

CONTENTS

LIST OF BOXES xvii

LIST OF FIGURES xx

FOREWORD TO THE 2017 EDITION xxiii

PREFACE TO THE 2017 EDITION xxxiii

PREFACE xvii

ACKNOWLEDGMENTS li

Part I SPACETIME PHYSICS 1

1. Geometrodynamics in Brief 3

1. The Parable of the Apple 3
2. Spacetime With and Without Coordinates 5
3. Weightlessness 13
4. Local Lorentz Geometry, With and Without Coordinates 19
5. Time 23
6. Curvature 29
7. Effect of Matter on Geometry 37

Part II PHYSICS IN FLAT SPACETIME 45

2. Foundations of Special Relativity 47

1. Overview 47
2. Geometric Objects 48
3. Vectors 49
4. The Metric Tensor 51
5. Differential Forms 53
6. Gradients and Directional Derivatives 59
7. Coordinate Representation of Geometric Objects 60
8. The Centrifuge and the Photon 63
9. Lorentz Transformations 66
10. Collisions 69

3. **The Electromagnetic Field** 71
 1. The Lorentz Force and the Electromagnetic Field Tensor 71
 2. Tensors in All Generality 74
 3. Three-Plus-One View Versus Geometric View 78
 4. Maxwell's Equations 79
 5. Working with Tensors 81
4. **Electromagnetism and Differential Forms** 90
 1. Exterior Calculus 90
 2. Electromagnetic 2-Form and Lorentz Force 99
 3. Forms Illuminate Electromagnetism and Electromagnetism Illuminates Forms 105
 4. Radiation Fields 110
 5. Maxwell's Equations 112
 6. Exterior Derivative and Closed Forms 114
 7. Distant Action from Local Law 120
5. **Stress-Energy Tensor and Conservation Laws** 130
 1. Track-1 Overview 130
 2. Three-Dimensional Volumes and Definition of the Stress-Energy Tensor 130
 3. Components of Stress-Energy Tensor 137
 4. Stress-Energy Tensor for a Swarm of Particles 138
 5. Stress-Energy Tensor for a Perfect Fluid 139
 6. Electromagnetic Stress-Energy 140
 7. Symmetry of the Stress-Energy Tensor 141
 8. Conservation of 4-Momentum: Integral Formulation 142
 9. Conservation of 4-Momentum: Differential Formulation 146
 10. Sample Application of $\nabla \cdot \mathbf{T} = 0$ 152
 11. Angular Momentum 156
6. **Accelerated Observers** 163
 1. Accelerated Observers Can Be Analyzed Using Special Relativity 163
 2. Hyperbolic Motion 166
 3. Constraints on Size of an Accelerated Frame 168
 4. The Tetrad Carried by a Uniformly Accelerated Observer 169
 5. The Tetrad Fermi-Walker Transported by an Observer with Arbitrary Acceleration 170
 6. The Local Coordinate System of an Accelerated Observer 172
7. **Incompatibility of Gravity and Special Relativity** 177
 1. Attempts to Incorporate Gravity into Special Relativity 177
 2. Gravitational Redshift Derived from Energy Conservation 187
 3. Gravitational Redshift Implies Spacetime Is Curved 187
 4. Gravitational Redshift as Evidence for the Principle of Equivalence 189
 5. Local Flatness, Global Curvature 190

Part III THE MATHEMATICS OF CURVED SPACETIME 193

8. **Differential Geometry: An Overview** 195
 1. An Overview of Part III 195
 2. Track 1 Versus Track 2: Difference in Outlook and Power 197
 3. Three Aspects of Geometry: Pictorial, Abstract, Component 198
 4. Tensor Algebra in Curved Spacetime 201
 5. Parallel Transport, Covariant Derivative, Connection Coefficients, Geodesics 207
 6. Local Lorentz Frames: Mathematical Discussion 217
 7. Geodesic Deviation and the Riemann Curvature Tensor 218

