CONTENTS

A Relativity and gravity 1
A.1 Why is classical Newtonian gravity insufficient? . . . 1
A.2 What would be the most general classical theory of gravity? . . . 2
A.3 Lorentz-geometry . . . 5
A.3.1 Affine transformations: 2 possibilities . . . 5
A.3.2 Lie-groups and the generation of the Lorentz-group . . . 9
A.4 Relativistic motion through spacetime . . . 10
A.4.1 Variational principles for relativistic mechanics . . . 10
A.4.2 Legendre-transforms and Hamilton-functions . . . 13
A.4.3 Non-relativistic motion in weak gravitational potentials . . . 15
A.4.4 Photon propagation on the Lorentzian spacetime . . . 17
A.4.5 Photon propagation through weak gravitational fields . . . 18

B Metric and differential structure of spacetime 21
B.1 Metric structure of manifolds and coordinate transforms . . . 21
B.2 Locally Minkowskian structure and the equivalence principle . . . 24
B.3 Vectors and fields on manifolds . . . 25
B.4 Differential structure of manifolds . . . 26
B.4.1 Parallel transport . . . 26
B.4.2 Covariant derivatives . . . 26
B.4.3 Levi-Civita connections . . . 28
B.5 Geodesics . . . 31
B.5.1 Geodesics as autoparallel curves . . . 31
B.5.2 Geodesic motion through a variational principle . . . 35
B.6 Equivalence and the relativistic origin of Newton's axioms . . . 39
B.7 Geodesic deviation, curvature and gravity . . . 41
B.8 Raychaudhuri's equation for geodesic congruences . . . 43
B.9 Lie-differentiation and symmetries on manifolds . . . 44
B.9.1 Lie-derivatives . . . 44
B.9.2 Isometries and Killing-vectors . . . 46
B.9.3 Killing equation . . . 46
B.9.4 Conservation along time-like geodesics . . . 48

C Geometric structure of spacetime and curvature 49
C.1 Riemann curvature tensor . . . 49
C.1.1 Non-commuting parallel transport . . . 49
C.1.2 Non-commuting shifts . . . 50
C.1.3 Non-commuting covariant derivatives . . . 51
C.1.4 Tensors derived from the Riemann-curvature . . . 52
C.1.5 What happens to vectors in parallel transport? . . . 54
C.2 Tensors, tensor densities and integration on manifolds . . . 57
C.2.1 Invariant volume elements and covolumes . . . 57
C.2.2 Covariant divergences . . . 58
C.2.3 Divergences and applications in physics . . . 59
C.2.4 Scalar, vector and tensor densities . . . 61
C.2.5 Integration on manifolds and the Gauß-theorem . . . 63
C.2.6 Covariant differentiation of tensor densities . . . 65
C.3 Lie-differentiation and tensor densities . . . 66
C.3.1 Conformal Killing fields . . . 66

C.3.2 Conservation along null-geodesics 67

D Sources of the gravitational field 69
D.1 Gravity and matter 69
D.2 (Relativistic) fluids as sources of gravity 70
D.3 Fields as sources of gravity 73

E Gravitational field equation 77
E.1 What should be realised in a gravitational field equation? 77
E.2 Construction of the field equation 77
E.3 Ricci- and Weyl-curvature 79
E.4 Curvature invariants 80
E.5 Weak and static gravity 80
E.6 Weyl-curvature 81
E.7 Raychaudhuri-equation 84
E.8 Nonlinearity and locality 86

F Black holes 89
F.1 Schwarzschild black holes 89
F.2 Birkhoff's theorem 93
F.3 Conformal scaling of the Schwarzschild solution 93
F.4 Coordinate singularity at the Schwarzschild radius 95
F.5 Painlevé-Gullstrand-coordinates 96
F.6 Propagation of fields on a curved spacetime 97
F.7 Causal structure of black holes 99
F.8 Kruskal-coordinates 101
F.9 Reissner-Nordström black holes 104
F.10 Escape from a black hole 108

G Friedmann-universes 111
G.1 Friedmann-Lemaître-Robertson-Walker cosmologies 111
G.2 FLRW-cosmologies and their Ricci-curvature 112
G.3 Conformal flatness of FLRW-cosmologies 113
G.4 Spatial curvature of FLRW-cosmologies 114
G.5 Cosmological redshift 115
G.6 Cosmological horizons and causal structure 116
G.7 Friedmann-equations 117
G.8 Cosmological constant Λ 121
G.9 Size and age of FLRW-universes 122
G.10 Quintessence: dynamical fluids with varying w 123

H Weak field gravity and gravitational waves 127
H.1 Weak field gravity and gravitational waves 127
H.2 Nonlinearities in the field equation 127
H.3 Gauging of the metric 128
H.4 Linearised gravitational field equation 129
H.5 Vacuum solutions of the linearised field equation 131
H.6 Stationary sources and gravitomagnetism 133
H.7 Wave equation and Lorenz-gauge condition 134
H.8 Plane gravitational waves in traceless transverse gauge 135
H.9 Huygens' principle and elementary waves 136

I Gravity from a variational principle 143
I.1 Variational principles for particles and fields 143
I.2 Variational principles on manifolds 145
I.3 Gauge transformations on manifolds and source terms 147
I.4 Invariant volume elements 148
I.5 Einstein-Hilbert: gravity from a variational principle 149
I.6 Palatini-variation: metric $g_{\mu\nu}$ and connection $\Gamma^{\alpha}_{\ \mu\nu}$ 152
I.7 Coupling to matter through the energy momentum tensor 153
I.8 Dynamics of the energy-momentum tensor 154

Z Mathematical supplement 157
Z.1 Connection coefficients are not tensors 157
Z.2 Algebraic Bianchi-identity 158
Z.3 Differential Bianchi-identity 159
Z.4 Metric compatibility of the inverse metric 160
Z.5 Projection operators 160
Z.6 Commutativity of Lie-derivatives 162
Z.7 Relation between covariant derivatives and Lie-derivatives 162