

### Lecture 3: Some recap from GR

We will eventually discuss the FLRW models within GR.

↓

F : Alexander Friedmann (1888-1925)

L : Georges Lemaitre (1894-1966)

R : Howard Robertson (1903-1961)

W : Arthur Walker (1909-2001)

The idea of an expanding universe is essentially due to Lemaitre (1927); the essential observations were made by Hubble in 1929.

Let us recall a few facts from Special and General Relativity (SR and GR).

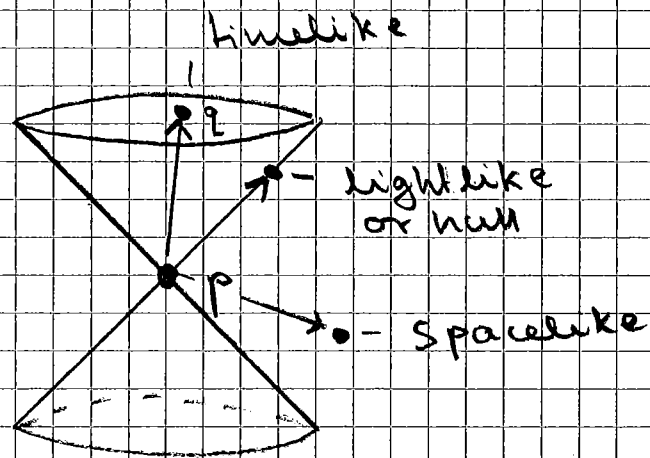
In SR, Space time is Minkowski

Space : A 4-d affine Space

whose vector space has a symmetric, non-deg. bilinear form  $\eta$  of signature  $(+, -, -, -)$ . In diagonalising basis:

$$\eta(e_\alpha, e_\beta) = \eta_{\alpha\beta} = \text{diag}(1, -1, -1, -1) \quad (3.1)$$

$\eta$  gives Space time a causal structure



(3.2)

$q$  is timelike, lightlike, or spacelike separated relative to  $p$  according to  $\|q-p\|_{\eta}^2 := \eta(q-p, q-p)$  being positive, zero or negative:

$$(q-p) = \begin{cases} \text{timelike} \\ \text{lightlike} \\ \text{spacelike} \end{cases} \Leftrightarrow$$

$$\eta(q-p, q-p) = \begin{cases} > 0 \\ = 0 \\ < 0 \end{cases}$$

(3.3)

$q$  and  $p$  are causally connected iff  $(q-p)$  is non-spacelike.  
Two subsets  $S_1, S_2 \subset M^4$  are causally disjoint if  $\eta(p_1-p_2, p_1-p_2) < 0 \forall p_1 \in M_1, p_2 \in M_2$ .

If  $\lambda \mapsto Z(\lambda) \in M^4$  is a differentiable curve in space-time, it is called timelike, lightlike or spacelike according to  $\dot{Z}(\lambda)$  being that:

$$\eta_{\alpha\beta} \dot{Z}^\alpha \dot{Z}^\beta = \begin{cases} > 0 & \text{timelike} \\ = 0 & \text{lightlike} \\ < 0 & \text{spacelike} \end{cases} \quad (3.4)$$

For timelike or spacelike curves we can define a length functional:

$$L[Z] := \int d\lambda \left| \eta(\dot{Z}, \dot{Z}) \right|^{1/2} \quad (3.5)$$

The so-called energy functional exists for all curves

$$E[Z] := \int d\lambda \eta(\dot{Z}, \dot{Z}) \quad (3.6)$$

The length-functional is reparametrization invariant, but the energy functional is not.