9. **Differential Topology** 225
 1. Geometric Objects in Metric-Free, Geodesic-Free Spacetime 225
 2. "Vector" and "Directional Derivative" Refined into Tangent Vector 226
 3. Bases, Components, and Transformation Laws for Vectors 230
 4. 1-Forms 231
 5. Tensors 233
 6. Commutators and Pictorial Techniques 235
 7. Manifolds and Differential Topology 240
10. **Affine Geometry: Geodesics, Parallel Transport and Covariant Derivative** 244
 1. Geodesics and the Equivalence Principle 244
 2. Parallel Transport and Covariant Derivative: Pictorial Approach 245
 3. Parallel Transport and Covariant Derivative: Abstract Approach 247
 4. Parallel Transport and Covariant Derivative: Component Approach 258
 5. Geodesic Equation 262
11. **Geodesic Deviation and Spacetime Curvature** 265
 1. Curvature, At Last! 265
 2. The Relative Acceleration of Neighboring Geodesics 265
 3. Tidal Gravitational Forces and Riemann Curvature Tensor 270
 4. Parallel Transport Around a Closed Curve 277
 5. Flatness is Equivalent to Zero Riemann Curvature 283
 6. Riemann Normal Coordinates 285
12. **Newtonian Gravity in the Language of Curved Spacetime** 289
 1. Newtonian Gravity in Brief 289
 2. Stratification of Newtonian Spacetime 291
 3. Galilean Coordinate Systems 292
 4. Geometric, Coordinate-Free Formulation of Newtonian Gravity 298
 5. The Geometric View of Physics: A Critique 302
13. **Riemannian Geometry: Metric as Foundation of All** 304
 1. New Features Imposed on Geometry by Local Validity of Special Relativity 304
 2. Metric 305
 3. Concord Between Geodesics of Curved Spacetime Geometry and Straight Lines of Local Lorentz Geometry 312
 4. Geodesics as World Lines of Extremal Proper Time 315
 5. Metric-Induced Properties of *Riemann* 324
 6. The Proper Reference Frame of an Accelerated Observer 327
14. **Calculation of Curvature** 333
 1. Curvature as a Tool for Understanding Physics 333
 2. Forming the Einstein Tensor 343
 3. More Efficient Computation 344
 4. The Geodesic Lagrangian Method 344
 5. Curvature 2-Forms 348
 6. Computation of Curvature Using Exterior Differential Forms 354
15. **Bianchi Identities and the Boundary of a Boundary** 364
 1. Bianchi Identities in Brief 364
 2. Bianchi Identity $d\mathcal{R} = 0$ as a Manifestation of "Boundary of Boundary = 0" 372
 3. Moment of Rotation: Key to Contracted Bianchi Identity 373
 4. Calculation of the Moment of Rotation 375
 5. Conservation of Moment of Rotation Seen from "Boundary of a Boundary is Zero" 377
 6. Conservation of Moment of Rotation Expressed in Differential Form 378
 7. From Conservation of Moment of Rotation to Einstein's Geometrodynamics: A Preview 379

Part IV EINSTEIN'S GEOMETRIC THEORY OF GRAVITY 383

16. **Equivalence Principle and Measurement of the "Gravitational Field" 385**
 1. Overview 385
 2. The Laws of Physics in Curved Spacetime 385
 3. Factor-Ordering Problems in the Equivalence Principle 388
 4. The Rods and Clocks Used to Measure Space and Time Intervals 393
 5. The Measurement of the Gravitational Field 399
17. **How Mass-Energy Generates Curvature 404**
 1. Automatic Conservation of the Source as the Central Idea in the Formulation of the Field Equation 404
 2. Automatic Conservation of the Source: A Dynamic Necessity 408
 3. Cosmological Constant 409
 4. The Newtonian Limit 412
 5. Axiomatize Einstein's Theory? 416
 6. "No Prior Geometry": A Feature Distinguishing Einstein's Theory from Other Theories of Gravity 429
 7. A Taste of the History of Einstein's Equation 431
18. **Weak Gravitational Fields 435**
 1. The Linearized Theory of Gravity 435
 2. Gravitational Waves 442
 3. Effect of Gravity on Matter 442
 4. Nearly Newtonian Gravitational Fields 445
19. **Mass and Angular Momentum of a Gravitating System 448**
 1. External Field of a Weakly Gravitating Source 448
 2. Measurement of the Mass and Angular Momentum 450
 3. Mass and Angular Momentum of Fully Relativistic Sources 451
 4. Mass and Angular Momentum of a Closed Universe 457
20. **Conservation Laws for 4-Momentum and Angular Momentum 460**
 1. Overview 460
 2. Gaussian Flux Integrals for 4-Momentum and Angular Momentum 461
 3. Volume Integrals for 4-Momentum and Angular Momentum 464
 4. Why the Energy of the Gravitational Field Cannot be Localized 466
 5. Conservation Laws for Total 4-Momentum and Angular Momentum 468
 6. Equation of Motion Derived from the Field Equation 471
21. **Variational Principle and Initial-Value Data 484**
 1. Dynamics Requires Initial-Value Data 484
 2. The Hilbert Action Principle and the Palatini Method of Variation 491
 3. Matter Lagrangian and Stress-Energy Tensor 504
 4. Splitting Spacetime into Space and Time 505
 5. Intrinsic and Extrinsic Curvature 509
 6. The Hilbert Action Principle and the Arnowitt-Deser-Misner Modification Thereof in the Space-plus-Time Split 519
 7. The Arnowitt-Deser-Misner Formulation of the Dynamics of Geometry 520
 8. Integrating Forward in Time 526
 9. The Initial-Value Problem in the Thin-Sandwich Formulation 528
 10. The Time-Symmetric and Time-Antisymmetric Initial-Value Problem 535
 11. York's "Handles" to Specify a 4-Geometry 539
 12. Mach's Principle and the Origin of Inertia 543
 13. Junction Conditions 551

