

# Contents

<b>1</b>	<b>Newton's Theory of Gravitation</b> . . . . .	<b>1</b>
1.1	The Force Law of Gravitation . . . . .	2
1.2	Newton's Law of Gravitation in Local Form . . . . .	4
1.3	Newtonian Incompressible Star . . . . .	7
1.4	Tidal Forces . . . . .	10
1.5	The Principle of Equivalence . . . . .	14
1.6	The General Principle of Relativity . . . . .	17
1.7	The Covariance Principle . . . . .	17
1.8	Mach's Principle . . . . .	18
1.9	Exercises . . . . .	19
	References . . . . .	22
<b>2</b>	<b>The Special Theory of Relativity</b> . . . . .	<b>23</b>
2.1	Coordinate Systems and Minkowski Diagrams . . . . .	23
2.2	Synchronization of Clocks . . . . .	25
2.3	The Doppler Effect . . . . .	26
2.4	Relativistic Time Dilation . . . . .	28
2.5	The Relativity of Simultaneity . . . . .	30
2.6	The Lorentz Contraction . . . . .	33
2.7	The Lorentz Transformation . . . . .	34
2.8	Lorentz Invariant Interval . . . . .	37
2.9	The Twin Paradox . . . . .	40
2.10	Hyperbolic Motion . . . . .	41
2.11	Energy and Mass . . . . .	44
2.12	Relativistic Increase of Mass . . . . .	45
2.13	Lorentz Transformation of Velocity, Momentum, Energy and Force . . . . .	47
2.14	Tachyons . . . . .	50
2.15	Magnetism as a Relativistic Second-Order Effect . . . . .	51

Exercises .....	54
Reference .....	58
<b>3 Vectors, Tensors and Forms .....</b>	<b>59</b>
3.1 Vectors .....	59
3.1.1 Four-Vectors .....	60
3.1.2 Tangent Vector Fields and Coordinate Vectors .....	62
3.1.3 Coordinate Transformations .....	65
3.1.4 Structure Coefficients .....	68
3.2 Tensors .....	69
3.2.1 Transformation of Tensor Components .....	71
3.2.2 Transformation of Basis One-Forms .....	71
3.2.3 The Metric Tensor .....	72
3.3 The Causal Structure of Spacetime .....	76
3.4 Forms .....	78
3.4.1 The Volume Form .....	80
3.4.2 Dual Forms .....	82
Exercises .....	85
<b>4 Accelerated Reference Frames .....</b>	<b>89</b>
4.1 The Spatial Metric Tensor .....	89
4.2 Einstein Synchronization of Clocks in a Rotating Reference Frame .....	92
4.3 Angular Acceleration in the Rotating Frame .....	95
4.4 Gravitational Time Dilation .....	98
4.5 Path of Photons Emitted from the Axis in a Rotating Reference Frame .....	99
4.6 The Sagnac Effect .....	99
4.7 Non-integrability of a Simultaneity Curve in a Rotating Frame .....	101
4.8 Orthonormal Basis Field in a Rotating Frame .....	102
4.9 Uniformly Accelerated Reference Frame .....	105
4.10 The Projection Tensor .....	113
Exercises .....	115
<b>5 Covariant Differentiation .....</b>	<b>119</b>
5.1 Differentiation of Forms .....	119
5.1.1 Exterior Differentiation .....	119
5.1.2 Covariant Derivative .....	122
5.2 The Christoffel Symbols .....	122
5.3 Geodesic Curves .....	125
5.4 The Covariant Euler–Lagrange Equations .....	127
5.5 Application of the Lagrange Formalism to Free Particles .....	129
5.5.1 Equation of Motion from Lagrange’s Equations .....	129
5.5.2 Geodesic World Lines in Spacetime .....	133