In GR we generalise  $\eta$  to a space-time dependent metric  $g$

$$\begin{array}{ccc} \text{SR} & \longrightarrow & \text{GR} \\ \eta_{\alpha\beta} & \longrightarrow & g_{\alpha\beta}(x^\alpha) \end{array} \quad (3.7)$$

The ten components  $g_{\alpha\beta}(x^\alpha)$  obey 10 non-linear partial differential equations

$$\begin{array}{ccc} \nabla_\alpha g_{\alpha\beta} - \frac{1}{2} g_{\alpha\beta} \nabla_\gamma g^{\gamma\delta} = \kappa T_{\alpha\beta} & & (3.8) \\ \downarrow & & \downarrow \\ \text{Einstein} & & \text{Energy -} \\ \text{Tensor} & & \text{Momentum Tensor} \end{array}$$

$$T_{\alpha\beta} = \begin{pmatrix} W & | & c \vec{G}^\alpha \\ \hline c \vec{S}^\alpha & | & \Sigma_{\alpha\beta} \end{pmatrix} \quad (3.9)$$

$W$  = energy-density

$\vec{S}^\alpha$  = energy-current density

$\vec{G}^\alpha$  = momentum density

$\Sigma_{\alpha\beta}$  = momentum current density

$$\kappa = 8\pi G / c^4 \quad (3.10)$$

We have

$$G_{\alpha\beta} = R_{\alpha\beta} - \frac{1}{2} g_{\alpha\beta} R \quad (3.11)$$

$$R := g^{\alpha\beta} R_{\alpha\beta} \quad (3.12)$$

where

$$R_{\alpha\beta} := R^{\lambda}{}_{\alpha\lambda\beta} \quad (3.13)$$

$\uparrow$  Ricci Tensor                       $\uparrow$  Riemann Tensor

and

$$R^{\alpha}{}_{\beta\mu\nu} := \partial_{\mu} \Gamma^{\alpha}{}_{\nu\beta} - \partial_{\nu} \Gamma^{\alpha}{}_{\mu\beta} + \Gamma^{\alpha}{}_{\mu\gamma} \Gamma^{\gamma}{}_{\nu\beta} - \Gamma^{\alpha}{}_{\nu\gamma} \Gamma^{\gamma}{}_{\mu\beta} \quad (3.14)$$

and

$$\Gamma^{\lambda}{}_{\alpha\beta} := \frac{1}{2} g^{\lambda\gamma} (-g_{\alpha\beta,\gamma} + g_{\gamma\alpha,\beta} + g_{\beta\gamma,\alpha}) \quad (3.15)$$

$\uparrow$  Christoffel Symbols

Again we have an "energy functional"

$$E[Z] = \int d\lambda g_{\alpha\beta}(Z(\lambda)) \dot{Z}^\alpha(\lambda) \dot{Z}^\beta(\lambda) \quad (3.16)$$

the Euler-Lagrange equations of which are

$$\ddot{Z}^\alpha(\lambda) + \Gamma_{\beta\gamma}^\alpha(Z(\lambda)) \dot{Z}^\beta(\lambda) \dot{Z}^\gamma(\lambda) = 0 \quad (3.17)$$

("geodesic equation")

Solutions obey ( $k = \text{const.}$ )

$$g_{\alpha\beta}(Z(\lambda)) \dot{Z}^\alpha(\lambda) \dot{Z}^\beta(\lambda) = k \quad (3.18)$$

with

$$k \begin{cases} > 0 & \text{timelike geodesic} \\ = 0 & \text{lightlike geodesic} \\ < 0 & \text{spacelike geodesic} \end{cases} \quad (3.19)$$

Freely falling massive particles describe timelike geodesics, light rays lightlike geodesics.