22. Thermodynamics, Hydrodynamics, Electrodynamics, Geometric Optics, and Kinetic Theory 557

1. The Why of this Chapter 557
2. Thermodynamics in Curved Spacetime 557
3. Hydrodynamics in Curved Spacetime 562
4. Electrodynamics in Curved Spacetime 568
5. Geometric Optics in Curved Spacetime 570
6. Kinetic Theory in Curved Spacetime 583

Part V RELATIVISTIC STARS 591

23. Spherical Stars 593

1. Prolog 593
2. Coordinates and Metric for a Static, Spherical System 594
3. Physical Interpretation of Schwarzschild coordinates 595
4. Description of the Matter Inside a Star 597
5. Equations of Structure 600
6. External Gravitational Field 607
7. How to Construct a Stellar Model 608
8. The Spacetime Geometry for a Static Star 612

24. Pulsars and Neutron Stars; Quasars and Supermassive Stars 618

1. Overview 618
2. The Endpoint of Stellar Evolution 621
3. Pulsars 627
4. Supermassive Stars and Stellar Instabilities 630
5. Quasars and Explosions In Galactic Nuclei 634
6. Relativistic Star Clusters 634

25. The "Pit in the Potential" as the Central New Feature of Motion in Schwarzschild Geometry 636

1. From Kepler's Laws to the Effective Potential for Motion in Schwarzschild Geometry 636
2. Symmetries and Conservation Laws 650
3. Conserved Quantities for Motion in Schwarzschild Geometry 655
4. Gravitational Redshift 659
5. Orbits of Particles 659
6. Orbit of a Photon, Neutrino, or Graviton in Schwarzschild Geometry 672
7. Spherical Star Clusters 679

26. Stellar Pulsations 688

1. Motivation 688
2. Setting Up the Problem 689
3. Eulerian versus Lagrangian Perturbations 690
4. Initial-Value Equations 691
5. Dynamic Equation and Boundary Conditions 693
6. Summary of Results 694

Part VI THE UNIVERSE 701

27. Idealized Cosmologies 703

1. The Homogeneity and Isotropy of the Universe 703
2. Stress-Energy Content of the Universe—the Fluid Idealization 711
3. Geometric Implications of Homogeneity and Isotropy 713

4. Comoving, Synchronous Coordinate Systems for the Universe 715
 5. The Expansion Factor 718
 6. Possible 3-Geometries for a Hypersurface of Homogeneity 720
 7. Equations of Motion for the Fluid 726
 8. The Einstein Field Equations 728
 9. Time Parameters and the Hubble Constant 730
 10. The Elementary Friedmann Cosmology of a Closed Universe 733
 11. Homogeneous Isotropic Model Universes that Violate Einstein's Conception of Cosmology 742
- 28. Evolution of the Universe into Its Present State 763**
1. The "Standard Model" of the Universe 763
 2. Standard Model Modified for Primordial Chaos 769
 3. What "Preceded" the Initial Singularity? 769
 4. Other Cosmological Theories 770
- 29. Present State and Future Evolution of the Universe 771**
1. Parameters that Determine the Fate of the Universe 771
 2. Cosmological Redshift 772
 3. The Distance-Redshift Relation: Measurement of the Hubble Constant 780
 4. The Magnitude-Redshift Relation: Measurement of the Deceleration Parameter 782
 5. Search for "Lens Effect" of the Universe 795
 6. Density of the Universe Today 796
 7. Summary of Present Knowledge About Cosmological Parameters 797
- 30. Anisotropic and Inhomogeneous Cosmologies 800**
1. Why Is the Universe So Homogeneous and Isotropic? 800
 2. The Kasner Model for an Anisotropic Universe 801
 3. Adiabatic Cooling of Anisotropy 802
 4. Viscous Dissipation of Anisotropy 802
 5. Particle Creation in an Anisotropic Universe 803
 6. Inhomogeneous Cosmologies 804
 7. The Mixmaster Universe 805
 8. Horizons and the Isotropy of the Microwave Background 815

