{ fm}$

$$\frac{\lambda}{R} \ll 1 \Rightarrow \text{classical physics is accurate}$$

$$\frac{\lambda}{R} \approx 1 \Rightarrow \text{need quantum physics}$$

Consider a system with

$$\frac{G M}{c^2 R} = 1 \quad (\text{GR}) \quad \text{and} \quad \frac{\hbar}{M c R} = 1 \quad (\text{QM})$$

$$M_{\text{Pl}} = \sqrt{\frac{\hbar c}{G}} = 2.18 \times 10^{-8} \text{ kg} = 1.22 \times 10^{19} \text{ GeV}$$

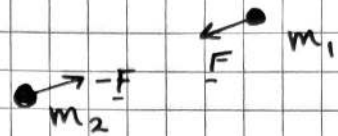
$$L_{\text{Pl}} = \frac{G}{c^2} M_{\text{Pl}} = 1.61 \times 10^{-35} \text{ m}$$

$$T_{\text{Pl}} = \frac{1}{c} L_{\text{Pl}} = 5.37 \times 10^{-44} \text{ s}$$

Theory of Quantum Gravity \rightarrow speculative, unknown

Newtonian 2 body problem

$$\begin{aligned} \underline{F}_{1a2} &= G m_{1a} m_{2p} \frac{\underline{r}_1 - \underline{r}_2}{|\underline{r}_1 - \underline{r}_2|^3} \\ &= m_{2i} \underline{\ddot{r}}_2 \end{aligned}$$



m_a = active mass: source of gravity

m_p = passive mass: sensitivity of GRAVITY

m_i = inertial mass: resistance to change of motion

"Action = Reaction" $\Rightarrow \underline{F}_{2a1} = -\underline{F}_{1a2}$

$$\therefore m_{1a} m_{2p} = m_{2a} m_{1p} \quad \forall \text{ bodies } m_1, m_2$$

$$\therefore \frac{m_{1p}}{m_{1a}} = \frac{m_{2p}}{m_{2a}} \quad \text{active/passive ratio same for all bodies}$$

WLOG $m_a = m_p$

[electric charge $q_a = q_p$]

What about inertial mass?

~1590: Galileo rolls balls of different mass down slope
 \hookrightarrow needs same time

1922: Eötvös: torque from Sun's gravity on torsion balance is $< 5 \times 10^{-9}$

all compatible w/ $m_a = m_p = m_i$

Equivalence Principles

Weak equivalence principle (WEP). Freely falling bodies with negligible gravitational self-interaction follow the same paths if they have the same initial velocity & position.

Defⁿ "local inertial frame" = coordinate frame (t, x, y, z) defined by a freely falling observer similar \uparrow to Minkowski spacetime
inertial frames

"local" means «length scale of variations of g

In a local inertial frame, the results of all non-gravitational experiments are indistinguishable from the same experiment performed in an inertial frame in Mink



Strong Equivalence Principle (SEP)

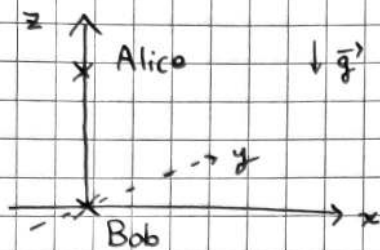
The grav motion of a small test body (that may have gravitational self-interactions) depts only on its initial v & x

- SEP \Rightarrow WEP, WEP $\not\Rightarrow$ SEP

Ex of SEP-violating but WEP-satisfying theory models where gravity has an extra scalar field component in addition to spacetime metric $g_{\mu\nu}$

- SEP $\Rightarrow G = \text{const. everywhere}$
- GR satisfies all 3 EP's

GRAVITATIONAL REDSHIFT

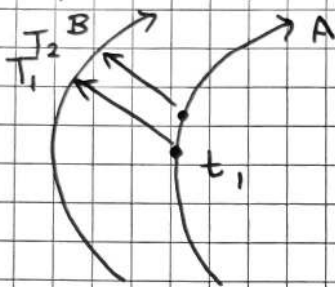


$$\vec{g} = (0, 0, -g)$$

Alice at $z=h$
Bob at $z=0$ sends light to

EEP \Rightarrow equivalent to frame accelerated w/ $(0, 0, +g)$ in Mink

Assumption $v_{A,B} \ll c \Rightarrow$ ignore $\frac{v^2}{c^2}$, higher order SR terms



$$z_A = h + \frac{1}{2}gt^2, \quad z_B = \frac{1}{2}gt^2$$

Alice emits 1st signal at t_1

$$\begin{aligned} \Rightarrow z_1(t) &= z_A(t) - c(t - t_1) \\ &= h + \frac{1}{2}gt_1^2 - c(t - t_1) \end{aligned}$$

$$h + \frac{1}{2}gt_1^2 - c(T_1 - t_1) = \frac{1}{2}gT_1^2 \quad (**)$$

Alice emits 2nd signal at $t_2 = t_1 + \Delta\tau_A$

reaches Bob at $T_2 = T_1 + \Delta\tau_B$

approx v/c

$$\Rightarrow h + \frac{1}{2}g(t_1 + \Delta\tau_A)^2 - c(T_1 + \Delta\tau_B - t_1 - \Delta\tau_A) = \frac{1}{2}g(T_1 + \Delta\tau_B)^2$$

Subtract (**) to get

$$c(\Delta\tau_A - \Delta\tau_B) + \frac{1}{2}g\Delta\tau_A(2t_1 + \Delta\tau_A) = \frac{1}{2}g\Delta\tau_B(2T_1 + \Delta\tau_B)$$

Assumption $\Delta\tau_A \ll t_1, \Delta\tau_B \ll T_1$ (more subtle)

$$\Rightarrow c(\Delta\tau_A - \Delta\tau_B) + g\Delta\tau_A t_1 = g\Delta\tau_B T_1$$

$$\Rightarrow \Delta\tau_B(gT_1 + c) = \Delta\tau_A(gt_1 + c)$$

$$\Delta\tau_B = \Delta\tau_A \cdot \left(1 + \frac{gt_1}{c}\right) \left(1 + \frac{gT_1}{c}\right)^{-1}$$

$$\approx \Delta\tau_A \left(1 - g \frac{(T_1 - t_1)}{c}\right)$$

$\frac{gt}{c} \ll 1$

$$(**) \Rightarrow \frac{h}{c} - (T_1 - t_1) = \frac{1}{2} \frac{g}{c} (T_1 + t_1)(T_1 - t_1) \approx 0$$

$$\therefore \Delta\tau_B \approx \Delta\tau_A \left(1 - \frac{gh}{c^2}\right) < \Delta\tau_A$$

BLUE
SHIFT

Confirmed in Pound-Rebka expt (1960)

L2.2

[light falling in a tower]

Invariant interval in SR $c^2 \Delta\tau^2 = c^2(\Delta t^2 - \Delta x^2 - \Delta y^2 - \Delta z^2)$

For weak, static gravitational field,

$$c^2 d\tau^2 = \left[1 + \frac{2\phi(x, y, z)}{c^2} \right] c^2 dt^2 - \left[1 - \frac{2\phi(x, y, z)}{c^2} \right] (dx^2 + dy^2 + dz^2)$$

$\phi/c^2 \ll 1$

Alice \vec{x}_A , Bob \vec{x}_B at fixed positions

Alice emits signals at $t_A, t_A + \Delta t$

Bob receives at $t_B, t_B + \Delta t$

$$\Delta\tau_A^2 = \left(1 + \frac{2\phi(x_A)}{c^2} \right) \Delta t^2$$

$$\Delta\tau_B^2 = \left(1 + \frac{2\phi(x_B)}{c^2} \right) \Delta t^2$$

$$\therefore \Delta\tau_B \approx \left(1 + \frac{\phi(x_B)}{c^2} \right) \Delta t, \quad \Delta\tau_A \approx \left(1 + \frac{\phi(x_A)}{c^2} \right) \Delta t$$

$$\begin{aligned} \therefore \Delta\tau_B &\approx \left(1 + \frac{\phi_B}{c^2} \right) \left(1 + \frac{\phi_A}{c^2} \right)^{-1} \Delta\tau_A \\ &\approx \left(1 + \frac{\phi_B - \phi_A}{c^2} \right) \Delta\tau_A \end{aligned}$$

Newtonian gravity for matter fields

[INDEX NOTATION]

- write vectors, matrices as components $x_i = (x_1, x_2, x_3)$
- repeated indices get summed over $\equiv (x, y, z)$
- no index can appear > twice #Einstein Summation Convention
- rename 'dummy' indices
- in an equation or a sum, 'free' indices must match on all sides, terms
- denote partial derivatives by

$$\partial_i \equiv \frac{\partial}{\partial x_i} \quad \text{or} \quad \text{a comma} \quad v_{k,i} \equiv \frac{\partial v_k}{\partial x_i}$$

Ex Motion of a pt particle in gravity

$$m\ddot{\vec{x}} = m\vec{g}(\vec{x}, t) \quad \text{vs} \quad m\ddot{x}_i = mg_i(x_k, t)$$

In a non-inertial coordinate system

$$\tilde{x}_i = x_i - b_i(t)$$

$$\ddot{\tilde{x}}_i = \tilde{g}_i(\tilde{x}_k, t) = g_i(\tilde{x}_k, t) - \ddot{b}_i(t)$$

1) If g_i is uniform (x_k indep) $\Rightarrow \exists b_i$ s.t. $\tilde{g}_i = 0$

2) If g_i not uniform, can only get $\tilde{g}_i = 0$ locally

« freely falling frame »

Index version of Newton

Tidal forces on two particles at $x_i, x_i + \delta x_i$

$$\frac{d^2}{dt^2} x_i = g_i(x_k, t), \quad \frac{d^2}{dt^2} (x_i + \delta x_i) = g_i(x_k + \delta x_k, t)$$

$$\therefore \frac{d^2}{dt^2} \delta x_i = \delta x_k \partial_k g_i + O(\delta x_k^2)$$

$$\Rightarrow \frac{d^2}{dt^2} \delta x_i + E_{ij} \delta x_j = 0$$

$$E_{ij} = -\partial_j g_i$$

$\Rightarrow \sim$

\vec{g} is curl free $\Rightarrow \vec{g} = -\vec{\nabla} \phi$

$$\text{so } E_{ij} = \partial_i \partial_j \phi = E_{ji}$$

Poisson equation

$$\vec{\nabla} \cdot \vec{g} = -4\pi G \rho \quad \text{mass density}$$

$$\Rightarrow \nabla^2 \phi = \partial_i \partial_i \phi = 4\pi G \rho$$

$$\partial_k E_{ij} = -\partial_k \partial_j g_i = \partial_j E_{ik}$$

$$\therefore E_{i[j,k]} = \frac{1}{2} (E_{ij,k} - E_{ik,j}) = 0$$

GR motivated from incompatibility of SR w/ Newtonian spacetime

Extend index notation

- Distinguish "upstairs" and "downstairs" indices $v^i \neq v_i$
- Summation only over one up & one down index [sic.]

$$v^i u_j = \sum_{i=1}^3 v^i u_j$$

- Latin indices i, j range from 1, 2, 3 (space)
- Greek indices α, β, \dots range from 0... 3 (spacetime)

Metric of Euclidean 3-space

$$\begin{aligned} \text{Pythagoras as matrix eq } \Delta s^2 &= \Delta x^2 + \Delta y^2 + \Delta z^2 \\ &= \underbrace{\delta_{ij}}_{\text{diag}(1,1,1)} \Delta x^i \Delta x^j \end{aligned} \quad \text{in Cartesian coords}$$

Polar coordinates:

$$\begin{aligned} ds^2 &= dx^2 + dy^2 + dz^2 \\ &= dr^2 + r^2 d\theta^2 + r^2 \sin^2 \theta d\phi^2 \\ &= g_{ij} d\tilde{x}^i d\tilde{x}^j \end{aligned} \quad g_{ij} = \begin{pmatrix} 1 & & \\ & r^2 & \\ & & r^2 \sin^2 \theta \end{pmatrix}$$

Lorentz Transformations ($c=1$)