If instead of  $\lambda$  we use a different parameter

$$\sigma = \sigma(\lambda) \quad (3.20)$$

then

$$\frac{d}{d\lambda} = \dot{\sigma} \frac{d}{d\sigma}, \quad (3.21a)$$

$$\frac{d^2}{d\lambda^2} = (\dot{\sigma}')^2 \frac{d^2}{d\sigma^2} + \ddot{\sigma} \frac{d}{d\sigma}. \quad (3.21b)$$

(3.17) becomes ( $\dot{Z}'^\alpha = dZ^\alpha/d\sigma$  etc)

$$\ddot{\sigma} Z'^\alpha + \dot{\sigma}^2 Z''^\alpha + \dot{\sigma}^2 \Gamma_{\beta\gamma}^\alpha Z'^\beta Z'^\gamma = 0,$$

or equivalently

$$Z''^\alpha + \Gamma_{\beta\gamma}^\alpha Z'^\beta Z'^\gamma = -\frac{\ddot{\sigma}}{\dot{\sigma}^2} Z'^\alpha. \quad (3.22)$$

(3.18) becomes

$$g_{\alpha\beta} Z'^\alpha Z'^\beta = k / \dot{\sigma}^2. \quad (3.23)$$

Hence equation (3.17) remains invariant (with a zero on the r.h.s) under reparametrisations with

$$\ddot{\sigma} = 0 \iff \sigma(\lambda) = a\lambda + b \quad (3.24)$$

$a \in \mathbb{R} - \{0\}, b \in \mathbb{R}$

For those the r.h.s of (3.23) becomes

$$\tilde{k} := k/\dot{\sigma}^2 = k/a^2 \quad (3.25)$$

Reparametrisations of the form (3.24) are called affine. Hence (3.17) and (3.18) are invariant under affine reparametrisations

For timelike ( $k > 0$ ) and spacelike ( $k < 0$ ) geodesics there is a preferred subset of parameters within the affine equivalence class, namely those for which  $\tilde{k} = \pm 1$ , i.e.  $a = \sqrt{|k|}$ . They are determined up to additive constants  $\tilde{k} \rightarrow \tilde{k} + b$ . These parameters are called "arc length". If  $\lambda$  was such a parameter, i.e. if

$$g_{\alpha\beta}(z(\lambda)) \dot{z}^\alpha(\lambda) \dot{z}^\beta(\lambda) = \pm 1 \quad (3.26)$$

Then

$$\begin{aligned} l[z] &= \int_{\lambda_0}^{\lambda_1} d\lambda \sqrt{|g_{\alpha\beta} \dot{z}^\alpha \dot{z}^\beta|}^{1/2} \\ &= (\lambda_1 - \lambda_0) \end{aligned} \quad (3.27)$$



Hence  $\lambda$  corresponds to the arc-length as measured with respect to the metric  $g$ . For lightlike geodesics no such interpretation is possible and no preferred subset within the affine equivalence class of parameters exists. The parameters  $\lambda$  for which  $Z(\lambda)$  satisfies the geodesic equation (3.17) are called affine parameters

Summary: The geodesic equation for a curve  $\lambda \mapsto Z(\lambda)$  selects a preferred set of parameters, called the affine parameters. This set is acted upon by the affine group  $\mathbb{R} \times \mathbb{R}^*$ , where  $\mathbb{R}^* := \mathbb{R} - \{0\}$ , with  $(b, a) \in \mathbb{R} \times \mathbb{R}^*$  acting on  $\lambda \in \mathbb{R}$  like

$$(b, a) \lambda := a \lambda + b \quad (3.28)$$

hence

$$\begin{aligned} (b', a') (b, a) \lambda &= (b', a') (a \lambda + b) \\ &= a' (a \lambda + b) + b' = a' a \lambda + a' b + b' \\ &= (b' + a' b, a' a) \lambda \end{aligned} \quad (3.29)$$

The affine group multiplication is

$$(b', a') (b, a) = (b' + a' b, a' a) \quad (3.30)$$

The action of  $\mathbb{R} \times \mathbb{R}^*$  on the set of allowed parameters is simply transitive, i.e. each allowed parameter can be obtained from a given one by exactly one  $(b, a)$ .