Part VII GRAVITATIONAL COLLAPSE AND BLACK HOLES 817

- 31. Schwarzschild Geometry 819**
1. Inevitability of Collapse for Massive Stars 819
 2. The Nonsingularity of the Gravitational Radius 820
 3. Behavior of Schwarzschild Coordinates at $r = 2M$ 823
 4. Several Well-Behaved Coordinate Systems 826
 5. Relationship Between Kruskal-Szekeres Coordinates and Schwarzschild Coordinates 833
 6. Dynamics of the Schwarzschild Geometry 836
- 32. Gravitational Collapse 842**
1. Relevance of Schwarzschild Geometry 842
 2. Birkhoff's Theorem 843
 3. Exterior Geometry of a Collapsing Star 846
 4. Collapse of a Star with Uniform Density and Zero Pressure 851
 5. Spherically Symmetric Collapse with Internal Pressure Forces 857
 6. The Fate of a Man Who Falls into the Singularity at $r = 0$ 860
 7. Realistic Gravitational Collapse—An Overview 862

- 33. Black Holes 872**
1. Why "Black Hole"? 872
 2. The Gravitational and Electromagnetic Fields of a Black Hole 875
 3. Mass, Angular Momentum, Charge, and Magnetic Moment 891
 4. Symmetries and Frame Dragging 892
 5. Equations of Motion for Test Particles 897
 6. Principal Null Congruences 901
 7. Storage and Removal of Energy from Black Holes 904
 8. Reversible and Irreversible Transformations 907
- 34. Global Techniques, Horizons, and Singularity Theorems 916**
1. Global Techniques Versus Local Techniques 916
 2. "Infinity" in Asymptotically Flat Spacetime 917
 3. Causality and Horizons 922
 4. Global Structure of Horizons 924
 5. Proof of Second Law of Black-Hole Dynamics 931
 6. Singularity Theorems and the "Issue of the Final State" 934

Part VIII GRAVITATIONAL WAVES 941

- 35. Propagation of Gravitational Waves 943**
1. Viewpoints 943
 2. Review of "Linearized Theory" in Vacuum 944
 3. Plane-Wave Solutions in Linearized Theory 945
 4. The Transverse Traceless (TT) Gauge 946
 5. Geodesic Deviation in a Linearized Gravitational Wave 950
 6. Polarization of a Plane Wave 952
 7. The Stress-Energy Carried by a Gravitational Wave 955
 8. Gravitational Waves in the Full Theory of General Relativity 956
 9. An Exact Plane-Wave Solution 957
 10. Physical Properties of the Exact Plane Wave 960
 11. Comparison of an Exact Electromagnetic Plane Wave with the Gravitational Plane Wave 961
 12. A New Viewpoint on the Exact Plane Wave 962
 13. The Shortwave Approximation 964
 14. Effect of Background Curvature on Wave Propagation 967
 15. Stress-Energy Tensor for Gravitational Waves 969
- 36. Generation of Gravitational Waves 974**
1. The Quadrupole Nature of Gravitational Waves 974
 2. Power Radiated in Terms of Internal Power Flow 978
 3. Laboratory Generators of Gravitational Waves 979
 4. Astrophysical Sources of Gravitational Waves: General Discussion 980
 5. Gravitational Collapse, Black Holes, Supernovae, and Pulsars as Sources 981
 6. Binary Stars as Sources 986
 7. Formulas for Radiation from Nearly Newtonian Slow-Motion Sources 989
 8. Radiation Reaction in Slow-Motion Sources 993
 9. Foundations for Derivation of Radiation Formulas 995
 10. Evaluation of the Radiation Field in the Slow-Motion Approximation 996
 11. Derivation of the Radiation-Reaction Potential 1001
- 37. Detection of Gravitational Waves 1004**
1. Coordinate Systems and Impinging Waves 1004
 2. Accelerations in Mechanical Detectors 1006
 3. Types of Mechanical Detectors 1012