"Proper distance" between spacetime events (t, x, y, z)
& $(t+\Delta t, x+\Delta x, y+\Delta y, z+\Delta z)$

$$\Delta s^2 = -\Delta t^2 + \Delta x^2 + \Delta y^2 + \Delta z^2$$

In SR, no inertial frame is preferred to another

\Rightarrow same proper distance

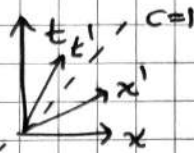
$\Delta s = 0$ light ray

$$\begin{aligned} \Delta s^2 &= \eta_{\alpha\beta} \Delta x^\alpha \Delta x^\beta, \quad \eta = \begin{pmatrix} -1 & & & \\ & 1 & & \\ & & 1 & \\ & & & 1 \end{pmatrix} \\ &= \eta_{\tilde{\alpha}\tilde{\beta}} \Delta \tilde{x}^{\tilde{\alpha}} \Delta \tilde{x}^{\tilde{\beta}} \quad \leftarrow \text{if } \tilde{x} \text{ related to } x \text{ by a Lorentz boost} \end{aligned}$$

$$\eta^{\alpha\beta} = \eta^{\tilde{\alpha}\tilde{\beta}} = \begin{pmatrix} -1 & & & \\ & 1 & & \\ & & 1 & \\ & & & 1 \end{pmatrix} \quad \text{inverse matrix}$$

$$\tilde{x}^{\tilde{\alpha}} = \Lambda^{\tilde{\alpha}}_{\mu} x^{\mu} + x_0^{\mu}$$

wlog $x_0^{\mu} = 0$



want $\eta_{\tilde{\alpha}\tilde{\beta}} \Delta \tilde{x}^{\tilde{\alpha}} \Delta \tilde{x}^{\tilde{\beta}} = \eta_{\alpha\beta} \Lambda^{\tilde{\alpha}}_{\mu} \Lambda^{\tilde{\beta}}_{\nu} \Delta x^{\mu} \Delta x^{\nu}$
 $\stackrel{?}{=} \eta_{\mu\nu} \Delta x^{\mu} \Delta x^{\nu}$

$$\eta_{\mu\nu} = \Lambda^{\tilde{\alpha}}_{\mu} \Lambda^{\tilde{\beta}}_{\nu} \eta_{\tilde{\alpha}\tilde{\beta}}$$

e.g. $\Lambda^{\tilde{\alpha}}_{\mu} = \begin{pmatrix} \gamma & -\gamma v \\ -\gamma v & \gamma \\ & & 1 & \\ & & & \ddots & \\ & & & & 1 \end{pmatrix}$

satisfied by Lorentz transformations

you can show $\Lambda^{\tilde{\alpha}}_{\mu} \Lambda^{\mu}_{\tilde{\beta}} = \delta^{\tilde{\alpha}}_{\tilde{\beta}}$

$$\gamma = \frac{1}{\sqrt{1-v^2}}$$

$$\Lambda^{\mu}_{\tilde{\alpha}} \Lambda^{\tilde{\alpha}}_{\nu} = \delta^{\mu}_{\nu}$$

inverse $\Lambda^{\mu}_{\tilde{\alpha}} = \begin{pmatrix} \gamma & \gamma v \\ \gamma v & \gamma \\ & & 1 & \\ & & & \ddots & \\ & & & & 1 \end{pmatrix}$

WORLDLINES & 4-VELOCITY

Def The interval between 2 spacetime events

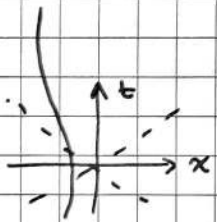
x^{α} & $x^{\alpha} + \Delta x^{\alpha}$ is called timelike if $\eta_{\mu\nu} \Delta x^{\mu} \Delta x^{\nu} < 0$

null if $\eta_{\mu\nu} \Delta x^{\mu} \Delta x^{\nu} = 0$

spacelike if $\eta_{\mu\nu} \Delta x^{\mu} \Delta x^{\nu} > 0$

Def Proper time $\Delta \tau^2 \equiv -\Delta s^2 = \Delta t^2 - \Delta x^2 - \Delta y^2 - \Delta z^2$

Clock Postulate A clock moving on a worldline $x^{\alpha}(\lambda)$, $\lambda \in \mathbb{R}$
 (timelike)



measures the proper time

$$\tau \equiv \int_{\lambda_1}^{\lambda_2} \sqrt{-\eta_{\mu\nu} \Delta x^{\mu} \Delta x^{\nu}} \quad \square$$

$$= \int_{\lambda_1}^{\lambda_2} \sqrt{-\eta_{\mu\nu} \frac{dx^{\mu}}{d\lambda} \frac{dx^{\nu}}{d\lambda}} d\lambda \quad \square$$

comments: τ is invariant under reparametrizing $\lambda \mapsto f(\lambda)$
 \uparrow monotonic

• often convenient to choose $\lambda = \tau$

• $\Rightarrow d\tau = \sqrt{-\eta_{\mu\nu} dx^{\mu} dx^{\nu}} \Rightarrow \eta_{\mu\nu} \dot{x}^{\mu} \dot{x}^{\nu} \equiv \eta_{\mu\nu} \frac{dx^{\mu}}{d\tau} \frac{dx^{\nu}}{d\tau} = -1$

Def The 4-velocity along a time-like curve is

$$u^{\alpha} = \frac{dx^{\alpha}}{d\tau} \Rightarrow \eta_{\mu\nu} u^{\mu} u^{\nu} = -1$$

Geodesics Consider the action

$$S[x^\alpha(\lambda)] = \int_{\lambda_1}^{\lambda_2} \sqrt{-\eta_{\alpha\beta} \frac{dx^\alpha}{d\lambda} \frac{dx^\beta}{d\lambda}} d\lambda \equiv \int L d\lambda$$

geodesic defd as extremising this action

$$\frac{\delta S}{\delta x^\alpha(\lambda)} = 0$$

→ keep endpoints fixed or sth

E-L equations $\frac{d}{d\lambda} \frac{\partial L}{\partial \dot{x}^\mu} = \frac{\partial L}{\partial x^\mu}$

$$\Rightarrow \dots \Rightarrow \frac{d^2 x^\alpha}{d\tau^2} = 0$$

↑ "not accelerating"

Can also derive same eqⁿ for null & spacelike geodesics.

Postulate free massive particles in SR move on geodesic

timelike curves
(null)

Time dilation

Let \mathcal{O} , $\tilde{\mathcal{O}}$ be 2 observers w/ coordinates x^μ , $\tilde{x}^{\tilde{\alpha}}$ related by a Lorentz boost.

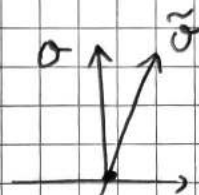
Let $\tilde{\mathcal{O}}$ move with rel. v in the x -direction relative to \mathcal{O} .

Recall $u^\alpha = \frac{dx^\alpha}{d\tau}$.

Clock at rest $\tilde{u}^{\tilde{\alpha}} = \left(\frac{d\tilde{t}}{d\tau}, 0, 0, 0 \right) = (1, 0, 0, 0)$

View from \mathcal{O} : $u^\mu = \left(\frac{dt}{d\tau}, \frac{dx^i}{d\tau} \right)$

$$= \Lambda^\mu_{\tilde{\alpha}} \tilde{u}^{\tilde{\alpha}} = \left(\gamma \frac{d\tilde{t}}{d\tau}, \gamma v_i \frac{d\tilde{t}}{d\tau} \right)$$



u^t component: $\frac{dt}{d\tau} \rightarrow \text{coord time of } \mathcal{O}$ $= \gamma$ by above
 $d\tau \rightarrow \text{proper time of } \tilde{\mathcal{O}}$

$\therefore dt = \frac{d\tau}{\sqrt{1-v^2}}$, \mathcal{O} "sees" $\tilde{\mathcal{O}}$ aging more slowly

Lorentz contraction

Define length of a rod in \mathcal{O} 's frame \equiv proper distance Δs between 2 events A, B where x_A^i, x_B^i give position of two ends of the rod at some time t_0

$$\Delta s = \sqrt{\eta_{\alpha\beta} \Delta x^\alpha \Delta x^\beta} = \sqrt{\delta_{ij} \Delta x^i \Delta x^j} \quad \text{if no } dt$$

Let the rod be at rest w/ \mathcal{O} frame.

Worldlines of the two ends of the rod

$$x^\mu = (t_{\text{tail}}, x_0^i), \quad y^\mu = (t_{\text{head}}, x_0^i + \Delta x^i) \quad \text{in } \mathcal{O}$$

In $\tilde{\mathcal{O}}$, have

$$(\tilde{t}_{\text{tail}}, \tilde{x}^i) = \tilde{x}^{\tilde{\alpha}} = \Lambda^{\tilde{\alpha}}_{\mu} x^\mu$$

$$(\tilde{t}_{\text{head}}, \tilde{y}^i) = \tilde{y}^{\tilde{\alpha}} = \Lambda^{\tilde{\alpha}}_{\mu} y^\mu = \Lambda^{\tilde{\alpha}}_{\mu} (x^\mu + \Delta x^\mu)$$

We pick \tilde{A}, \tilde{B} with $\tilde{t}_{\text{tail}} = \tilde{t}_{\text{head}}$.

$$\therefore t_{\text{tail}} = t_{\text{head}} + \frac{\Lambda^0_i \Delta x^i}{\Lambda^0_0} = t_{\text{head}} - v_i \Delta x^i$$

Proper distance

$$\Delta S_{AB}^2 \text{ via } x_A^\mu = (t_{\text{head}} - v_i \Delta x^i, x_0^i)$$

$$x_B^\mu = (t_{\text{head}}, x_0^i + \Delta x^i)$$

$$\therefore \tilde{l}^2 = \Delta S_{AB}^2 = -(v_i \Delta x^i)^2 + \delta_{ij} \Delta x^i \Delta x^j$$

Orient the rod along x -axis, so

$$\tilde{l} = \sqrt{1 - v_x^2} \Delta x \leq l$$

Comments

- The sign of v doesn't matter
- Velocity \perp to the rod causes no contraction

4-momentum & Doppler shift

Def: 4-momentum of particle with rest mass $m > 0$, and 4-velocity U^α : $P^\alpha = mU^\alpha$

$$\text{Recall } \eta_{\mu\nu} U^\mu U^\nu = -1$$

$$\therefore \eta_{\mu\nu} U^\mu m U^\nu m = \eta_{\mu\nu} P^\mu P^\nu = -m^2$$

Let $\tilde{\mathcal{O}}$ move with vel v in x -dirⁿ rel to \mathcal{O} .

Consider a particle at rest in $\tilde{\mathcal{O}}$.

$$\tilde{p}^{\tilde{\alpha}} = (m, 0, 0, 0)$$

$$p^\mu = (\gamma m, \gamma m v, 0, 0) \text{ via Lorentz}$$

↑
relativistic
energy

↑
relativistic
3-momentum

$$P_\mu P^\mu = -m^2 = -E^2 + p^2 \text{ so } E^2 = p^2 + m^2 \quad \left(\begin{array}{l} \text{restore } c \\ \text{via} \\ \text{units} \end{array} \right)$$

Comment Null curves do not have a 4-velocity U^μ but they do have 4-momentum.

Recall that for massless particles $E = \hbar\omega$, $p = \hbar k$

$$P^\alpha = \hbar\omega (1, 1, 0, 0) \text{ for e.g. a photon moving in } x\text{-dir}^n$$

Let $\tilde{\mathcal{O}}$ move with v in x -dirⁿ rel to \mathcal{O}

$$\begin{aligned} \therefore \tilde{p}^{\tilde{\alpha}} &= \Lambda^{\tilde{\alpha}}{}_{\mu} P^\mu = (\gamma E - \gamma v E, -\gamma v E + \gamma E, 0, 0) \\ &= (\tilde{E}, \tilde{E}) \end{aligned}$$

So get redshift

$$\frac{\tilde{\nu}}{\nu} = \frac{\tilde{E}}{E} = \gamma(1-v) = \sqrt{\frac{1-v}{1+v}}$$

redshift if $\tilde{\mathcal{O}}$ moves in same dirⁿ as photon

blueshift if $v < 0$

Transverse Doppler shift if $v \perp$ dirⁿ of propagation of photon

V^μ vector

W_μ covector b/c acts on vectors $V^\mu \mapsto W_\mu V^\mu$

Isomorphism with dual via

#visualthinker

$$V^\mu \mapsto V_\mu = \eta_{\mu\nu} V^\nu$$

Differential geometry

extend to curved spacetime

motivation: GR generalises SR like

Riemannian geometry generalises Euclidean geometry

Conventions: an upstairs index in a denominator counts as a downstairs index

e.g. $\partial_i = \frac{\partial}{\partial x^i}$

contravariant: upstairs, covariant: downstairs

transform differently under a coordinate transformation

Manifolds & Tensors

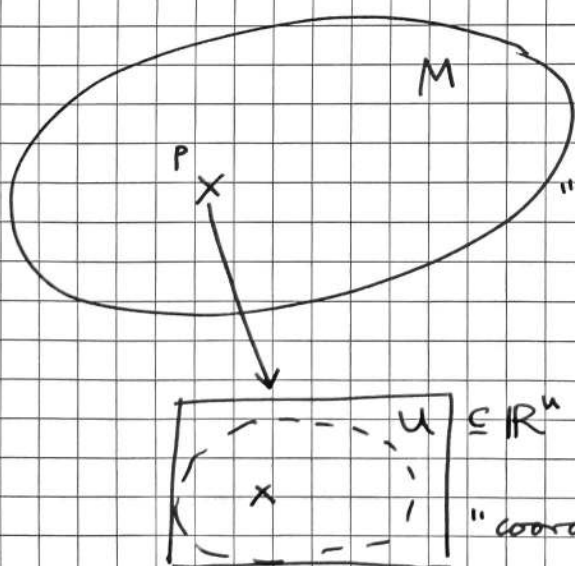
Strategy: start w/ manifold M (repⁿ space or spacetime)

Establish structure step-by-step

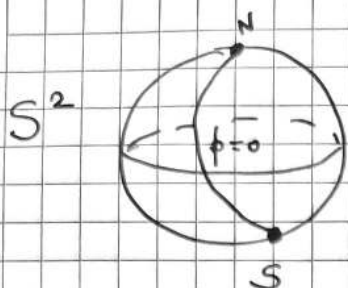
Def n -dim manifold $M \equiv$ topological space of points that locally resembles Euclidean space \mathbb{R}^n at every point

An example of a manifold is M for which there exists a 1-to-1 and onto map $\phi: M \rightarrow U \subset \mathbb{R}^n$, for U open

$$p \mapsto x^\alpha, \quad \alpha = 0, 1, \dots, n-1$$



More generally, it suffices to chop M up into open subsets "manifold" which each maps to an open subset of \mathbb{R}^n .



usual polar coordinates (θ, φ)
 $0 < \varphi < 2\pi, 0 < \theta < \pi$
 parametrise open subset

Coordinates are like house no. s on a street.