For timelike and spacelike geodesics the set of affine parameters contains the subset of arc lengths, which are such that

$$|g_{\alpha\beta} \dot{z}^\alpha \dot{z}^\beta| = 1 \quad (3.31)$$

For lightlike geodesics we have

$$g_{\alpha\beta} \dot{z}^\alpha \dot{z}^\beta = 0 \quad (3.32)$$

and no concept of arc length exists. But the affine equivalence class of preferred parameters (within the much bigger set of all curve-parameters) does exist.

Given the  $\Gamma_{\beta\gamma}^{\alpha}$ , we can define covariant derivatives of tensor-fields:

$$\text{Scalar : } \nabla_{\mu} \phi = \partial_{\mu} \phi \quad (3.33)$$

$$\text{Vector : } \nabla_{\mu} V^{\alpha} = \partial_{\mu} V^{\alpha} + \Gamma_{\mu\beta}^{\alpha} V^{\beta} \quad (3.34)$$

$$\text{Co-Vector : } \nabla_{\mu} V_{\alpha} = \partial_{\mu} V_{\alpha} - \Gamma_{\mu\alpha}^{\beta} V_{\beta} \quad (3.35)$$

$$\text{Tensor : } \nabla_{\mu} T_{\beta}^{\alpha} = \partial_{\mu} T_{\beta}^{\alpha} + \Gamma_{\mu\gamma}^{\alpha} T_{\beta}^{\gamma} - \Gamma_{\mu\beta}^{\gamma} T_{\gamma}^{\alpha} \quad (3.36)$$

In general

$$\begin{aligned} & \nabla_{\mu} T_{\beta_1 \dots \beta_q}^{\alpha_1 \dots \alpha_p} \\ &= \partial_{\mu} T_{\beta_1 \dots \beta_q}^{\alpha_1 \dots \alpha_p} \\ &+ \sum_{i=1}^p \Gamma_{\mu\lambda}^{\alpha_i} T_{\beta_1 \dots \beta_q}^{\alpha_1 \dots \alpha_{i-1} \lambda \alpha_{i+1} \dots \alpha_p} \\ &- \sum_{i=1}^q \Gamma_{\mu\beta_i}^{\lambda} T_{\beta_1 \dots \beta_{i-1} \lambda \beta_{i+1} \dots \beta_q}^{\alpha_1 \dots \alpha_p} \end{aligned} \quad (3.37)$$

It follows

$$\begin{aligned}\nabla_{\mu} g_{\alpha\beta} &= \partial_{\mu} g_{\alpha\beta} - \Gamma_{\mu\alpha}^{\gamma} g_{\gamma\beta} \\ &\quad - \Gamma_{\mu\beta}^{\gamma} g_{\alpha\gamma} \\ &= 0\end{aligned}$$

(3.38a)

Likewise

$$\nabla_{\mu} g^{\alpha\beta} = 0$$

(3.38b)

The metric is covariantly constant.

There is an identity

$$\nabla^{\alpha} G_{\alpha\beta} = 0$$

(3.38c)

(twice contracted 2nd Bianchi-Id.)

From Einstein Equations

$$G_{\alpha\beta} - \Lambda g_{\alpha\beta} = \kappa T_{\alpha\beta}$$

(3.38d)

$$\leadsto \nabla^{\alpha} T_{\alpha\beta} = 0$$

(3.38e)

(Integrability Equations)

The Lie-derivative of a tensor field  $T$  w.r.t. a vector field  $X$  is

$$\begin{aligned}
 (L_X T)_{\beta_1 \dots \beta_q}^{\alpha_1 \dots \alpha_p} &= X^\mu \partial_\mu T_{\beta_1 \dots \beta_q}^{\alpha_1 \dots \alpha_p} \\
 &\quad - \sum_{i=1}^p X_{\lambda}^{\alpha_i} T_{\beta_1 \dots \beta_q}^{\alpha_1 \dots \alpha_{i-1} \lambda \alpha_{i+1} \dots \alpha_p} \\
 &\quad + \sum_{i=1}^q X_{\lambda}^{\beta_i} T_{\beta_1 \dots \beta_{i-1} \lambda \beta_{i+1} \dots \beta_q}^{\alpha_1 \dots \alpha_p} \quad (3.39)
 \end{aligned}$$

