

Content

1	Introduction.....	1
1.1	Space-times	3
2	The Metric tensor and Vector Transformations.....	5
3	Four vectors and four velocity.....	5
4	Christoffel Symbols, Geodesic Equation and Killing Vectors.....	6
5	Covariant Derivative, Lie Derivative and Killings Equation.....	6
6	The Riemann tensor	6
7	Cartan’s Structure Equations – a Shortcut to the Einstein equation	6
8	The Einstein Field Equations.....	6
9	The Energy-Momentum Tensor	6
10	Null Tetrads and the Petrov Classification.....	6
11	The Schwarzschild Solution	6
12	Black Holes.....	6
13	Cosmology	6
14	Gravitational Waves	6
15	Appendix A: Tensor Calculus	6
16	Appendix B: Collection of results.....	7
	Bibliografi.....	7

General relativity is the description of the smallest changes and the largest entities. The best way to describe this I found in a quote by Roger Penrose:

Calculus is built from two basic ingredients: differentiation and integration. Differentiation is concerned with velocities, accelerations, the slopes and curvature of curves and surfaces... These are the rates at which things change, and they are quantities defined locally, in terms of structure or behavior in the tiniest neighborhood of single points. Integration on the other hand, is concerned with areas and volumes, with centers of gravity...These are things which involves measures of totality ... and they are not defined merely by what is going on in the local or infinitesimal neighborhoods of individual points.

(Penrose, 2004, s. 103)

1 Introduction

We begin with a few important facts:

- The gravitational force is always attractive.
- The gravitational force is a long range force without boundaries.
- A gravitational field is created from all kinds of masses and (because $E = mc^2$) all kinds of energies.
- A mass/energy creates a curvature of the four-dimensional space-time, where masses (test masses) moves along straight lines (geodesics).

Calculus:

Working with GR means working with differential equations at four different levels. It can be very useful - whenever one comes across a GR calculation - to keep in mind, on which level you are working. The four levels of differential equations are:

1. The metric or line-element:

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

Example: Gravitational red shift^a:

$$d\tau = \sqrt{1 - \frac{2m}{r}} dt$$

Light emitted upward in a gravitational field, from an observer located at some inner radius r_1 to an observer positioned at some outer radius r_2

$$\alpha = \frac{\sqrt{1 - \frac{2m}{r_2}}}{\sqrt{1 - \frac{2m}{r_1}}}$$

2. Killing's equations are conservation equations:

$$\nabla_b X_a + \nabla_a X_b = 0$$

If you move along the direction of a Killing vector, then the metric does not change. This leads to conserved quantities: A free particle moving in a direction where the metric does not change will not feel any forces.

If X is a Killing vector, $u = \left(\frac{dt}{d\tau}, \frac{dr}{d\tau}, \frac{d\theta}{d\tau}, \frac{d\phi}{d\tau}\right)$ is the particle four velocity and p is the particle four impulse, then $X \cdot u = g_{ab}X^a u^b = \text{const}$ and $X \cdot p = g_{ab}X^a p^b = \text{const}$ along a geodesic^b.

Translational symmetry: Whenever $\partial_{\sigma_*} g_{\mu\nu} = 0$ for some fixed σ_* (but for all μ and ν) there will be a symmetry under translation along x^{σ_*} .

Example: Killing vectors in the Schwarzschild metric^d.

The Killing vector that corresponds to the independence of the metric of t is $\xi = (1,0,0,0)$ and of ϕ is $\eta = (0,0,0,1)$. The conserved energy per unit rest mass: $e = -\bar{\xi} \cdot \bar{u} = -g_{ab}\xi^a u^b = -g_{tt} \cdot 1 \cdot \frac{dt}{d\tau} = -\left(1 - \frac{2m}{r}\right) \frac{dt}{d\tau}$. The conserved angular momentum per unit rest mass $l = \bar{\eta} \cdot \bar{u} = g_{ab}\eta^a u^b = g_{\phi\phi} \cdot 1 \cdot \frac{d\phi}{d\tau} = -r^2 \sin^2 \theta \frac{d\phi}{d\tau} = -r^2 \frac{d\phi}{d\tau}$ for $\theta = \frac{\pi}{2}$

3. The Geodesic equation leads to equations of motion:

$$\begin{aligned} K &= \frac{1}{2} g_{ab} \dot{x}^a \dot{x}^b \\ \frac{\partial K}{\partial x^a} &= \frac{d}{ds} \left(\frac{\partial K}{\partial \dot{x}^a} \right) \\ \frac{d^2 x^a}{ds^2} + \Gamma^a_{bc} \frac{dx^b}{ds} \frac{dx^c}{ds} &= 0 \end{aligned}$$

Example: Planetary orbits^e

Manipulating the geodesic equations of the Schwarzschild metric leads to the following equation

$$\left(\frac{du}{d\phi}\right)^2 + u^2 = \frac{k^2 - 1}{h^2} + \frac{2m}{h^2} u + 2mu^3$$

Which can be interpreted in terms of elliptic functions, $u = \frac{1}{r}$, and h and k are constants of integration.