Look for objects that are independent of coordinates.

Curves, vectors etc live on M , not \mathbb{R}^n

Since ϕ is 1-to-one, this distinction is often blurred.

Def Function on M $f: M \rightarrow \mathbb{R}$

To proceed further we want a notion of differentiation $\frac{\partial}{\partial x_i} f$
 and a notion of smooth (C^∞) functions.

In this course we restrict attention to manifolds & coordinate systems for which these notions are defined in the usual way on coordinates \mathbb{R}^n .

f is smooth $\Leftrightarrow f(x^\alpha)$ smooth f^M on \mathbb{R}^n

If f at a given point $P \in M$ is invariant under a change of coordinates, it is a scalar.

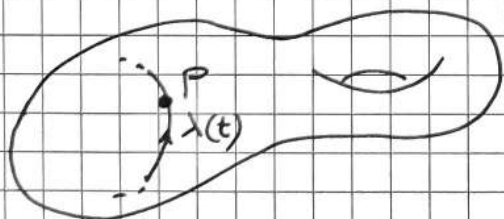
If you change coordinates $y^\beta(x^\alpha)$

$$f(y^\alpha) = f(y^\alpha(x^\alpha)) \quad \text{WTF} \dots$$

Vectors Def Let C^∞ be the space of all smooth f^M s on M .

Let λ be a smooth curve parametrised by $t \in \mathbb{R}$ s.t.

$$P = \lambda(0)$$



The tangent vector to the curve λ at P
 is the map $V: C^\infty \rightarrow \mathbb{R}$

$$f \mapsto \left. \frac{df(\lambda(t))}{dt} \right|_{t=0}$$

Call $T_P(M)$ the space of all vectors at P .

i.e. look at arbitrary curves through P

A vector is a differential operator, in particular obeys

$$(i) \quad V(f+g) = V(f) + V(g), \quad V(\alpha f) = \alpha V(f) \quad \text{linearity}$$

$$(ii) \quad V(fg) = V(f)g(P) + f(P)V(g) \quad \text{Leibniz}$$

Consider coordinate system x^α near P .

$$\begin{aligned} \text{Then } V(f) &= \frac{d}{dt} f(x^\alpha(\lambda(t))) \\ &= \underbrace{\frac{dx^\mu}{dt}}_{\text{components}} \bigg|_{t=0} \underbrace{\frac{\partial}{\partial x^\mu}}_{\text{basis vectors}} f(x^\alpha) \end{aligned}$$

This shows $T_P(M)$ is an n -dimensional real vector space with basis $e_\mu := \partial_\mu = \frac{\partial}{\partial x^\mu}$

$$\text{Components } V^\mu := \frac{dx^\mu}{dt} \Rightarrow V = V^\mu e_\mu$$

V itself doesn't care about a coordinate change

Suppose change $x^\mu \rightarrow \tilde{x}^\alpha$. Then

$$e_\mu = \frac{\partial}{\partial x^\mu} = \frac{\partial \tilde{x}^\alpha}{\partial x^\mu} \frac{\partial}{\partial \tilde{x}^\alpha} = \left(\frac{\partial \tilde{x}^\alpha}{\partial x^\mu} \right) \tilde{e}_\alpha$$

$$\& \text{ likewise } \tilde{e}_\alpha = \left(\frac{\partial x^\mu}{\partial \tilde{x}^\alpha} \right) e_\mu$$

What about the vector components?

$$V^\mu = \frac{dx^\mu}{dt}, \quad \tilde{V}^\alpha = \frac{d\tilde{x}^\alpha}{dt} = \frac{\partial \tilde{x}^\alpha}{\partial x^\mu} \frac{dx^\mu}{dt} = \left(\frac{\partial \tilde{x}^\alpha}{\partial x^\mu} \right) V^\mu$$

$$\& \text{ likewise } V^\mu = \left(\frac{\partial x^\mu}{\partial \tilde{x}^\alpha} \right) \tilde{V}^\alpha$$

Note how in particular

$$V = V^\mu e_\mu = \left(\frac{\partial x^\mu}{\partial \tilde{x}^\alpha} \right) \tilde{V}^\alpha \left(\frac{\partial \tilde{x}^\beta}{\partial x^\mu} \right) \tilde{e}_\beta = \tilde{V}^\alpha \tilde{e}_\alpha$$

Covectors / 1-forms

Def a covector / 1-form is a linear map

$$\eta : T_p(M) \rightarrow \mathbb{R}$$

$$v \mapsto \eta(v)$$

$T_p^*(M) :=$ cotangent space at p
 $=$ space of covectors at p

is an n -dimensional vector space

Let e_μ be basis of $T_p(M)$. Then the components of a covector η are $\eta_\mu \equiv \eta(e_\mu)$

Properties

Linearity : $\alpha, \beta \in \mathbb{R}, v, w \in T_p(M)$

$$\eta(\alpha v + \beta w) = \alpha \eta(v) + \beta \eta(w)$$

Components : $\eta(v) = \eta(v^\mu e_\mu)$

$$= v^\mu \eta(e_\mu) \quad \text{by lin}$$

$$= v^\mu \eta_\mu$$

Transformation rule : 'require' $\eta(v)$ to be a scalar

$$\Rightarrow \eta(v) = \eta_\mu v^\mu = \tilde{\eta}_\alpha \tilde{v}^\alpha = \tilde{\eta}_\alpha \frac{\partial \tilde{x}^\alpha}{\partial x^\mu} v^\mu$$

$$\therefore \tilde{\eta}_\alpha \frac{\partial \tilde{x}^\alpha}{\partial x^\mu} = \eta_\mu \quad \text{or} \quad \tilde{\eta}_\beta = \frac{\partial x^\mu}{\partial \tilde{x}^\beta} \eta_\mu$$

Def Gradient df of a smooth $f: M \rightarrow \mathbb{R}$

$$df : T_p(M) \rightarrow \mathbb{R}$$

$$v \mapsto v(f)$$

recall $v = \frac{d}{dt}$ along some γ

Basis: Let $f = x^\alpha$ for some α

$$dx^\alpha(e_\beta) = e_\beta(x^\alpha)$$

$$= \frac{\partial}{\partial x^\beta}(x^\alpha) = \delta_\beta^\alpha$$

$$\Rightarrow \eta_\alpha dx^\alpha(v) = \eta_\alpha dx^\alpha(v^\beta \partial_\beta) = \eta_\alpha v^\alpha = \eta(v)$$

i.e. dx^α is basis of $T_p^*(M)$ dual to e_α , $\boxed{\eta = \eta_\alpha dx^\alpha}$

Tensors

Def A tensor T at $p \in M$ of rank $\binom{r}{s}$ is a multilinear map $T: \underbrace{T_p^*(M) \times \dots \times T_p^*(M)}_{r \text{ factors}} \times \underbrace{T_p(M) \times \dots \times T_p(M)}_{s \text{ factors}} \rightarrow \mathbb{R}$

"plug in r covectors, s vectors, get a real number"

Ex • covector η is a tensor of rank $\binom{0}{1}$ by definition

• vector V can be viewed as $V: T_p^*(M) \rightarrow \mathbb{R}$

$$\eta \mapsto \eta(V)$$

i.e. V is a $\binom{1}{0}$ tensor

components of $V: \eta(V) = \eta_\alpha dx^\alpha(V) = \eta_\alpha V^\alpha$

$$\therefore V^\alpha = dx^\alpha(V) = V(\frac{\partial}{\partial x^\alpha})$$

for any tensor define components

$$T^{\alpha_1 \dots \alpha_r}_{\beta_1 \dots \beta_s} = T(dx^{\alpha_1}, \dots, dx^{\alpha_r}, e_{\beta_1}, \dots, e_{\beta_s})$$

• $\delta: T_p^*(M) \times T_p(M) \rightarrow \mathbb{R}$

$$(\eta, V) \mapsto \eta(V)$$

is a $\binom{1}{1}$ tensor, with components $\delta^\alpha_\beta = \delta(dx^\alpha, e_\beta) = dx^\alpha(e_\beta)$

↑ "special tensor"
same components in all coordinate systems

Can show that tensors of rank $\binom{r}{s}$ form a vector space of

dimension n^{r+s} and transform according to

$$\tilde{T}^{\alpha_1 \dots \alpha_r}_{\beta_1 \dots \beta_s} = \frac{\partial \tilde{x}^{\alpha_1}}{\partial x^{\mu_1}} \dots \frac{\partial \tilde{x}^{\alpha_r}}{\partial x^{\mu_r}} \frac{\partial x^{\nu_1}}{\partial \tilde{x}^{\beta_1}} \dots \frac{\partial x^{\nu_s}}{\partial \tilde{x}^{\beta_s}} T^{\mu_1 \dots \mu_r}_{\nu_1 \dots \nu_s}$$

Tensor operations

(1) addition & scalar multⁿ, e.g. if S, T are $\binom{1}{1}$ tensors,

$$c_1, c_2 \in \mathbb{R}, \quad c_1 S + c_2 T: T_p^*(M) \times T_p(M) \rightarrow \mathbb{R}$$

defined via $(\eta, V) \mapsto c_1 S(\eta, V) + c_2 T(\eta, V)$

(2) symmetrization, anti-symm, e.g. if T is $\binom{0}{2}$ tensor

$$\text{symmetric part } S_{\alpha\beta} \equiv \frac{1}{2}(T_{\alpha\beta} + T_{\beta\alpha}) \equiv T_{(\alpha\beta)}$$

$$\text{antisymm part } A_{\alpha\beta} \equiv \frac{1}{2}(T_{\alpha\beta} - T_{\beta\alpha}) \equiv T_{[\alpha\beta]}$$

Index subset $T^{(\alpha\beta\gamma)}_{\delta} \equiv \frac{1}{2} (T^{\alpha\beta\gamma}_{\delta} + T^{\beta\alpha\gamma}_{\delta})$

Non-adjacent $T_{(\alpha|\beta\gamma|\delta)} \equiv \frac{1}{2} (T_{\alpha\beta\gamma\delta} + T_{\delta\beta\gamma\alpha})$

Over $n > 2$ indices

- sum over all permutations
- apply sign of permⁿ for anti-sym
- factor of $\frac{1}{n!}$

e.g. $T^{\alpha}_{[\beta\gamma\delta]} = \frac{1}{6} \begin{pmatrix} T^{\alpha}_{\beta\gamma\delta} + T^{\alpha}_{\delta\beta\gamma} + T^{\alpha}_{\gamma\delta\beta} \\ -T^{\alpha}_{\beta\delta\gamma} - T^{\alpha}_{\gamma\beta\delta} - T^{\alpha}_{\delta\gamma\beta} \end{pmatrix}$

(3) contraction of $\binom{r}{s}$ tensor into $\binom{r-1}{s-1}$

summing over 1 upper & 1 lower index

e.g. if T is $\binom{3}{2}$ tensor, can contract to get

$$S: T_p^*(M) \times T_p^*(M) \times T_p(M) \rightarrow \mathbb{R}$$

$$(\omega, \eta, \nu) \mapsto T(dx^{\mu}, \omega, \eta; \overset{\uparrow \text{sum over } \mu}{\partial_{\mu}}, \nu)$$

this is basis independent, in that

$$T(d\tilde{x}^{\alpha}, \omega, \eta; \tilde{\partial}_{\alpha}, \nu) = T(dx^{\mu}, \omega, \eta; \partial_{\mu}, \nu)$$

$$\underbrace{\left(\frac{\partial \tilde{x}^{\mu}}{\partial x^{\alpha}} \frac{\partial x^{\beta}}{\partial \tilde{x}^{\mu}} \right)}_{\delta_{\beta}^{\alpha}} T(dx^{\mu}, \omega, \eta; \partial_{\beta}, \nu)$$

∴

in components $S^{\mu\nu}_{\rho} = T^{\alpha\mu\nu}_{\alpha\rho}$

4) Outer Product: Let S be a rank $\binom{p}{q}$ tensor,
 T be a rank $\binom{r}{s}$ tensor.