5.5.3	Acceleration of Gravity . . . . .	135
5.5.4	Gravitational Shift of Wavelength . . . . .	138
5.6	Connection Coefficients . . . . .	140
5.6.1	Structure Coefficients . . . . .	143
5.7	Covariant Differentiation of Vectors, Forms and Tensors . . . . .	144
5.7.1	Covariant Differentiation of Vectors . . . . .	144
5.7.2	Covariant Differentiation of Forms . . . . .	145
5.7.3	Covariant Differentiation of Tensors of Arbitrary Rank . . . . .	146
5.8	The Cartan Connection . . . . .	147
5.9	Covariant Decomposition of a Velocity Field . . . . .	151
5.9.1	Newtonian 3-Velocity . . . . .	151
5.9.2	Relativistic 4-Velocity . . . . .	153
5.10	Killing Vectors and Symmetries . . . . .	155
5.11	Covariant Expressions for Gradient, Divergence, Curl, Laplacian and D'Alembert's Wave Operator . . . . .	157
5.12	Electromagnetism in Form Language . . . . .	163
	Exercises . . . . .	169
<b>6</b>	<b>Curvature . . . . .</b>	<b>173</b>
6.1	The Riemann Curvature Tensor . . . . .	173
6.2	Differential Geometry of Surfaces . . . . .	179
6.2.1	Surface Curvature Using the Cartan Formalism . . . . .	183
6.3	The Ricci Identity . . . . .	184
6.4	Bianchi's 1. Identity . . . . .	185
6.5	Bianchi's 2. Identity . . . . .	186
6.6	Torsion . . . . .	187
6.7	The Equation of Geodesic Deviation . . . . .	188
6.8	Tidal Acceleration and Spacetime Curvature . . . . .	190
6.9	The Newtonian Tidal Tensor . . . . .	191
6.10	The Tidal and Non-tidal Components of a Gravitational Field . . . . .	192
	Exercises . . . . .	195
<b>7</b>	<b>Einstein's Field Equations . . . . .</b>	<b>197</b>
7.1	Newtonian Fluid . . . . .	197
7.2	Perfect Fluids . . . . .	199
7.2.1	Lorentz Invariant Vacuum Energy—LIVE . . . . .	200
7.2.2	Energy–Momentum Tensor of an Electromagnetic Field . . . . .	201
7.3	Einstein's Curvature Tensor . . . . .	201
7.4	Einstein's Field Equations . . . . .	202
7.5	The "Geodesic Postulate" as a Consequence of the Field Equations . . . . .	204

7.6	Einstein's Field Equations Deduced from a Variational Principle . . . . .	206
	Exercises . . . . .	210
<b>8</b>	<b>Schwarzschild Spacetime . . . . .</b>	<b>211</b>
8.1	Schwarzschild's Exterior Solution . . . . .	211
8.2	Radial Free Fall in Schwarzschild Spacetime . . . . .	217
8.3	Light Cones in Schwarzschild Spacetime . . . . .	218
8.4	Analytical Extension of the Curvature Coordinates . . . . .	222
8.5	Embedding of the Schwarzschild Metric . . . . .	225
8.6	The Shapiro Experiment . . . . .	226
8.7	Particle Trajectories in Schwarzschild 3-Space . . . . .	228
	8.7.1 Motion in the Equatorial Plane . . . . .	229
8.8	Classical Tests of Einstein's General Theory of Relativity . . . . .	232
	8.8.1 The Hafele-Keating Experiment . . . . .	232
	8.8.2 Mercury's Perihelion Precession . . . . .	233
	8.8.3 Deflection of Light . . . . .	236
8.9	The Reissner-Nordström Spacetime . . . . .	238
	Exercises . . . . .	240
	References . . . . .	242
<b>9</b>	<b>The Linear Field Approximation and Gravitational Waves . . . . .</b>	<b>243</b>
9.1	The Linear Field Approximation . . . . .	243
9.2	Solutions of the Linearized Field Equations . . . . .	246
	9.2.1 The Gravitational Potential of a Point Mass . . . . .	246
	9.2.2 Spacetime Inside and Outside a Rotating Spherical Shell . . . . .	247
9.3	Inertial Dragging . . . . .	250
9.4	Gravitoelectromagnetism . . . . .	251
9.5	Gravitational Waves . . . . .	253
	9.5.1 What Sort of Gravitational Waves Is Predicted by Einstein's Theory? . . . . .	255
	9.5.2 Polarization of the Gravitational Waves . . . . .	256
9.6	The Effect of Gravitational Waves upon Matter . . . . .	257
9.7	The LIGO-Detection of Gravitational Waves . . . . .	260
	9.7.1 Kepler's Third Law and the Strain of the Detector . . . . .	262
	9.7.2 Newtonian Description of a Binary System . . . . .	265
	9.7.3 Gravitational Radiation Emission . . . . .	266
	9.7.4 The Chirp . . . . .	267
	References . . . . .	269