$$\begin{aligned}
 &= X^\mu \nabla_\mu T_{\beta_1 \dots \beta_q}^{\alpha_1 \dots \alpha_p} \\
 &\quad - \sum_{i=1}^p \nabla_\lambda X^{\alpha_i} T_{\beta_1 \dots \beta_q}^{\alpha_1 \dots \alpha_{i-1} \lambda \alpha_{i+1} \dots \alpha_p} \\
 &\quad + \sum_{i=1}^q \nabla_{\beta_i} X^\lambda T_{\beta_1 \dots \beta_{i-1} \lambda \beta_{i+1} \dots \beta_q}^{\alpha_1 \dots \alpha_p} \quad (3.40)
 \end{aligned}$$

In the first set of expressions we set

$$X^{\alpha_i}, \beta_i := \frac{\partial X^{\alpha_i}}{\partial x^{\beta_i}}. \quad (3.41)$$

For example, the Lie derivative of the metric  $g$  is

$$\begin{aligned}
 (L_X g)_{\alpha\beta} &= X^\mu \partial_\mu g_{\alpha\beta} \\
 &\quad - X^\lambda{}_{,\alpha} g_{\lambda\beta} - X^\lambda{}_{,\beta} g_{\alpha\lambda} \\
 &= X^\mu \nabla_\mu g_{\alpha\beta} \\
 &\quad - (\nabla_\alpha X^\lambda) g_{\lambda\beta} - (\nabla_\beta X^\lambda) g_{\alpha\lambda} \\
 &= -\nabla_\alpha X_\beta - \nabla_\beta X_\alpha
 \end{aligned} \tag{3.42}$$

Definition A vector field  $X$  is called a Killing field for the metric  $g$  iff

$$L_X g = 0 \tag{3.43}$$

Lemma The set of Killing fields for a given metric  $g$  is a vector space

Proof:  $L_{X_1} g = L_{X_2} g = 0$

$$\Rightarrow L_{X_1 + aX_2} g = 0, \quad a \in \mathbb{R}.$$

Theorem: Let  $(M, g)$  be a metric manifold of dimension  $n \geq 2$ .  
 Metric means that  $g$  is a field of symmetric non-degenerate bilinear forms of any signature. Then the vector space of Killing fields is at most of dimension  $\frac{1}{2}n(n+1)$ .

Proof: We use the Killing equation

$$\nabla_\alpha X_\beta + \nabla_\beta X_\alpha = 0 \quad (3.43)$$

as well as the curvature relation

$$\nabla_\alpha \nabla_\beta X_\lambda - \nabla_\beta \nabla_\alpha X_\lambda = -R^\sigma{}_{\lambda\alpha\beta} X_\sigma \quad (3.44)$$

to prove a relation that allows to express the 2nd derivatives of  $X$  in terms of  $X$  itself. This relation is the following identity

$$\nabla_\alpha \nabla_\beta X_\gamma = R^\lambda{}_{\alpha\beta\gamma} X_\lambda \quad (3.45)$$

Hence all derivatives of  $X_\alpha(p)$ ,  $p \in M$ , are, in view of (3.43, 45), determined by the  $n$  values  $X_\alpha(p)$  and the  $\frac{1}{2}n(n-1)$  values  $(\nabla_\alpha X_\beta - \nabla_\beta X_\alpha)|_p$