Then $S \otimes T$ is a rank $\binom{p+r}{q+s}$ tensor defined via

$$(S \otimes T)(\eta_1, \dots, \eta_p, \eta_{p+1}, \dots, \eta_{p+r}; v_1, \dots, v_q, v_{q+1}, \dots, v_{q+s}) \\ = S(\eta_1, \dots, \eta_p; v_1, \dots, v_q) T(\eta_{p+1}, \dots, \eta_{p+r}; v_{q+1}, \dots, v_{q+s})$$

(i) In terms of components,

$$(S \otimes T)^{\alpha_1 \dots \alpha_p \beta_1 \dots \beta_r}_{\mu_1 \dots \mu_q \nu_1 \dots \nu_s} = S^{\alpha_1 \dots \alpha_p}_{\mu_1 \dots \mu_q} T^{\beta_1 \dots \beta_r}_{\nu_1 \dots \nu_s}$$

(ii) Given a coord basis, a e.g. $\binom{2}{1}$ tensor can be written

$$T = T^{\mu\nu}{}_{\rho} (e_{\mu} \otimes e_{\nu} \otimes dx^{\rho})$$

So far, have looked at tensors at P

A tensor field of rank $\binom{r}{s}$ is defined as the assignment to each point $P \in M$ of a tensor of rank $\binom{r}{s}$ at P , X_P

EX Vector field $p \mapsto X_p$

For a f^n f , $X(f) : M \rightarrow \mathbb{R}$, $p \mapsto X_p(f)$

A tensor field is smooth iff its components in any coordinate basis are smooth functions on \mathbb{R}^n .

Integral Curves

Def An integral curve λ of a vector field through $P \in M$ is the curve through P whose tangent vector at Q is V_Q

$$\text{In coords, } \frac{d}{dt} \Big|_{\lambda} = V \Rightarrow \frac{dx^{\mu}}{dt} \Big|_{\lambda} = V^{\mu}$$

$$\lambda(t_0) = P$$

They exist and are unique, at least locally.

Metric tensor (field) used to measure distances, volumes etc.

Def A metric at $P \in M$ is a $\binom{0}{2}$ tensor s.t.

(i) symmetric $g(v, w) = g(w, v) \quad \forall v, w \in T_p(M)$

$$\text{equivalently } g_{\alpha\beta} = g_{\beta\alpha}$$

(ii) non-degenerate, i.e. if V is s.t. $\forall W \in T_p(M)$

$$g(V, W) = 0, \text{ then } V = 0$$

in components, $g = g_{\alpha\beta} dx^\alpha dx^\beta$, (omit \otimes)

$$g_{\mu\nu} = g(\partial_\mu, \partial_\nu)$$

$$ds^2 = g_{\alpha\beta} dx^\alpha dx^\beta$$

A metric induces an isomorphism between the space of vectors and the space of 1-forms, $V \mapsto g(V, \cdot) = \underline{V}$

$$\text{i.e. } \underline{V}(W) = g(V, W) = \underline{V}_\mu W^\mu = g_{\mu\nu} V^\mu W^\nu$$

define $V_\mu = g_{\mu\nu} V^\nu$

Non-degeneracy implies g is "invertible", i.e. we can define the inverse metric g^{-1} , a symm $\binom{2}{0}$ tensor with components $g^{\alpha\beta}$ s.t. $g^{\alpha\beta} g_{\beta\gamma} = \delta^\alpha_\gamma$

Ex line element on unit sphere

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

$$g_{\alpha\beta} = \begin{pmatrix} 1 & 0 \\ 0 & \sin^2\theta \end{pmatrix}, \quad g^{\alpha\beta} = \begin{pmatrix} 1 & 0 \\ 0 & \frac{1}{\sin^2\theta} \end{pmatrix}$$

g^{-1} maps 1-forms to vectors, $\eta \mapsto g^{-1}(\eta, \cdot)$

This is inverse to the isomorphism given by g ,

$$g^{-1}(g(V)) = V, \quad g(g^{-1}(\eta)) = \eta$$

Signature g symmetric \Rightarrow comp. of $g \in M$ form a symm matrix

$\therefore \exists$ basis where $g_{\mu\nu}$ is diagonal

g non-degenerate \Rightarrow all diagonal elements are nonzero

\therefore can rescale the basis s.t. the diagonal elements $= \pm 1$

such a basis is called an "orthonormal" basis, not unique

Sylvester's law of inertia: no. of $+1, -1$ is indep of o.n. basis

Def Signature = $\sum +1, -1$ over diagonal

Riemannian metric $(+, + \dots +)$ sig = $+n$, no. of dim

Lorentzian metric $(-, + \dots +)$ sig $n-2$

Others use $(+, -, \dots, -)$ sig $2-n$

Note: Equivalence principle \Rightarrow local frame of ref, SR holds

$\therefore \exists$ local coords s.t. $g_{\mu\nu} = \eta_{\mu\nu} = \text{diag}(-1, 1, 1, 1)$

\uparrow
at a point In general at $q \neq p$, $g_{\mu\nu} \neq \eta_{\mu\nu}$

Def A Riemannian (Lorentzian) manifold is the pair (M, g) , where M is a manifold & g is a Riemannian (Lorentzian) metric on it.

Spacetime = Lorentzian manifold $n=4$ to match our universe

Ex Minkowski metric on \mathbb{R}^4 with Cartesian coords x^0, x^1, x^2, x^3

$$\eta = -(dx^0)^2 + (dx^1)^2 + (dx^2)^2 + (dx^3)^2$$

\searrow
 $(dx^0 \otimes dx^0)$

Def Let (M, g) be a Lor. M & $V \in T_p(M)$, $V \neq 0$

V is timelike if $g(V, V) < 0$

null if $g(V, V) = 0$

spacelike if $g(V, V) > 0$

at any local inertial frame locally have a lightcone structure just like SR



Def Norm of spacelike $V \in T_p(M)$

defined as $\|V\| = \sqrt{g(V, V)}$

Angle between spacelike V, W

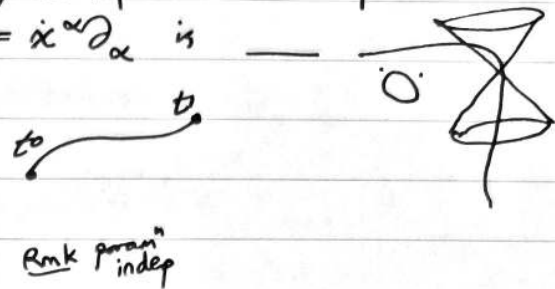
$$\cos \theta = \frac{g(V, W)}{\|V\| \|W\|}$$

Geodesics Def Say a curve is timelike/null/spacelike at p if its tangent vector $\frac{d}{d\lambda} = \dot{x}^\alpha \partial_\alpha$ is

Def Length of a spacelike curve

$$S = \int_{t_0}^{t_1} \sqrt{g(\dot{x}^\alpha \partial_\alpha, \dot{x}^\alpha \partial_\alpha)} dt$$

$$= \int_{t_0}^{t_1} \sqrt{g_{\mu\nu} \dot{x}^\mu \dot{x}^\nu} dt$$



Rank paramⁿ
indep

Similarly for a timelike curve,

$$T = \int_{t_0}^{t_1} \sqrt{-g_{\mu\nu} \dot{x}^\mu \dot{x}^\nu} dt$$

Def 4 velocity along timelike curve

$$u^\alpha = \frac{dx^\alpha}{d\tau}$$

Then $g_{\mu\nu} u^\mu u^\nu = -1$

Action $S = \int L(q_k, \dot{q}_k, \lambda) d\lambda$, $k=1, \dots, n$

is extremised if $q_k(\lambda)$ solve the Euler-Lagrange equations

$$\frac{d}{d\lambda} \left(\frac{\partial L}{\partial \dot{q}_k} \right) = \frac{\partial L}{\partial q_k}, \quad k=1, \dots, n$$

Noether's Theorem: symmetry of $L \leftrightarrow$ conserved quantity

(i) L indep of q_k , i.e. $\frac{\partial L}{\partial q_k} = 0 \Rightarrow p_k = \frac{\partial L}{\partial \dot{q}_k}$ conserved along integral curve

(ii) L indep of t , i.e. $\frac{\partial L}{\partial \lambda} = 0 \Rightarrow \dot{q}_k p_k - L$ conserved along integral curve

Geodesics, varⁿ 1 timelike curves $A \rightarrow B$

$$S = \int_0^1 L d\lambda, \quad L = \sqrt{-g_{\mu\nu} \dot{x}^\mu \dot{x}^\nu}$$

Indep of paramⁿ, in that if $\kappa: [0,1] \rightarrow [a,b]$ monotone

$$S = \int_0^1 \sqrt{-g_{\mu\nu} \dot{x}^\mu \dot{x}^\nu} d\lambda = \int_a^b \sqrt{-g_{\mu\nu} \dot{x}^\mu \dot{x}^\nu} \frac{d\lambda}{d\kappa} d\kappa = \int_a^b \sqrt{g_{\mu\nu} \frac{dx^\mu}{d\kappa} \frac{dx^\nu}{d\kappa}} d\kappa$$



E-L eq's
$$\frac{\partial \mathcal{L}}{\partial \dot{q}^\alpha} = \frac{1}{2\mathcal{L}} (-g_{\mu\nu} \delta_\alpha^\mu \dot{x}^\nu - g_{\mu\nu} \dot{x}^\mu \delta_\alpha^\nu)$$

$$= -\frac{g_{\mu\alpha} \dot{x}^\mu}{\mathcal{L}}$$

$$\frac{\partial \mathcal{L}}{\partial q^\alpha} = \frac{1}{2\mathcal{L}} (-\dot{x}^\mu \dot{x}^\nu \partial_\alpha g_{\mu\nu})$$

$$\therefore \frac{d}{d\lambda} \left(-\frac{g_{\mu\alpha} \dot{x}^\mu}{\mathcal{L}} \right) + \frac{\dot{x}^\mu \dot{x}^\nu g_{\mu\nu,\alpha}}{2\mathcal{L}} = 0, \quad \alpha=0,1,2,3$$

Change param to $\tau(\lambda)$ proper time, $\frac{d\tau}{d\lambda} = \mathcal{L}$

$$\therefore -\mathcal{L} \frac{d}{d\tau} \left(g_{\mu\alpha} \frac{dx^\mu}{d\tau} \right) + \frac{\mathcal{L}}{2} \frac{dx^\mu}{d\tau} \frac{dx^\nu}{d\tau} g_{\mu\nu,\alpha} = 0$$

$$\therefore \frac{d^2 x^\mu}{d\tau^2} g_{\mu\alpha} + g_{\mu\alpha,\nu} \frac{dx^\nu}{d\tau} \frac{dx^\mu}{d\tau} - \frac{1}{2} g_{\mu\nu,\alpha} \frac{dx^\mu}{d\tau} \frac{dx^\nu}{d\tau} = 0$$

$$\boxed{\frac{d^2 x^\beta}{d\tau^2} + \Gamma_{\mu\nu}^\beta \frac{dx^\mu}{d\tau} \frac{dx^\nu}{d\tau} = 0} \quad \text{"geodesic equations"}$$

where $\Gamma_{\mu\nu}^\beta = \frac{1}{2} g^{\beta\rho} (g_{\rho\nu,\mu} + g_{\rho\mu,\nu} - g_{\mu\nu,\rho})$

is symmetric in μ, ν .

Γ
Christoffel
symbols

Spacelike geodesics $\tilde{\mathcal{L}} = \sqrt{g_{\mu\nu} \dot{x}^\mu \dot{x}^\nu}, \quad \frac{ds}{d\lambda} = \tilde{\mathcal{L}}$

Var * 1: $S = \int_0^1 \sqrt{-g_{\mu\nu} \dot{x}^\mu \dot{x}^\nu} d\lambda$

$$\Rightarrow \frac{d^2 x^\beta}{d\tau^2} + \left\{ \begin{matrix} \beta \\ \mu\nu \end{matrix} \right\} \frac{dx^\mu}{d\tau} \frac{dx^\nu}{d\tau} = 0 \quad (*)$$

Christoffel symbol $\left\{ \begin{matrix} \beta \\ \mu\nu \end{matrix} \right\} = \frac{1}{2} g^{\beta\alpha} (g_{\alpha\mu, \nu} + g_{\nu\alpha, \mu} - g_{\mu\nu, \alpha})$

Var * 2: $S = \int_0^1 g_{\mu\nu} \dot{x}^\mu \dot{x}^\nu d\lambda$

Advantage: no restriction to timelike geodesics

Disadvantage: not inv under reparametrisation

E-L give $\ddot{x}^\alpha + \left\{ \begin{matrix} \alpha \\ \beta\gamma \end{matrix} \right\} \dot{x}^\beta \dot{x}^\gamma = 0$ where dot denotes $\frac{d}{d\lambda}$ (+)

Let $\tau = \tau(\lambda)$, $\frac{d\tau}{d\lambda} > 0$

Then $\frac{d}{d\tau} = \frac{d\lambda}{d\tau} \frac{d}{d\lambda}$, $\frac{d^2}{d\tau^2} = \frac{d^2\lambda}{d\tau^2} \frac{d}{d\lambda} + \left(\frac{d\lambda}{d\tau}\right)^2 \frac{d^2}{d\lambda^2}$

$$\therefore (*) \text{ gives } \left(\frac{d\lambda}{d\tau}\right)^2 \ddot{x}^\beta + \frac{d^2\lambda}{d\tau^2} \dot{x}^\beta + \left(\frac{d\lambda}{d\tau}\right)^2 \dot{x}^\mu \dot{x}^\nu \left\{ \begin{matrix} \beta \\ \mu\nu \end{matrix} \right\} = 0$$

$$\therefore \ddot{x}^\alpha + \left\{ \begin{matrix} \alpha \\ \beta\gamma \end{matrix} \right\} \dot{x}^\beta \dot{x}^\gamma = - \left(\frac{d\lambda}{d\tau}\right)^{-2} \frac{d^2\lambda}{d\tau^2} \dot{x}^\alpha \propto \dot{x}^\alpha$$

Agree only if $\frac{d^2\lambda}{d\tau^2} = 0$ i.e. $\lambda = C_1\tau + C_2$ is affine parameter

Makes sense even for lighttrays

Def If a curve $C: I \rightarrow M$, $\lambda \mapsto x^\alpha(\lambda)$ satisfies (+) then it is geodesic and affinely parametrised.