<b>10</b>	<b>Black Holes</b> . . . . .	271
10.1	“Surface Gravity”: Acceleration of Gravity at the Horizon of a Black Hole . . . . .	271
10.2	Hawking Radiation: Radiation from a Black Hole . . . . .	273
10.3	Rotating Black Holes: The Kerr Metric . . . . .	275
10.3.1	Zero-Angular Momentum Observers . . . . .	276
10.3.2	Does the Kerr Spacetime Have a Horizon? . . . . .	277
	Exercises . . . . .	279
<b>11</b>	<b>Sources of Gravitational Fields</b> . . . . .	283
11.1	The Pressure Contribution to the Gravitational Mass of a Static, Spherically Symmetric System . . . . .	283
11.2	The Tolman–Oppenheimer–Volkoff Equation . . . . .	285
11.3	An Exact Solution for Incompressible Stars—Schwarzschild’s Interior Solution . . . . .	287
11.4	The Israel Formalism for Describing Singular Mass Shells in the General Theory of Relativity . . . . .	290
11.5	The Levi-Civita—Bertotti—Robinson Solution of Einstein’s Field Equations . . . . .	295
11.6	The Source of the Levi-Civita—Bertotti—Robinson Spacetime . . . . .	297
11.7	A Source of the Kerr–Newman Spacetime . . . . .	299
11.8	Physical Interpretation of the Components of the Energy–Momentum Tensor by Means of the Eigenvalues of the Tensor . . . . .	302
11.9	The River of Space . . . . .	305
	Exercises . . . . .	309
	References . . . . .	309
<b>12</b>	<b>Cosmology</b> . . . . .	311
12.1	Co-moving Coordinate System . . . . .	311
12.2	Curvature Isotropy—The Robertson–Walker Metric . . . . .	312
12.3	Cosmic Kinematics and Dynamics . . . . .	314
12.3.1	The Hubble–Lemaître Law . . . . .	314
12.3.2	Cosmological Redshift of Light . . . . .	315
12.3.3	Cosmic Fluids . . . . .	317
12.3.4	Isotropic and Homogeneous Universe Models . . . . .	318
12.3.5	Cosmic Redshift . . . . .	323
12.3.6	Energy–Momentum Conservation . . . . .	326
12.4	Some LFRW Cosmological Models . . . . .	330
12.4.1	Radiation-Dominated Universe Model . . . . .	330
12.4.2	Dust-Dominated Universe Model . . . . .	331
12.4.3	Transition from Radiation-Dominated to Matter-Dominated Universe . . . . .	335

12.4.4	The de Sitter Universe Models . . . . .	336
12.4.5	The Friedmann–Lemaître Model . . . . .	337
12.4.6	Flat Universe with Dust and Phantom Energy . . . . .	348
12.5	Flat Anisotropic Universe Models . . . . .	351
12.6	Inhomogeneous Universe Models . . . . .	355
12.6.1	Dust-Dominated Model . . . . .	356
12.6.2	Inhomogeneous Universe Model with Dust and LIVE . . . . .	357
12.7	The Horizon and Flatness Problems . . . . .	358
12.7.1	The Horizon Problem . . . . .	358
12.7.2	The Flatness Problem . . . . .	360
12.8	Inflationary Universe Models . . . . .	361
12.8.1	Spontaneous Symmetry Breaking and the Higgs Mechanism . . . . .	361
12.8.2	Guth’s Inflationary Model . . . . .	363
12.8.3	The Inflationary Models’ Answers to the Problems of the Friedmann Models . . . . .	364
12.8.4	Dynamics of the Inflationary Era . . . . .	366
12.8.5	Testing Observable Consequences of the Inflationary Era . . . . .	372
12.9	The Significance of Inertial Dragging for the Relativity of Rotation . . . . .	377
12.9.1	The Cosmic Causal Mass in the Einstein-de Sitter Universe . . . . .	378
12.9.2	The Cosmic Causal Mass in the Flat $\Lambda$ CDM Universe . . . . .	380
	Exercises . . . . .	382
	References . . . . .	390
	<b>Appendix: Kaluza–Klein Theory . . . . .</b>	<b>393</b>
	<b>Solutions to the Exercises . . . . .</b>	<b>409</b>
	<b>Index . . . . .</b>	<b>511</b>