$$\begin{aligned}
& \nabla_\alpha \nabla_\beta X_\gamma \\
&= -\nabla_\alpha \nabla_\gamma X_\beta \\
&= -\nabla_\gamma \nabla_\alpha X_\beta + R^\lambda{}_{\beta\alpha\gamma} X_\lambda \\
&= \nabla_\gamma \nabla_\beta X_\alpha + \text{"} \\
&= \nabla_\beta \nabla_\gamma X_\alpha + (-R^\lambda{}_{\alpha\gamma\beta} + R^\lambda{}_{\beta\alpha\gamma}) X_\lambda \\
&= -\nabla_\beta \nabla_\alpha X_\gamma + (\text{"}) \\
&= -\nabla_\alpha \nabla_\beta X_\gamma + (R^\lambda{}_{\gamma\beta\alpha} - R^\lambda{}_{\alpha\gamma\beta} \\
&\quad + R^\lambda{}_{\beta\alpha\gamma}) X_\lambda \\
& \text{(*)} \\
&= -\nabla_\alpha \nabla_\beta X_\gamma - 2R^\lambda{}_{\alpha\gamma\beta} X_\lambda \\
&= -\nabla_\alpha \nabla_\beta X_\gamma + 2R^\lambda{}_{\alpha\beta\gamma} X_\lambda
\end{aligned}$$

where at (\*) we used the first  
Bianchi-identity

$$R^\lambda{}_{\gamma\beta\alpha} + R^\lambda{}_{\beta\alpha\gamma} + R^\lambda{}_{\alpha\gamma\beta} = 0$$

This proves (3.45).

Since the  $n + \frac{1}{2}n(n-1) = \frac{1}{2}n(n+1)$   
values  $X_\alpha(p)$ ,  $(\nabla_\alpha X_\beta - \nabla_\beta X_\alpha)|_p$   
determines all derivatives at  $p$ ,  
the space of solutions of the linear  
equation (3.43) is at most  $\frac{1}{2}n(n+1)$  dim. ■



Suppose  $T_{\alpha\beta}$  satisfies Einstein Equation

$$G_{\alpha\beta} - \Lambda g_{\alpha\beta} = \kappa T_{\alpha\beta}$$

$$\text{so that } T_{\alpha\beta} = T(\alpha\beta) \quad (3.46a)$$

$$\text{and } \nabla_{\alpha} T^{\alpha\beta} = 0; \quad (3.46b)$$

and suppose further that  $K_{\alpha}$  are the components of a Killing vector field so that

$$\nabla_{(\alpha} K_{\beta)} := \frac{1}{2} (\nabla_{\alpha} K_{\beta} + \nabla_{\beta} K_{\alpha}) = 0.$$

Then

$$j^{\alpha} := T^{\alpha\beta} K_{\beta} \quad (3.47)$$

are the components of a "conserved" (i.e. divergenceless) current:

$$\begin{aligned} \nabla_{\alpha} j^{\alpha} &= \nabla_{\alpha} (T^{\alpha\beta} j_{\beta}) \\ &= (\nabla_{\alpha} T^{\alpha\beta}) j_{\beta} \\ &\quad + T^{\alpha\beta} \nabla_{\alpha} K_{\beta} \\ &= T^{\alpha\beta} \nabla_{(\alpha} K_{\beta)} \\ &= 0 \end{aligned} \quad (3.48)$$

Note

$$\nabla_\alpha J^\alpha = \partial_\alpha J^\alpha + \Gamma^\alpha_{\alpha\beta} J^\beta \quad (3.49)$$

Now,

$$\Gamma^\alpha_{\alpha\beta} = \frac{1}{2} g^{\alpha\gamma} (-\cancel{g_{\alpha\beta,\gamma}} + g_{\gamma\alpha,\beta} + \cancel{g_{\beta\gamma,\alpha}})$$