If RHS is $f(\lambda)\dot{x}^\alpha$ then it is geodesic but not affinely parametrised

Geodesic Postulate Particles with positive (zero) mass move along timelike (null) geodesics. At least test particles do.

Var # 2 gives an easy way to compute $\left\{ \begin{matrix} \dot{t} \\ \dot{r} \\ \dot{\theta} \\ \dot{\phi} \end{matrix} \right\}$

$$\text{Ex } ds^2 = -f dt^2 + f^{-1} dr^2 + r^2 d\theta^2 + r^2 \sin^2 \theta d\phi^2, \quad f = 1 - \frac{2M}{r}$$

$$\therefore \mathcal{L} = f \dot{t}^2 - f^{-1} \dot{r}^2 - r^2 \dot{\theta}^2 - r^2 \sin^2 \theta \dot{\phi}^2$$

$$\therefore \frac{d}{d\tau} (2f\dot{t}) = 0 \quad \text{by E-L for } t$$

$$\therefore \ddot{t} + f^{-1} \frac{df}{dr} \dot{t} \dot{r} = 0 \quad \text{so } \left\{ \begin{matrix} t \\ r \end{matrix} \right\} = \left\{ \begin{matrix} t \\ r \end{matrix} \right\} = \frac{df/dr}{2f}$$

$$\& \text{ other } \left\{ \begin{matrix} t \\ \mu\nu \end{matrix} \right\} = 0$$

Covariant derivative ∇ on Manifold \mathcal{M}

Def For scalar field f ,

$$\nabla f: T_p(\mathcal{M}) \rightarrow \mathbb{R}, \quad v \mapsto \nabla_v(f) = V(f)$$

$$\nabla f \text{ is a } \binom{0}{1} \text{ tensor, } \nabla_\alpha f \equiv (\nabla f)_\alpha = \partial_\alpha f$$

Def For vector field V ,

$$\nabla V: T_p(\mathcal{M}) \rightarrow T_p(\mathcal{M}), \quad W \mapsto \nabla_W V$$

satisfying the following (α, β, f scalar fields, V vector)

$$\text{bilinear } \nabla_{\alpha W_1 + \beta W_2} V = \alpha \nabla_{W_1} V + \beta \nabla_{W_2} V$$

$$\nabla_W (V_1 + V_2) = \nabla_W V_1 + \nabla_W V_2$$

$$\text{Leibniz } \nabla_W (fV) = \nabla_W(f) V + f \nabla_W(V)$$

Equivalently $\nabla V: T_p^*(\mathcal{M}) \times T_p(\mathcal{M}) \rightarrow \mathbb{R}$

$$(\eta, X) \mapsto \eta(\nabla_X V)$$

so ∇V is a $\binom{1}{1}$ tensor

$$V^\alpha{}_{;\beta} \equiv \nabla_\beta V^\alpha \equiv (\nabla V)^\alpha{}_\beta$$

Def Let $\{e^\mu\}$ be a basis for $T_p(\mathcal{M})$

The connection coefficients are $\Gamma^\rho{}_{\mu\nu}$ defined via

$$\nabla_{e_\nu} e_\mu = \Gamma^\rho{}_{\mu\nu} e_\rho$$

For vectors V, W get $(\nabla_\nu W)^\rho = V^\nu (\partial_\nu W^\rho) + V^\nu \Gamma^\rho{}_{\mu\nu} W^\mu$

$$\therefore W^\rho{}_{;\nu} \equiv \nabla_\nu W^\rho \equiv (\nabla W)^\rho{}_\nu = \partial_\nu W^\rho + \Gamma^\rho{}_{\mu\nu} W^\mu$$

Recall Let $\{e^\mu\}$ be basis of $T_p M$

Connection coeff $\Gamma_{\mu\nu}^\rho$ given by $\nabla_{e_\nu} e_\mu = \Gamma_{\mu\nu}^\rho e_\rho$

For $V = V^\mu e_\mu$, $W = W^\nu e_\nu$,

$$\begin{aligned}\nabla_V W &= \nabla_{V^\mu e_\mu} (W^\nu e_\nu) \\ &= V^\mu \nabla_{e_\mu} (W^\nu e_\nu) \\ &= V^\mu \partial_\mu (W^\nu) e_\nu + V^\mu W^\nu \nabla_{e_\mu} e_\nu \\ &= V^\mu W^\nu_{,\mu} e_\nu + V^\mu W^\nu \Gamma_{\nu\mu}^\rho e_\rho \\ &= V^\mu (W^\rho_{,\mu} + \cancel{W^\nu} \Gamma_{\nu\mu}^\rho) e_\rho\end{aligned}$$

$$\therefore (\nabla_V W)^\rho = V^\mu (W^\rho_{,\mu} + W^\nu \Gamma_{\nu\mu}^\rho)$$

$$\therefore W^\rho_{; \nu} =: (\nabla_{e_\nu} W)^\rho =: \nabla_\nu W^\rho = \partial_\nu W^\rho + \Gamma_{\mu\nu}^\rho W^\mu$$

Consider coordinate transformation,

$$\begin{aligned}x^\mu &\rightsquigarrow \tilde{x}^\alpha, \text{ get} \\ \tilde{\Gamma}_{\mu\nu}^\sigma &= \frac{\partial \tilde{x}^\sigma}{\partial x^\rho} \frac{\partial x^\mu}{\partial \tilde{x}^\alpha} \frac{\partial x^\nu}{\partial \tilde{x}^\beta} \Gamma_{\alpha\beta}^\rho + \frac{\partial \tilde{x}^\sigma}{\partial x^\rho} \frac{\partial^2 x^\rho}{\partial \tilde{x}^\alpha \partial \tilde{x}^\beta}\end{aligned}$$

i.e. Γ not a tensor, neither is $W^\rho_{,\nu}$, but together $W^\rho_{; \nu}$ is

Further, the difference of 2 connections is a tensor

e.g. torsion tensor $T_{\mu\nu}^\sigma = \Gamma_{\mu\nu}^\sigma - \Gamma_{\nu\mu}^\sigma$

If $T_{\mu\nu}^\lambda = 0$ we say the connection is torsion free

More generally, a rank $\binom{r}{s}$ tensor T has ∇T a $\binom{r+1}{s+1}$ tensor

Can work out from Leibniz product rule.

e.g. a 1 form $\nabla_V (\eta(W)) = (\nabla_V \eta)(W) + \eta(\nabla_V W)$

$$\therefore (\nabla_V \eta)W = \nabla_V (\eta(W)) - \eta(\nabla_V W) \text{ determines } (\nabla_V \eta)$$

$\nabla \eta$ is a $\binom{2}{2}$ tensor

$$\begin{aligned}\nabla \eta(V, W) &=: (\nabla_V \eta)(W) = \nabla_V (\eta_\mu W^\mu) - \eta_\mu \nabla_V W^\mu \\ &= V^\rho \partial_\rho (\eta_\mu W^\mu) - \eta_\mu (V^\rho \partial_\rho W^\mu + V^\rho \Gamma_{\nu\rho}^\mu W^\nu) \\ &= V^\rho W^\mu \partial_\rho \eta_\mu - V^\rho W^\nu \Gamma_{\nu\rho}^\mu \eta_\mu \\ &= (\partial_\rho \eta_\mu - \Gamma_{\mu\rho}^\nu \eta_\nu) W^\rho W^\mu\end{aligned}$$

So in components $(\nabla \eta)_{\mu\nu} =: \eta_{\epsilon;\nu} = \partial_\rho \eta_\mu - \Gamma_{\mu\rho}^\nu \eta_\nu$

More generally, the covariant derivative of (r) tensor

$$\nabla_\rho T^{M_1 \dots M_r}_{v_1 \dots v_s} = \partial_\rho T^{M_1 \dots M_r}_{v_1 \dots v_s} + \Gamma_{\sigma\rho}^{M_1} T^{\sigma \dots M_r}_{v_1 \dots v_s} + \dots + \Gamma_{\sigma\rho}^{M_r} T^{M_1 \dots \sigma}_{v_1 \dots v_s} - \Gamma_{\nu_1\rho}^\sigma T^{M_1 \dots M_r}_{\sigma \dots v_s} - \dots - \Gamma_{\nu_s\rho}^\sigma T^{M_1 \dots M_r}_{v_1 \dots \sigma}$$

Remember: index we take derivative with is Γ 's second downstairs.

Levi-Civita connection

don't need a metric to define ∇ , given a connection
but a metric g singles out a special connection

Theorem On a manifold M with metric g , \exists unique connection that is (i) torsion free, i.e. $\Gamma_{\mu\nu}^\alpha = \Gamma_{\nu\mu}^\alpha$
(ii) metric compatible, i.e. $\nabla g = 0$

This connection is the Levi-Civita connection and its components are given by $\Gamma_{\mu\nu}^\alpha = \{ \begin{smallmatrix} \alpha \\ \mu\nu \end{smallmatrix} \}$.

Proof " \Rightarrow " Let $\Gamma_{\mu\nu}^\alpha$ be torsion free, metric compatible.

Then $\nabla_\alpha g_{\mu\nu} = 0$ so

$$\partial_\alpha g_{\beta\gamma} - \Gamma_{\beta\alpha}^\rho g_{\rho\gamma} - \Gamma_{\gamma\alpha}^\rho g_{\beta\rho} = 0$$

Christoffel symbols $\{ \begin{smallmatrix} \mu \\ \beta\gamma \end{smallmatrix} \} = \frac{1}{2} g^{\mu\alpha} (\partial_\beta g_{\gamma\alpha} + \partial_\gamma g_{\alpha\beta} - \partial_\alpha g_{\beta\gamma})$

$$\therefore \{ \begin{smallmatrix} \mu \\ \beta\gamma \end{smallmatrix} \} = \frac{1}{2} g^{\mu\nu} \left(\Gamma_{\gamma\beta}^\rho g_{\rho\nu} + \Gamma_{\nu\beta}^\rho g_{\gamma\rho} + \Gamma_{\nu\gamma}^\rho g_{\beta\rho} + \Gamma_{\beta\gamma}^\rho g_{\nu\rho} - \Gamma_{\beta\nu}^\rho g_{\rho\gamma} - \Gamma_{\gamma\nu}^\rho g_{\beta\rho} \right) = \Gamma_{\beta\gamma}^\mu \quad \text{as desired}$$

" \Leftarrow " For $\Gamma_{\beta\gamma}^\mu = \{ \begin{smallmatrix} \mu \\ \beta\gamma \end{smallmatrix} \}$ have torsion free (easy) and $\nabla g = 0$. \square

In GR, we use the LC connection.

Parallel Transport along a curve

"a tensor that does not change along a curve"

Def Let V be a vector field & C an integral curve of V .

Then a tensor T is parallel transported along C if $\nabla_V T = 0$ along the curve C . (only depends on V along C)

Tangent of an affinely parametrised geodesic is parallel transported along itself.

$$U^\mu U_{;\mu}^\nu = 0 \quad \text{indeed LHS} = U^\mu U_{;\mu}^\nu + U^\mu \Gamma_{\rho\mu}^\nu U^\rho = \dot{x}^\mu \partial_\mu(\dot{x}^\nu) + \dot{x}^\mu \Gamma_{\rho\mu}^\nu \dot{x}^\rho = 0 \quad \text{by geodesic eqn}$$

along C . $\nabla_V T = 0$ transported along $C \iff \nabla_V T = 0$ curve of V .

The equation $\nabla_V T = 0$ determines T uniquely given T at some $p \in C$

In coords x^μ the curve is $X^\mu(\lambda)$

$$V^\sigma \nabla_\sigma T^\mu_\nu = V^\sigma \partial_\sigma T^\mu_\nu + V^\sigma \Gamma^\mu_{\rho\sigma} T^\rho_\nu - V^\sigma \Gamma^\rho_{\nu\sigma} T^\mu_\rho = \frac{d}{d\lambda} T^\mu_\nu + \text{terms in } T = 0$$

ODE \Rightarrow unique solⁿ for T^μ_ν



isomorphism between $T_p M, T_q M$

Unlike in Special Relativity, this isomorphism is path dependent.