4. The Einstein equations are equations describing the spacetime.

$$\begin{aligned} G_{ab} &= R_{ab} - \frac{1}{2} g_{ab} R \\ 8\pi G T_{ab} &= G_{ab} \pm g_{ab} \Lambda \end{aligned}$$

If $n = 4$, R_{abcd} has twenty independent component – ten of which are given by R_{ab} and the remaining ten by the Weyl tensor^f.

Example: The Friedmann equations

A homogenous, isotropic and expanding universe described by the Robertson-Walker space-time⁸, in this case the Einstein equations becomes the Friedmann equations:

$$8\pi\rho = \frac{3}{a^2}(k + \dot{a}^2) - \Lambda$$

$$-8\pi P = 2\frac{\ddot{a}}{a} + \frac{1}{a^2}(k + \dot{a}^2) - \Lambda$$

1.1 Space-times

This document includes many different space-time examples. In order to keep track of them I have made this list- in alphabetical order, so that you can see in which chapter you can find the space-time you are looking for.

Space-time		Line-element	Chapter
Aichelburg-Sexl Solution	ds^2	$= 4\mu \log(x^2 + y^2) du^2 + 2dudr - dx^2 - dy^2$	14
Alcubierre drive warp drive	ds^2	$= -dt^2 + [dx - V_s(t)f(r_s)dt]^2 + dy^2 + dz^2$	4
Anti de Sitter space-time	ds^2	$= -dt^2 + \cos^2(t) dr^2 + \cos^2(t) \sinh^2(r) d\theta^2 + \cos^2(t) \sinh^2(r) \sin^2 \theta d\phi^2$	8
Brinkman space-time	ds^2	$= H(u, x, y)du^2 + 2dudv - dx^2 - dy^2$	14
Classically anti-de-Sitter space-time	ds^2	$= -\cosh^2(r) dt^2 + dr^2 + \sinh^2(r) d\theta^2 + \sinh^2(r) \sin^2 \theta d\phi^2$	4
Colliding gravitational waves	ds^2	$= \delta(u)(X^2 - Y^2)du^2 + 2dudr - dX^2 - dY^2$	14
Collision of a gravitational wave with a electromagnetic wave	ds^2	$= 2dudv - \cos^2 av (dx^2 + dy^2)$	14
Cylindrical coordinates	ds^2	$= dr^2 + r^2 d\phi^2 + dz^2$	4
De Sitter space-time	ds^2	$= -dt^2 + a(t)^2 (d\theta^2 + \sin^2 \theta (d\phi^2 + \sin^2 \phi d\psi^2))$	8
Eddington-Finkelstein coordinates	ds^2	$= -\left(1 - \frac{2m}{r}\right) dv^2 + 2dvdr + r^2 (d\theta^2 + \sin^2 \theta d\phi^2)$	11
Egg geometry	ds^2	$= a^2 [(\cos^2 \theta + 4 \sin^2 \theta) d\theta^2 + \sin^2 \theta d\phi^2]$	2
Einstein cylinder	ds^2	$= -dt^2 + (a_0)^2 (d\theta^2 + \sin^2 \theta (d\phi^2 + \sin^2 \phi d\psi^2))$	9 (4), 13
Ellipsoid	ds^2	$= adx^2 + bdy^2 + cdz^2$	2
Example – three dimensional space	ds^2	$= (u^2 + v^2)du^2 + (u^2 + v^2)dv^2 + u^2v^2d\theta^2$	6
Example – three dimensional space	ds^2	$= dx^2 + 2xdy^2 + 2ydz^2$	6
Example – two dimensional space	ds^2	$= y^2 \sin x dx^2 + x^2 \tan y dy^2$	6
Example: Four-dimensional space-time	ds^2	$= -(1 - Ar^2)^2 dt^2 + (1 - Ar^2)^2 dr^2 + r^2 d\theta^2 + r^2 \sin^2 \theta d\phi^2$	2
Example: Four-dimensional space-time	ds^2	$= -dt^2 + L^2(t, r)dr^2 + B^2(t, r)d\phi^2 + M^2(t, r)dz^2$	7
A Fifth dimension	ds^2	$= -dx^2 + dx^2 + dy^2 + dz^2 + R^2 d\Omega^2$	2
Flat Minkowsky space-time	ds^2	$= -dt^2 + dx^2 + dy^2 + dz^2$	2
Flat Minkowsky space-time in polar coordinates	ds^2	$= -dt^2 + dr^2 + r^2 d\theta^2 + r^2 \sin^2 \theta d\phi$	2, 10
Flat space-time in Eddington Finkelstein coordinates	ds^2	$= -dv^2 + 2dvdr + r^2 d\theta^2 + r^2 \sin^2 \theta d\phi$	2
General four-dimensional diagonal metric	ds^2	$= g_{00}dx^0 dx^0 + g_{11}dx^1 dx^1 + g_{22}dx^2 dx^2 + g_{33}dx^3 dx^3$	2