$$[\text{by symmetry of } g^{\alpha\gamma} = g^{\gamma\alpha}]$$

$$= \frac{1}{2} g^{\alpha\gamma} g_{\alpha\gamma,\beta}$$

$$= \frac{1}{2} \text{Trace} (g^{-1} g_{,\beta})$$

$$= \frac{1}{2} \frac{1}{\det(g)} \partial_\beta \det(g)$$

$$= \frac{1}{2} \partial_\beta \ln |\det(g)|$$

$$= \partial_\beta \ln (|\det(g)|^{1/2})$$

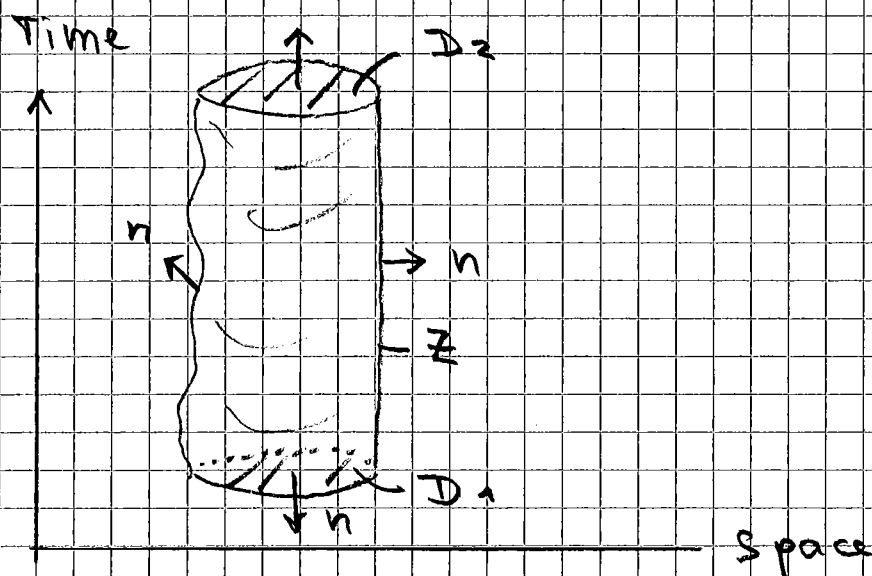
$$= \frac{1}{\sqrt{|\det(g)|}} \partial_\beta \sqrt{|\det(g)|}$$

$$\Rightarrow \nabla_\beta J^\beta = \frac{1}{\sqrt{g}} \partial_\beta (\sqrt{g} J^\beta) \quad (3.50)$$

## Stokes Theorem

$$0 = \int_{\Omega} \nabla_{\beta} J^{\beta} \sqrt{g} d^4 x$$

$$= \int_{\partial \Omega} (J^{\beta} n_{\beta}) \sqrt{g} d^3 x \quad (3.51)$$



$$\partial \Omega = D_1 \cup D_2 \cup Z$$

$$= -(-D_1) \cup D_2 \cup Z \quad (3.52)$$

$$\int_{D_2} (\dots) - \int_{D_1} (\dots) = - \int_Z (\dots) \quad (3.53)$$

$$(\dots) = J^{\beta} n_{\beta} \sqrt{g}$$

↔ The excess of what goes out at  $D_2$  to what comes in at  $D_1$  must have come in through  $Z$ .

## Stokes Theorem with forms

$$\text{Let } \underline{j} := j_\alpha dx^\alpha$$

be the current 1-form

$$\begin{aligned} * \underline{j} &= j_\alpha * dx^\alpha = \\ &= \frac{1}{3!} j^\alpha \varepsilon_{\alpha\beta\gamma} dx^\beta \wedge dx^\gamma \end{aligned}$$

$*$  = Hodge dual. Then

$$* d * \underline{j} = - \nabla_\alpha j^\alpha$$

and

$$0 = \int_{\Omega} d * \underline{j} = \int_{\partial \Omega} * \underline{j}$$

It is the 3-form  $* \underline{j}$  that is to be integrated over the 3-dim. boundary  $\partial \Omega$ .