Preserves length of vectors:

$$\begin{aligned} \frac{d}{d\lambda} (W_\alpha W^\alpha) &= V^\mu \nabla_\mu (W_\alpha W^\alpha) \\ &= V^\mu \nabla_\mu (g_{\alpha\beta} W^\alpha W^\beta) \\ &= 2 W^\alpha V^\mu g_{\alpha\beta} \underbrace{\nabla_\mu W^\beta}_{=0 \text{ def of P.T.}} = 0 \end{aligned}$$

\therefore geodesics don't change whether they are timelike/spacelike/null

Def acceleration along a curve

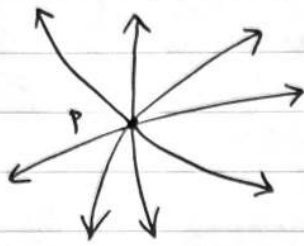
$$a^\mu := U^\rho \nabla_\rho U^\mu$$

the curve is geodesic if $a^\mu = 0$ (U normalised)

$$a^\mu = f U^\mu \text{ (} U \text{ not ")}$$

Normal coords Let M be a manifold, Γ a connection, $p \in M$

The exponential map $e: T_p M \rightarrow M$ sends X_p to the point q a unit affine parameter distance along the geodesic through p with tangent X_p



- 1) e is a local diffeomorphism (not always globally)
- 2) the vector X_p fixes the param of the geodesic; λX_p for $0 \leq \lambda \leq 1$ gets mapped to the point a distance λ along the X_p geodesic

Let $\{e_\mu\}$ be a basis of $T_p M$.

Normal coordinates in a nbd of p assign to $q = e(X)$ the coords X^μ

Lemma In normal coordinates, $\Gamma_{(\nu\rho)}^\mu = 0$ at p .

So if Γ is torsion free then $\Gamma_{\nu\rho}^\mu = 0$.

Proof

\Rightarrow affinely parametrised geodesic is given by $X^\mu(\lambda) = \lambda X^\mu$
 geod eqⁿ gives $\Gamma_{\rho\nu}^\mu \dot{X}^\nu \dot{X}^\rho = \Gamma_{\rho\nu}^\mu X^\nu X^\rho = 0$ (in normal coords)
 for all $X \in T_p M$
 deduce $\Gamma_{(\rho\nu)}^\mu = 0$ at p . \square

L-C connection \Rightarrow in normal coords at p , $\partial_\rho g_{\mu\nu} = 0$

$$\Gamma_{\mu\nu}^\rho = 0 \text{ and } \nabla g = 0$$

$$2g_{\sigma\rho} \Gamma_{\mu\nu}^\rho = \partial_\nu g_{\sigma\mu} + \partial_\mu g_{\sigma\nu} - \partial_\sigma g_{\mu\nu} \quad (\text{symm } \sigma, \mu)$$

$$\therefore 0 = \partial_\nu g_{\sigma\mu}$$

Lemma Let (M, g) be spacetime w/ L-C connection.

Then \exists coordinates at p s.t. $\partial_\mu g_{\nu\rho} = 0$,
 $g_{\mu\nu} = \eta_{\mu\nu}$

cf Equivalence principle

Pf Choose o.n. basis $\{e_\mu\}$ for $T_p(M)$ and use that to introduce normal coordinates. \square

Def \uparrow Local inertial frame

$n=4$ spacetime	# components	coord freedom	
$g_{\mu\nu}$	10	16	$\sum_{\mu, \nu}$
$g_{\mu\nu, \sigma}$	40	40	ch $\frac{\partial^2 x^\mu}{\partial x^\nu \partial x^\sigma}$
$g_{\mu\nu, \sigma\tau}$	100	80	ch $\frac{\partial^3 x^\mu}{\partial x^\nu \partial x^\sigma \partial x^\tau}$

Commutator of 2 vector fields

$$[V, W]^\alpha = V^\mu \partial_\mu W^\alpha - W^\mu \partial_\mu V^\alpha$$

Transforms as a vector under coord transformations

$$\tilde{V}^\nu \tilde{\partial}_\nu \tilde{W}^\alpha - \tilde{W}^\nu \tilde{\partial}_\nu \tilde{V}^\alpha = \dots = \frac{\partial \tilde{x}^\alpha}{\partial x^\beta} (V^\gamma \partial_\gamma W^\beta - W^\gamma \partial_\gamma V^\beta)$$

Some properties:

- $[V, W] = -[W, V]$
- bilinear
- $[V, fW] = f[V, W] + V(f)W$
- $[U, [V, W]] + [V, [W, U]] + [W, [U, V]] = 0$ "Jacobi"

$$\left[\frac{\partial}{\partial x^\mu}, \frac{\partial}{\partial x^\nu} \right] = 0 \quad (\text{coord basis} \Rightarrow \text{commute})$$

Conversely if V_0, \dots, V_{m-1} , $m \leq \dim(M)$ are vectors which are linearly indep $\forall p \in M$ & all $[V_i, V_j] = 0$ then in a nbd of p \exists coords x^μ s.t. $V_i = \frac{\partial}{\partial x^i}$, $i=0, \dots, m-1$

Scalar field f : $\nabla_\nu \nabla_\mu f = \nabla_\mu \nabla_\nu f - 2 \Gamma_{[\mu\nu]}^\rho \partial_\rho f$
 $\partial_\nu \partial_\mu = \partial_\mu \partial_\nu$ \parallel $\nabla_\mu \nabla_\nu f$ (for torsion free Γ)

Vector V : $\nabla_\alpha \nabla_\beta V^\gamma - \nabla_\beta \nabla_\alpha V^\gamma$
 $= \partial_\alpha \Gamma_{\rho\beta}^\gamma V^\rho + \Gamma_{\rho\alpha}^\gamma \Gamma_{\sigma\beta}^\rho V^\sigma - (\alpha \leftrightarrow \beta)$

Def Riemann tensor

$$R^\gamma_{\rho\alpha\beta} = \partial_\alpha \Gamma_{\rho\beta}^\gamma - \partial_\beta \Gamma_{\rho\alpha}^\gamma + \Gamma_{\rho\beta}^\mu \Gamma_{\mu\alpha}^\gamma - \Gamma_{\rho\alpha}^\mu \Gamma_{\mu\beta}^\gamma$$

Ricci identity:

$$\nabla_\alpha \nabla_\beta V^\gamma - \nabla_\beta \nabla_\alpha V^\gamma = R^\gamma_{\rho\alpha\beta} V^\rho$$

Def For 3 vector fields U, V, W :

$$R(U, V)(W) = \nabla_U \nabla_V W - \nabla_V \nabla_U W - \nabla_{[U, V]} W$$

Given a function f ,

$$R(fU, V)W = fR(U, V)W$$

$$R(U, V)fW = fR(U, V)W$$

$$\text{Comp } [e_\alpha, e_\beta] = 0, \quad \nabla_\alpha e_\beta = \Gamma_{\beta\alpha}^\mu e_\mu$$

$$\therefore R(e_\alpha, e_\beta)e_\rho = \nabla_\alpha \nabla_\beta e_\rho - \nabla_\beta \nabla_\alpha e_\rho$$

$$\begin{aligned} &= \nabla_\alpha (\Gamma_{\rho\beta}^\mu e_\mu) - \nabla_\beta (\Gamma_{\rho\alpha}^\mu e_\mu) \\ &= (\partial_\alpha \Gamma_{\rho\beta}^\mu - \partial_\beta \Gamma_{\rho\alpha}^\mu + \Gamma_{\rho\beta}^\nu \Gamma_{\nu\alpha}^\mu - \Gamma_{\rho\alpha}^\nu \Gamma_{\nu\beta}^\mu) e_\mu \end{aligned}$$

Symmetries of Riemann

$$(1) R^\alpha_{\beta\gamma\delta} = -R^\alpha_{\beta\delta\gamma} \Leftrightarrow R^\alpha_{\beta(\gamma\delta)} = 0$$

torsion = 0, let $p \in M$ (x^μ) normal coords

$$(2) \hookrightarrow \Gamma_{\nu\rho}^\mu = 0 \text{ at } p$$

$$\hookrightarrow R^\mu_{\nu\rho\sigma} = \partial_\rho \Gamma_{\nu\sigma}^\mu - \partial_\sigma \Gamma_{\nu\rho}^\mu \quad | \quad \text{antisymmetrize on } \rho\nu\sigma$$

$$\hookrightarrow R^\mu_{[\nu\rho\sigma]} = 0 \quad \text{tensorial eqn}$$

$$(3) \nabla_\tau R^\mu{}_{\nu\rho\sigma} = \partial_\tau R^\mu{}_{\nu\rho\sigma} \\ = \partial_\tau \partial_\rho \Gamma^\mu{}_{\nu\sigma} - \partial_\tau \partial_\sigma \Gamma^\mu{}_{\nu\rho}$$

$$\left\{ \begin{array}{l} R = \partial\Gamma + \Gamma\Gamma \\ \partial R = \partial\partial\Gamma + \Gamma\partial\Gamma \end{array} \right.$$

$$\therefore R^\mu{}_{\nu}[\rho\sigma;\tau] = 0 \quad \text{"Bianchi id."} \quad \left| \begin{array}{l} \text{antisymmetrize on } \rho\sigma\tau \\ \text{(tensoral)} \end{array} \right.$$

L-C connection of normal coords at p:

$$(4) 0 = \partial_\mu \delta^\nu{}_\rho = \partial_\mu (g^{\nu\sigma} g_{\sigma\rho}) \\ = (\partial_\mu g^{\nu\sigma}) g_{\sigma\rho} + g^{\nu\sigma} (\partial_\mu g_{\sigma\rho}) \quad | \cdot g^{\rho\tau}$$

$$\therefore \nabla_\mu g^{\sigma\tau} = 0 \quad \text{(tensoral)}$$

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

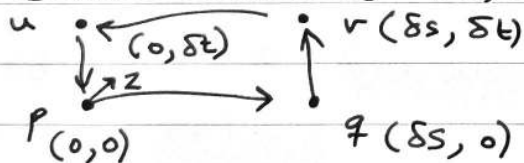
$$R_{\mu\nu\rho\sigma} = \frac{1}{2} (\partial_\rho \partial_\nu g_{\sigma\mu} + \partial_\sigma \partial_\mu g_{\rho\nu} \\ - \partial_\mu \partial_\rho g_{\nu\sigma} - \partial_\nu \partial_\sigma g_{\mu\rho})$$

$$\therefore R_{\mu\nu\rho\sigma} = R_{\rho\sigma\mu\nu}, \quad R_{\mu\nu\rho\sigma} = -R_{\nu\mu\rho\sigma}$$

$n=4$ dimensions, Riemann has 20 components lin indep

Let X, Y be v.f.: lin indep and $[X, Y] = 0$

Choose coordinates (s, t, \dots) s.t. $X = \partial_s, Y = \partial_t$



Let $p, q, r, u \in M$ lie along integral curves of X, Y with coords $(0,0)$ to $(\delta s, 0, \dots)$ to $(\delta s, \delta t, \dots)$ to $(0, \delta t, \dots)$ to $(0,0, \dots)$

Let $Z_p \in T_p(M)$; parallel transp along $pqrup$
 $Z'_p \in T_p(M)$

$$\Rightarrow \lim_{\delta s, \delta t \rightarrow 0} \frac{(Z' - Z)^\alpha}{\delta s \delta t} = R^\alpha{}_{\beta\delta\delta} Z^\beta Y^\delta X^\delta$$

Geodesic Deviation: goal to quantify the relative acceleration
 Def (M, Γ) is a mfd w/ connection. of nearby geod

A "1-parameter family of geodesics" is a map

$$\gamma: I \times I' \rightarrow M, \quad I, I' \subset \mathbb{R} \text{ open s.t.}$$

(i) for fixed s , $t \mapsto \gamma(s, t)$ a geodesic w/ affine t

(ii) locally $(s, t) \mapsto \gamma(s, t)$ is smooth, 1-1, smooth inverse

\Rightarrow the family of geodesics form a 2d-surface locally

Let T tangent vector $\gamma(s = \text{const}, t)$

S tangent vector $\gamma(s, t = \text{const.})$

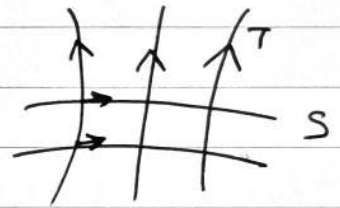
i.e. $S^\mu = \frac{dx^\mu}{ds}, \quad T^\mu = \frac{dx^\mu}{dt}$

$$\therefore x^\mu(x + s\delta s, t) = x^\mu(s, t) + \delta s S^\mu(s, t) + O(\delta s^2)$$