4. Vibrating, Mechanical Detectors: Introductory Remarks 1019
5. Idealized Wave-Dominated Detector, Excited by Steady Flux of Monochromatic Waves 1022
6. Idealized, Wave-Dominated Detector, Excited by Arbitrary Flux of Radiation 1026
7. General Wave-Dominated Detector, Excited by Arbitrary Flux of Radiation 1028
8. Noisy Detectors 1036
9. Nonmechanical Detectors 1040
10. Looking Toward the Future 1040

Part IX. EXPERIMENTAL TESTS OF GENERAL RELATIVITY 1045

38. Testing the Foundations of Relativity 1047

1. Testing is Easier in the Solar System than in Remote Space 1047
2. Theoretical Frameworks for Analyzing Tests of General Relativity 1048
3. Tests of the Principle of the Uniqueness of Free Fall: Eötvös-Dicke Experiment 1050
4. Tests for the Existence of a Metric Governing Length and Time Measurements 1054
5. Tests of Geodesic Motion: Gravitational Redshift Experiments 1055
6. Tests of the Equivalence Principle 1060
7. Tests for the Existence of Unknown Long-Range Fields 1063

39. Other Theories of Gravity and the Post-Newtonian Approximation 1066

1. Other Theories 1066
2. Metric Theories of Gravity 1067
3. Post-Newtonian Limit and PPN Formalism 1068
4. PPN Coordinate System 1073
5. Description of the Matter in the Solar System 1074
6. Nature of the Post-Newtonian Expansion 1075
7. Newtonian Approximation 1077
8. PPN Metric Coefficients 1080
9. Velocity of PPN Coordinates Relative to "Universal Rest Frame" 1083
10. PPN Stress-Energy Tensor 1086
11. PPN Equations of Motion 1087
12. Relation of PPN Coordinates to Surrounding Universe 1091
13. Summary of PPN Formalism 1091

40. Solar-System Experiments 1096

1. Many Experiments Open to Distinguish General Relativity from Proposed Metric Theories of Gravity 1096
2. The Use of Light Rays and Radio Waves to Test Gravity 1099
3. "Light" Deflection 1101
4. Time-Delay in Radar Propagation 1103
5. Perihelion Shift and Periodic Perturbations in Geodesic Orbits 1110
6. Three-Body Effects in the Lunar Orbit 1116
7. The Dragging of Inertial Frames 1117
8. Is the Gravitational Constant Constant? 1121
9. Do Planets and the Sun Move on Geodesics? 1126
10. Summary of Experimental Tests of General Relativity 1131

Part X. FRONTIERS 1133

41. Spinors 1135

1. Reflections, Rotations, and the Combination of Rotations 1135
2. Infinitesimal Rotations 1140

3. Lorentz Transformation via Spinor Algebra 1142
 4. Thomas Precession via Spinor Algebra 1145
 5. Spinors 1148
 6. Correspondence Between Vectors and Spinors 1150
 7. Spinor Algebra 1151
 8. Spin Space and Its Basis Spinors 1156
 9. Spinor Viewed as Flagpole Plus Flag Plus Orientation-Entanglement Relation 1157
 10. Appearance of the Night Sky: An Application of Spinors 1160
 11. Spinors as a Powerful Tool in Gravitation Theory 1164
- 42. Regge Calculus 1166**
1. Why the Regge Calculus? 1166
 2. Regge Calculus in Brief 1166
 3. Simplexes and Deficit Angles 1167
 4. Skeleton Form of Field Equations 1169
 5. The Choice of Lattice Structure 1173
 6. The Choice of Edge Lengths 1177
 7. Past Applications of Regge Calculus 1178
 8. The Future of Regge Calculus 1179
- 43. Superspace: Arena for the Dynamics of Geometry 1180**
1. Space, Superspace, and Spacetime Distinguished 1180
 2. The Dynamics of Geometry Described in the Language of the Superspace of the $(^3)\mathcal{S}$'s 1184
 3. The Einstein-Hamilton-Jacobi Equation 1185
 4. Fluctuations in Geometry 1190
- 44. Beyond the End of Time 1196**
1. Gravitational Collapse as the Greatest Crisis in Physics of All Time 1196
 2. Assessment of the Theory that Predicts Collapse 1198
 3. Vacuum Fluctuations: Their Prevalence and Final Dominance 1202
 4. Not Geometry, but Pregeometry, as the Magic Building Material 1203
 5. Pregeometry as the Calculus of Propositions 1208
 6. The Black Box: The Reprocessing of the Universe 1209

Bibliography and Index of Names 1221

Subject Index 1255