Gödel metric	ds^2	$= \frac{1}{2\omega^2} \left((dt + e^x dz)^2 - dx^2 - dy^2 - \frac{1}{2} e^{2x} dz^2 \right)$	2,9
Gravitationally collapse of an inhomogeneous spherically symmetric dust cloud	ds^2	$= -dt^2 + e^{2b(t,r)} dr^2 + R^2(t,r) d\phi^2$	8
Homogenous closed universe	dS^2	$= \frac{1}{1 - \left(\frac{r}{a}\right)^2} dr^2 + r^2 d\theta^2 + r^2 \sin^2 \theta d\phi^2$	2
Hyperbolsk plane – Poincaré Half-plane	ds^2	$= \frac{1}{y^2} (dx^2 + dy^2)$	4,7
Impulsive gravitational wave	ds^2	$= 2dudv - [1 - v\Theta(v)]^2 dx^2 - [1 + v\Theta(v)]^2 dy^2$	14
Kerr Spinning black hole	ds^2	$= \left(1 - \frac{2mr}{\Sigma}\right) dt^2 + \frac{4amr \sin^2 \theta}{\Sigma} dt d\phi - \frac{\Sigma}{\Delta} dr^2 - \Sigma d\theta^2 - \left(r^2 + a^2 + \frac{2a^2mr \sin^2 \theta}{\Sigma}\right) \sin^2 \theta d\phi^2$	2, 11
Kruskal coordinates	ds^2	$= \frac{32m^3}{r} e^{-\frac{r}{2m}} (dv^2 - du^2) - r^2 (d\theta + \sin^2 \theta d\phi)$	11
Linearized metric	ds^2	$= (\eta_{ab} + \epsilon h_{ab}) dx^a dx^b$	9, 12, 14
Lorentz hyperboloid	ds^2	$= d\psi^2 + \sinh^2 \psi d\theta^2 + \sinh^2 \psi \sin^2 \theta d\phi^2$	7, 13
Nariai space-time	ds^2	$= -\Lambda v^2 du^2 + 2dudv - \frac{1}{\Omega^2} (dx^2 + dy^2)$	14
North pole	ds^2	$= \left(1 - \frac{y^2}{3a^2}\right) dx^2 + \frac{xy}{3a^2} dx dy + \left(1 - \frac{x^2}{3a^2}\right) dy^2$	2
Peanut geometry	ds^2	$= a^2 d\theta^2 + a^2 f^2(\theta) d\phi^2 f(\theta)$	2
Penrose-Kahn metric	ds^2	$= 2dudv - (1 - u)^2 dx^2 - (1 + u)^2 dy^2$	14
Plane waves: $h_{ab} = h_{ab}(t - z)$	ds^2	$= (\eta_{ab} + \epsilon h_{ab}) dx^a dx^b$	14
Poincaré metric	ds^2	$= \frac{4}{1 - x^2 - y^2} (dx^2 + dy^2)$	7
Reissner-Nordström spacetime	ds^2	$= \left(1 - \frac{2m}{r} + \frac{e^2}{r^2}\right) dt^2 - \left(1 - \frac{2m}{r} + \frac{e^2}{r^2}\right)^{-1} dr^2 - r^2 d\theta^2 - r^2 \sin^2 \theta d\phi^2$	10
Rindler metric	ds^2	$= -X^2 dT^2 + dX^2$	2,3,4,7
Robertson Walker space-time	ds^2	$= -dt^2 + \frac{a^2(t)}{1 - kr^2} dr^2 + a^2(t)r^2 d\theta^2 + a^2(t)r^2 \sin^2 \theta d\phi^2$	13
Rosen line element	ds^2	$= dUdV - a^2(U)dx^2 - b^2(U)dy^2$	14
Schwarzschild metric	ds^2	$= -\left(1 - \frac{2m}{r}\right) dt^2 + \left(1 - \frac{2m}{r}\right)^{-1} dr^2 + r^2 d\theta^2 + r^2 \sin^2 \theta d\phi^2$	10, 11, 12
Schwarzschild metric: general solution	ds^2	$= e^{2\nu(r)} dt^2 - e^{2\lambda(r)} dr^2 - r^2 d\theta^2 - r^2 \sin^2 \theta d\phi^2$	11