δs S points from one geodesic to a nearby one

\therefore define relative velocity $\nabla_T(\delta s S) = \delta s \nabla_T S$

\therefore rel acceleration $\delta s \nabla_T \nabla_T S$



Thm The geodesic deviation is given by

$$\nabla_T \nabla_T S = R(T, S)T$$

Pf In components, $T^\nu \nabla_\nu (T^\mu \nabla_\mu S^\alpha) = R^\alpha_{\lambda\mu\nu} T^\lambda T^\mu S^\nu$

We use Lemma $V^\mu \nabla_\mu W^\alpha - W^\mu \nabla_\mu V^\alpha = [V, W]^\alpha$

which holds for a torsion-free connection:

$$\text{LHS} = V^\mu \partial_\mu W^\alpha + V^\mu \Gamma_{\rho\mu}^\alpha W^\rho - W^\mu \partial_\mu V^\alpha - \Gamma_{\rho\mu}^\alpha V^\rho W^\mu \quad \checkmark$$

Since $S = \frac{\partial}{\partial s}, \quad T = \frac{\partial}{\partial t}, \quad [S, T] = 0$

So by Lemma, $\nabla_T S - \nabla_S T = 0$

Hence $\nabla_T \nabla_T S = \nabla_T \nabla_S T = \nabla_S \nabla_T T + R(T, S)T$

\uparrow
defⁿ of R

$$= R(T, S)T$$

\uparrow
 $\nabla_T T = 0$ since geodesic. \square

Comments $R^\alpha_{\beta\gamma\delta}$ measures rel acceleration of nearby geodesics
 $R^\alpha_{\beta\gamma\delta} = 0 \iff$ rel acceleration $= 0$ for all families of geod
 Tidal forces arise from geodesic deviation

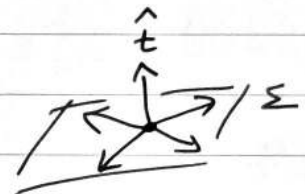
Def The "Ricci tensor" is $R_{\alpha\beta} = R^\mu_{\alpha\mu\beta}$

The "Ricci scalar" is $R = g^{\mu\nu} R_{\mu\nu}$

The "Einstein tensor" is $G_{\alpha\beta} = R_{\alpha\beta} - \frac{1}{2} g_{\alpha\beta} R$

R_{tt} $\lim_{t \rightarrow 0} \uparrow \uparrow \uparrow \uparrow \uparrow \leftarrow$ sphere volume V

$$= \lim_{V \rightarrow 0} \frac{\ddot{V}}{V} \Big|_{t=0}$$



$$G_{\hat{t}\hat{t}} = \frac{1}{2} R(\Sigma)$$

Recall Bianchi

$$R_{\alpha\beta[\gamma\delta];\mu} = 0 \quad | \cdot g^{\alpha\gamma} g^{\beta\delta}$$

$$\frac{\Sigma}{\Sigma} R^{\hat{t}\hat{t}\hat{t}\hat{t}} - \frac{1}{2} R^{\hat{t}\hat{t}\hat{t}\hat{t}} - \frac{1}{2} R^{\hat{x}\hat{x}\hat{x}\hat{x}} \quad \cup$$

only terms in R with space

$$\Rightarrow \frac{1}{3} g^{\alpha\gamma} g^{\beta\delta} [R_{\alpha\beta\delta\delta;\mu} + R_{\alpha\beta\delta\mu;\delta} + R_{\alpha\beta\mu\delta;\delta}] = 0$$

$$\Rightarrow R_{;\mu} - g^{\alpha\delta} R_{\alpha\mu;\delta} - g^{\beta\delta} R_{\beta\mu;\delta} = 0$$

$$\Rightarrow \nabla_\mu R - 2 \nabla_\delta R^\delta_\mu = -2 \nabla^\delta (R_{\delta\mu} - \frac{1}{2} g_{\delta\mu} R) = 0$$

$$\Rightarrow \boxed{\nabla^\mu G_{\mu\alpha} = 0} \quad \text{"contracted Bianchi identity"}$$

COVARIANCE PRINCIPLE

- Equivalence P : freely falling frame = inertial Mink frame
- Normal coords: \exists coords s.t. $g_{\alpha\beta} = \eta_{\alpha\beta}$, $\Gamma^\alpha_{\beta\gamma} = 0$ at a point P
- Laws of SR inv under Lorentz

"Laws of GR should be tensorial and reduce to laws of SR in normal coords" In particular, replace $\eta_{\mu\nu}$ by $g_{\mu\nu}$ and ∂ by ∇

- Assume no extra R terms in matter equations (minimal coupling)

E-M field in SR: $F_{\mu\nu} = F_{[\mu\nu]}$ w/ $F_{0i} = -E_i$

$$F_{ij} = \epsilon_{ijk} B_k$$

↑ "permutation" tensor

vacuum Maxwell eq's:

$$\eta^{\mu\nu} \partial_\mu F_{\nu\rho} = 0, \quad \partial_{[\alpha} F_{\beta\gamma]} = 0 \quad \text{SR}$$

$$g^{\mu\nu} \nabla_\mu F_{\nu\rho} = 0, \quad \nabla_{[\alpha} F_{\beta\gamma]} = 0 \quad \text{GR}$$

why not $g^{\mu\nu} \nabla_\mu (F_{\nu\rho} + R_{\nu\rho\alpha\beta} F^{\alpha\beta})$? minimal coupling assumption

Postulate Energy/momentum/stress in GR described by "energy momentum tensor" $T^{\alpha\beta}$, where

$T^{\alpha\beta} :=$ flux of α momentum across a sfc of const. x^β

(1) $T_{\alpha\beta} = T_{\beta\alpha}$ i.e. symmetric

(2) $\nabla^\mu T_{\mu\nu} = 0$ i.e. conserved

Go to locally Mink frame of reference

$$T^{\mu\nu} = \begin{pmatrix} \begin{array}{c|c} E & \text{mom dens} \\ \hline E & \text{stress tensor} \\ \text{flux} & \end{array} \end{pmatrix}$$

T^{00} flux of 0-momentum (energy) across $t=0$ surface, i.e. energy density

T^{0i} momentum density

flux of i -momentum in i -direction = pressure in i -direction
negative pressure = tension

Particles: point object w/ 4 momentum $P^\mu = mU^\mu = (E, p_i)$
4-velocity of observer in their own frame $(1, 0, 0, 0)$
 \therefore particle energy measured by observer $E = -\eta_{\mu\nu} W^\mu P^\nu$
rest mass $-m^2 = \eta_{\mu\nu} P^\mu P^\nu = -E^2 + p^2$ } SR

In GR, $P^\alpha = mU^\alpha \Rightarrow g_{\alpha\beta} P^\alpha P^\beta = -m^2$
 $E = -g_{\mu\nu} W^\mu P^\nu$ ← evaluate at some point p

Pre-relativistic Expressions

$$\rho = \frac{1}{8\pi} (\mathbf{E}_i \mathbf{E}_i + \mathbf{B}_i \mathbf{B}_i), \quad j_i = \frac{1}{4\pi} \epsilon_{ijk} E_j B_k$$

$$\text{stress tensor } S_{ij} = \frac{1}{4\pi} \left[\frac{1}{2} (E_k E_k + B_k B_k) \delta_{ij} - E_i E_j - B_i B_j \right]$$

$$\text{Maxwell} \Rightarrow \frac{\partial \rho}{\partial t} + \partial_i j_i = 0, \quad \frac{\partial j_i}{\partial t} + \partial_j S_{ij} = 0$$

$$\text{SR: } T_{\mu\nu} = \frac{1}{4\pi} \left(F_{\mu\rho} F_{\nu\rho} - \frac{1}{4} F^{\rho\sigma} F_{\rho\sigma} \eta_{\mu\nu} \right) = T_{\nu\mu}$$

$$\partial^\mu T_{\mu\nu} = \eta^{\mu\lambda} \partial_\lambda T_{\mu\nu} = 0$$

GR: $\eta \rightarrow g, \partial \rightarrow \nabla$ ALSO tensors with raised indices

$$F_{\nu\rho} = g^{\rho\sigma} F_{\nu\sigma}$$

Dust continuum limit of non-interacting ^{freely falling} particles

w/ rest mass m & number density n

comoving $u^\mu = (1, 0, 0, 0)$ locally $g_{\alpha\beta} = \eta_{\alpha\beta}$

$$\Rightarrow \rho = mn, \quad T^{i0} = T^{0i} = T^{ij} = 0$$

$$T^{\alpha\beta} = \rho u^\alpha u^\beta = mn u^\alpha u^\beta$$

Perfect fluid can be completely characterized by its rest frame u^α , mass density ρ & an isotropic pressure P .

\Rightarrow (1) no heat conduction
(2) no viscosity } in comoving frame

$$T^{\alpha\beta} = \text{diag}(\rho, P, P, P), \quad u^\alpha = (1, 0, 0, 0), \quad g^{\alpha\beta} = \eta^{\alpha\beta} \text{ in comov}$$

$$T^{\alpha\beta} = (\rho + P) u^\alpha u^\beta + P g^{\alpha\beta}$$

Conservation law $\nabla_\alpha T^{\alpha\beta} = 0$ implies

$$u^\alpha \nabla_\alpha \rho + (\rho + P) \nabla_\alpha u^\alpha = 0 \quad \longrightarrow \text{looks like mass conservation in Newton limit}$$

$$(\rho + P) u^\alpha \nabla_\alpha u^\beta = - (g^{\alpha\beta} + u^\alpha u^\beta) \nabla_\alpha P \rightarrow \text{Euler eq}^n$$

To solve eqⁿ's dynamics, need eqⁿ of state $P(\rho)$

If $P=0$ get dust, only left with $u^\alpha \nabla_\alpha u^\beta = 0$ i.e. geodesic motion

$$\text{Einstein Eq}^n \quad G_{\alpha\beta} = R_{\alpha\beta} - \frac{1}{2} R g_{\alpha\beta} = \left(\frac{8\pi G}{c^4} \right) T_{\alpha\beta}$$

determined by
Newtonian limit
↓

L15.1

Einstein Eq's $G_{\alpha\beta} \equiv R_{\alpha\beta} - \frac{1}{2}g_{\alpha\beta}R = \left(\frac{8\pi G}{c^4}\right)T_{\alpha\beta}$

Postulate's of General Relativity

- (1) Spacetime is a four-dimensional manifold with metric & LC connection
- (2) Free test particles move on timelike or null geodesics
- (3) Energy / momentum / stress of matter described by symmetric, conserved $T_{\alpha\beta}$
- (4) Curvature is related to matter by Einstein's equations

Vacuum: $T_{\alpha\beta} = 0 \Rightarrow R_{\alpha\beta} - \frac{1}{2}g_{\alpha\beta}R = 0 \quad | \cdot g^{\alpha\beta}$
 $\Rightarrow R - \frac{1}{2} \cdot 4R = 0$
i.e. $R = 0$
 $\Rightarrow R_{\alpha\beta} = 0$ again by Einstein

10 different coupled non-linear PDEs

Lovelock's theorem says

Let $H_{\alpha\beta}$ be symmetric, s.t.

(i) in any coord system, $H_{\mu\nu} = H_{\mu\nu}(g_{\mu\nu}, \partial_\rho g_{\mu\nu}, \partial_\rho \partial_\sigma g_{\mu\nu})$
at every point $p \in M$

(ii) $\nabla^\alpha H_{\alpha\beta} = 0$

(iii) $H_{\mu\nu}$ linear in $\partial_\sigma \partial_\rho g_{\mu\nu}$ [not needed in $n \leq 4$ dim's]

Then $\exists a, b \in \mathbb{R}$ s.t. $H_{\alpha\beta} = aG_{\alpha\beta} + b g_{\alpha\beta}$

\therefore can modify to $G_{\alpha\beta} + \Lambda g_{\alpha\beta} = \left(\frac{8\pi G}{c^4}\right)T_{\alpha\beta}$
↑
cosmological constant

Λ term equivalent to a perfect fluid with $\rho = -P = \frac{\Lambda}{8\pi G}$

Key assumption: symmetry

Def A spacetime (M, g) is "symmetric in a variable s " if \exists coordinates s.t. $x^\alpha = s$ for some α and $g_{\alpha\beta}$ is indep of s .

Def A spacetime is stationary if \exists coordinates s.t. x^0 is a timelike coordinate and $g_{\alpha\beta}$ indep of x^0 .