If  $T^{\alpha\beta}$  is the energy momentum tensor of a perfect fluid characterized by

$$\rho: M \rightarrow \mathbb{R}_{>0} \quad (\text{rest-mass density}),$$

$$p: M \rightarrow \mathbb{R} \quad (\text{rest-frame pressure}),$$

$$u^\alpha \in ST_0^1(M) \quad (\text{four velocity of fluid}),$$

then

$$T^{\alpha\beta} = \rho u^\alpha u^\beta + p \underbrace{\left( \frac{u^\alpha u^\beta}{c^2} - g^{\alpha\beta} \right)}_{h^{\alpha\beta}}. \quad (3.54a)$$

$$= \left( \rho + \frac{p}{c^2} \right) u^\alpha u^\beta - p g^{\alpha\beta} \quad (3.54b)$$

Let  $\{e_0, e_a\} = \{e_\alpha\}$  be o.n. basis, such that

$$g(e_\alpha, e_\beta) = \eta_{\alpha\beta} \quad (3.55)$$

with  $e_0 = u/c$  (comoving),

$$\left. \begin{aligned} T_{00} &:= T(e_0, e_0) = c^2 \rho \\ T_{0a} &:= T(e_0, e_a) = 0 \\ T_{ab} &:= T(e_a, e_b) = p \delta_{ab} \end{aligned} \right\} (3.56)$$

$$\begin{aligned} \nabla_\alpha T^{\alpha\beta} &= u^\beta \nabla_\alpha \left[ \left( \rho + \frac{p}{c^2} \right) u^\alpha \right] \\ &\quad + \left( \rho + \frac{p}{c^2} \right) u^\alpha \nabla_\alpha u^\beta \\ &\quad - \nabla^\beta p \end{aligned} \quad (3.57)$$

Note  $u^\alpha \nabla_\alpha u^\beta = (\nabla_\mu u)^\beta = a^\beta$  (3.58)

and  $g(\mu, a) = u_\alpha a^\beta = 0$  (3.59)

since  $g(\mu, \mu) = c^2 \rightarrow$

$$\nabla_\mu g(\mu, \mu) = 2g(\mu, a) = 0. \quad (3.60)$$

$$\begin{aligned} \nabla_\alpha T^{\alpha\beta} &= \left\{ u \left( \nabla \cdot \left( \rho + \frac{p}{c^2} \right) u \right) \right. \\ &\quad + a \left( \rho + \frac{p}{c^2} \right) \\ &\quad \left. + (\nabla p)^\parallel - (\nabla p)^\perp \right\}^\beta \end{aligned} \quad (3.61)$$

where

$$\begin{aligned} [(\nabla p)^\parallel]^\beta &= \frac{1}{c^2} u^\beta u^\alpha \nabla_\alpha p \\ &= \frac{1}{c^2} u^\beta \dot{p} \end{aligned} \quad (3.62)$$

$$\begin{aligned} [(\nabla p)^\perp]^\beta &= \left( g^{\alpha\beta} - \frac{u^\alpha u^\beta}{c^2} \right) \nabla_\alpha p \\ &= -h^{\alpha\beta} \nabla_\alpha p \end{aligned} \quad (3.63)$$

Hence  $\nabla_\alpha T^{\alpha\beta} = 0$  is equivalent to

$$\nabla_\alpha \left( \left( \rho + \frac{p}{c^2} \right) u^\alpha \right) - \frac{1}{c^2} \dot{p} = 0$$

$$\text{or } \nabla_\alpha (\rho u^\alpha) + \frac{p}{c^2} \nabla_\alpha u^\alpha = 0 \quad (3.64a)$$

and

$$a^\alpha \left( \rho + \frac{p}{c^2} \right) = -h^{\alpha\beta} \nabla_\beta p \quad (3.64b)$$

The last equation is the relativistic Euler equation, generalising (1.21). Equation (3.64a) is almost a conservation for rest mass, which would be  $\nabla_\alpha (\rho u^\alpha) = 0$ , but has an additional  $c^{-2}$ -term  $\sim p \nabla_\alpha u^\alpha$  that accounts for the fact that a compression of the fluid under pressure  $p$  adds to its rest mass. (See GR-lecture SoSe 2020, Problem Sheet 3, Problem 1).