Schwarzschild metric: general time dependent	ds^2	$= e^{2\nu(t,r)} dt^2 - e^{2\lambda(t,r)} dr^2 - r^2 d\theta^2 - r^2 \sin^2 \theta d\phi^2$	11
Schwarzschild metric: The effect of the cosmological constant over the scale of the solar system	ds^2	$= \left(1 + \frac{1}{3}\Lambda r^2\right) dt^2 - \frac{dr^2}{1 + \frac{1}{3}\Lambda r^2}$	11
Schwarzschild metric: The general Schwarzschild metric with nonzero cosmological constant.	ds^2	$= f(r)dt^2 - \frac{1}{f(r)}dr^2 - r^2d\theta^2 - r^2\sin^2\theta d\phi^2$	11
Schwarzschild metric: With two different masses	ds^2	$= \left(1 - \frac{2m_1}{r}\right) dt^2 - \left(1 - \frac{2m_2}{r}\right)^{-1} dr^2 - r^2 d\theta^2 - r^2 \sin^2 \theta d\phi^2$	12
Schwarzschild metric: $\theta = \frac{\pi}{2}$	ds^2	$= -\left(1 - \frac{2m}{r}\right) dt^2 + \left(1 - \frac{2m}{r}\right)^{-1} dr^2 + r^2 d\phi^2$	11
Spatial part of a homogenous, isotropic metric	$d\sigma^2$	$= \frac{dr^2}{1 - kr^2} + r^2 d\theta^2 + r^2 \sin^2 \theta d\phi$	13
Static Weak field	ds^2	$= -\left(1 + \frac{2\Phi(x^i)}{c^2}\right) (cdt)^2 + \left(1 - \frac{2\Phi(x^i)}{c^2}\right) (dx^2 + dy^2 + dz^2)$	2
Taub-nut space-time	ds^2	$= -\frac{dt^2}{U^2(t)} + (2l)^2 U^2(t) (dr + \cos \theta d\phi)^2 + V^2(t) (d\theta^2 + \sin^2 \theta d\phi^2)$	7
Three dimensional flat space-time	ds^2	$= -(cdt)^2 + dx^2 + dy^2$	3
Three-dimensional flat space in polar coordinates	ds^2	$= dr^2 + r^2 d\theta^2 + r^2 \sin^2 \theta d\phi^2$	2,7, 13
Three-dimensional flat space-time in polar coordinates	ds^2	$= -dt^2 + dr^2 + r^2 d\phi^2$	4
Tolman-Bondi-de Sitter space-time	ds^2	$= dt^2 - e^{-2\psi(t,r)} dr^2 - R^2(t,r) d\theta^2 - R^2(t,r) \sin^2 \theta d\phi^2$	7
Two interacting waves	ds^2	$= 2dudv - \cos^2 av dx^2 - \cosh^2 av dy^2$	14
Two-dimensional flat space	dS^2	$= dx^2 + dy^2$	4
Two-dimensional flat space in polar coordinates	dS^2	$= dr^2 + r^2 d\phi^2$	2,5
Two-dimensional flat space-time	ds^2	$= -dt^2 + dx^2$	3,4
Two-dimensional sphere with radius a	ds^2	$= a^2 d\theta^2 + a^2 \sin^2 \theta d\phi^2$	5
Two-dimensional unit sphere	ds^2	$= d\theta^2 + \sin^2 \theta d\phi^2$	7
Worm hole geometry	ds^2	$= -dt^2 + dr^2 + (b^2 + r^2)(d\theta^2 + \sin^2 \theta d\phi^2)$	4

2 The Metric tensor and Vector Transformations.

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See separate document

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See separate document

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See separate document

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See separate document

15 Appendix A: Tensor Calculus

See separate document

16 Appendix B: Collection of results.

See separate document

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^a (McMahon, p. 234)

^b (McMahon, p. 168)

^c (Carroll, 2004)

^d (McMahon, p. 220)

^e (A.S.Eddington, pp. 85-86)

^f (d'Inverno, p. 87)

^g (McMahon, p. 161)