Def A spacetime (M, g) is static if it is stationary and in that coordinate system $g_{0i} = 0$ for $i=1, 2, 3$
 \Rightarrow time reversal symmetry

Def A spherically symmetric spacetime has a coordinate system taking the form

$$ds^2 = -A dt^2 + B dt dr + C dr^2 + D d\Omega^2$$

where $d\Omega^2 = d\theta^2 + \sin^2\theta d\phi^2$ is the metric on S^2

- Lorentzian $D > 0$; if $D(r)$ is monotonic, can redefine r coord so that $D = r^2$

- also possible to redefine t so that $B = 0$

$$\text{so } ds^2 = -j(t, r) dt^2 + k(t, r) dr^2 + r^2 (d\theta^2 + \sin^2\theta d\phi^2)$$

Now vacuum Einstein eqⁿs $R_{\alpha\beta} = 0$ determine j, k as well

Schwarzschild metric

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

Birkhoff's Theorem: any spherically symmetric solⁿ to the vacuum Einstein equations can be described by the Schwarzschild metric \Rightarrow static & asymptotically flat

- $\lim_{r \rightarrow \infty} g_{\alpha\beta} = \eta_{\alpha\beta}^{(3)}$

- M can be shown to be related to mass-energy of the spacetime

- describes spacetime that is exterior to spherically symmetric stars

$$R_{\alpha\beta} \neq 0 \text{ inside, } R_{\alpha\beta} = 0 \text{ outside}$$

Geodesics $\mathcal{L} = -\left(1 - \frac{2M}{r}\right) \dot{t}^2 + \left(1 - \frac{2M}{r}\right)^{-1} \dot{r}^2 + r^2 \dot{\theta}^2 + r^2 \sin^2\theta \dot{\phi}^2$

WLOG rotate so $\theta(0) = \pi/2, \dot{\theta}(0) = 0 \Rightarrow$ stay in $\theta = \pi/2$

Noether's theorem (i) $\frac{\partial \mathcal{L}}{\partial t} = 0$ so $\frac{\partial \mathcal{L}}{\partial \dot{t}} = -2\left(1 - \frac{2M}{r}\right) \dot{t} =: -2E$

(ii) $\frac{\partial \mathcal{L}}{\partial \phi} = 0$ so $\frac{\partial \mathcal{L}}{\partial \dot{\phi}} = 2r^2 \dot{\phi} =: 2L$

(iii) $\frac{\partial \mathcal{L}}{\partial \lambda} = 0$ so $H = -\left(1 - \frac{2M}{r}\right) \dot{t}^2 + \left(1 - \frac{2M}{r}\right)^{-1} \dot{r}^2 + r^2 \dot{\phi}^2$

$=: Q$ is conserved

Also WLOG $Q \in \begin{cases} +1 & \text{space like} \\ 0 & \text{null} \\ -1 & \text{time like} \end{cases}$

Static metric (symmetric in t , no g_{ti} terms)

$$\text{i.e. } ds^2 = -g_{tt} dt^2 + g_{ij} dx^i dx^j \quad 1 \leq i, j \leq 3$$

\leftarrow indep of t \rightarrow

Consider a $t = \text{const}$ slice outside event horizon H :

Israel's Theorem: Given an asymptotically flat spacetime solving the vacuum equations,

assume: 1) $g_{tt} = 0$ at H , $g_{tt} < 0$ outside of H

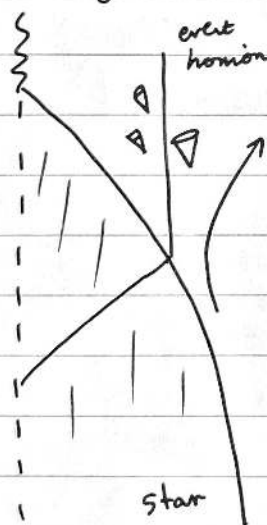
2) g_{tt} has non-zero gradient

3) level sets of g_{tt} are compact

4) geometry is regular outside H & approaching H

Then the spacetime is Schwarzschild.

/ more generally, stationary BM mass M , angular momentum J , charge Q



end of star

↓
BH formed from collapse

↓
described at late times
by infalling EF coordinates

time
↑
space
→

Classically, Hawking proves, for positive energy

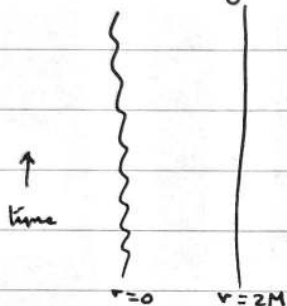
$$T_{ab} k^a k^b > 0$$

$k =$ null vector

"null energy condition"

\Rightarrow Area of horizon non-decreasing

QM: Hawking radiation; semiclassical approx



QFT in spacetime

Hawking temperature

$$T = \frac{\hbar c^3}{8\pi G m k_B}$$

$$-\frac{dM}{dt} \frac{1}{A} \sim \sigma T^4$$

$$\frac{dM}{dt} \sim \frac{\hbar c^6}{15360\pi G^2 M^2} \Rightarrow t \sim 5120 \frac{\pi G^2}{\hbar c^6} M^3$$

$$M_{\odot} \text{ gives } t = O(10^{60}) \text{ yrs}$$

Observation: EM observations of Universe out to $\sim 10^{10}$ pc

Galaxies $R \sim 10^5$ pc \leadsto point like

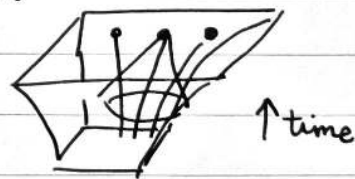
On scales $\sim 10^9$ pc, the universe looks the same

at every location \equiv "homogeneity"

in every direction \equiv "isotropy"

Hubble redshift \rightarrow universe is expanding

Cosmological principle: at a given time,
universe is spatially homogeneous & isotropic



Weyl's postulate: the worldlines of matter fluid are
orthogonal to hypersurfaces Σ_t of constant time

coords: x^i , $i=1,2,3$ spatial components, comoving w/ fluid

$\dot{x}^i(\text{galaxy}) = 0$, $t =$ proper time along fluid element

$$ds^2 = -dt^2 + g_{ij} dt dx^i + a(t)^2 h_{ij}(x^k) dx^i dx^j$$

zero by
isotropy

spatial part (spherical symm) $dl^2 = C(t, r) dr^2 + D(t, r) d\Omega^2$
 $\hookrightarrow a(t)^2 e^{2\beta(r)} \quad \downarrow \quad a^2(t) r^2$

3D Ricci scalar

$$R = R^i_i = \frac{2}{r^2} (1 - \partial_r (r e^{-2\beta})) = \tilde{K} = \text{const.}$$

integrates to $e^{2\beta} = \frac{1}{1 - \frac{1}{6} \tilde{K} r^2 - \frac{A}{r}}$ where $A = \text{const.}$

demand no singularity at $r=0$

$$\lim_{r \rightarrow 0} dl^2 \propto (dr^2 + r^2 d\Omega^2) \quad \text{so } A=0$$

$\tilde{K} = 6k$ obtain Robertson-Walker metric

$$ds^2 = -dt^2 + a(t)^2 \left[\frac{dr^2}{1 - kr^2} + r^2 (d\theta^2 + \sin^2\theta d\phi^2) \right]$$

Rescale $r, a \rightarrow k = +1, 0, -1$

1) case $k=0$ has $dl^2 = dr^2 + r^2 (d\theta^2 + \sin^2\theta d\phi^2) = dx^2 + dy^2 + dz^2$
 i.e. the flat metric on \mathbb{R}^3

2) case $k=1$, set $r = \sin \chi$ so

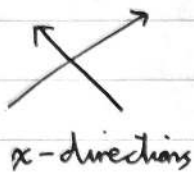
$$dl^2 = d\chi^2 + \sin^2 \chi d\Omega^2 \quad \begin{array}{l} \text{metric on} \\ \text{3 sphere} \end{array} \quad \underline{\text{closed}}$$

$r=1$: equator

3) case $k=-1$, $r = \sinh \psi$ so

$$dl^2 = d\psi^2 + \sinh^2 \psi (d\theta^2 + \sin^2\theta d\phi^2)$$

\mathbb{H}^3 open



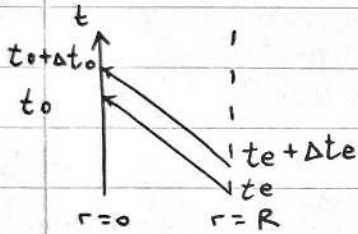
$$T_{\mu\nu} = \begin{pmatrix} \rho & 0 & 0 & 0 \\ 0 & \rho & 0 & 0 \\ 0 & 0 & 0 & 0 \\ 0 & 0 & 0 & 0 \end{pmatrix}$$



$$T_{\mu\nu} = \begin{pmatrix} \rho & 0 & 0 & 0 \\ 0 & \rho/3 & 0 & 0 \\ 0 & 0 & \rho/3 & 0 \\ 0 & 0 & 0 & \rho/3 \end{pmatrix}$$

radial null geodesics: $-dt^2 + \frac{a^2}{1-kr^2} dr^2 = 0$

$$\therefore \frac{dt}{a(t)} = \pm \frac{dr}{\sqrt{1-kr^2}}$$



$$\int_{t_e}^{t_0} \frac{dt}{a} = - \int_R^0 \frac{dr}{\sqrt{1-kr^2}} = \int_{t_e+\Delta t_e}^{t_0+\Delta t_0} \frac{dt}{a}$$

$$\therefore \int_{t_0}^{t_0+\Delta t_0} \frac{dt}{a} = \int_{t_e}^{t_e+\Delta t_e} \frac{dt}{a}$$

$$\therefore \frac{\Delta t_0}{a(t_0)} = \frac{\Delta t_e}{a(t_e)} \quad \text{to first order}$$

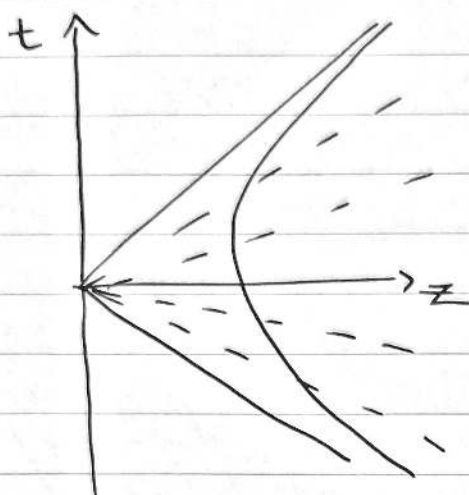
$$\therefore \frac{\lambda_0}{\lambda_e} = \frac{a(t_0)}{a(t_e)} \quad \text{cf } \lambda \propto a(t)$$

Define z via

$$1+z := \frac{\lambda_0}{\lambda_e} = \frac{a(t_0)}{a(t_e)} \approx 1 + (t_0 - t_e) \frac{\dot{a}(t_0)}{a(t_0)} = 1 + (t_0 - t_e) H(t_0)$$

↑
redshift factor

↑
for nearby galaxies

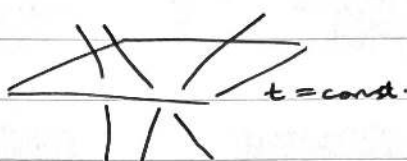


Def A Cauchy slice Σ in a manifold M is a set of points s.t. every complete* timelike or null curve intersects Σ exactly once.

$\Rightarrow \Sigma$ is a codimension 1 spacelike submanifold

e.g. in Mink

* actually / inextendible c.f. not geodesic



\Rightarrow suitable for specifying initial data for wave equations

Def A globally hyperbolic manifold M is one which has at least one Cauchy slice.

Geroch's Thm A GH manifold is topologically $\Sigma \times \mathbb{R}[t]$ where ∂_t is everywhere timelike

Def Consider a closed 2d surface $\sigma \in \Sigma$ w/ coords (φ, σ)
Let the null congruences N_{in} (N_{out}) be the 3d null surface foliated by light rays γ shot out normal to σ inward (outward)

Each N has coords

- (θ, φ) constant on each γ

- v is an affine parameter along each γ

$$\therefore g_{vv} = g_{v\sigma} = g_{v\varphi} = 0$$



Def On a null surface N , have the null extrinsic curvature $B_{ij} = \frac{1}{2} \frac{\partial g_{ij}}{\partial v}$
expansion $\theta = B_{ij} g^{ij}$
shear $\sigma_{ij} = B_{ij} - \frac{1}{2} g_{ij} \theta$

Raychaudhuri:
$$\frac{d\theta}{dv} = -\frac{\theta^2}{2} - \sigma_{ij} \sigma^{ij} - R_{vv} \quad (\leftarrow \text{def}^n \text{ of } R_{\mu\nu})$$

\uparrow
 $(8\pi G) T_{vv}$

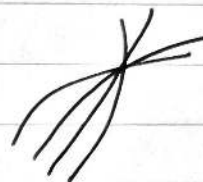
Assume $T_{\nu\nu} \geq 0$ (null energy condition)

true for classical KG, Maxwell, p.t. $P + \rho \geq 0$

$\Rightarrow \text{RHS} \leq 0$

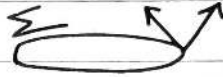
If a γ has $\theta = \theta_0 < 0$, then $\theta \rightarrow -\infty$ at $v_* \leq -1/\theta_0$

\Rightarrow either ① γ crosses nearby light rays
 ② singularity



Def A 2d closed spacelike σ in a Cauchy slice Σ is called 'trapped' if $\theta < 0$ for both N_{in} and N_{out}

Penrose sing. theorem

Assume i) M has noncompact Cauchy slice Σ 
 ii) a trapped surface σ in Σ
 iii) M satisfies null energy condition $T_{ab}k^ak^b \geq 0$
 for all null k , all points

Then M is null geodesically incomplete