

Title: Strong Gravity

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Collection: Strong Gravity (2021/2022)

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Abstract: This course will introduce some advanced topics in general relativity related to describing gravity in the strong field and dynamical regime. Topics covered include properties of spinning black holes, black hole thermodynamics and energy extraction, how to define horizons in a dynamical setting, formulations of the Einstein equations as constraint and evolution equations, and gravitational waves and how they are sourced.

Ergospheres

$$\hat{t}^a = \left(\frac{\partial}{\partial t}\right)^a \ll$$

$$r=r_+ \quad \hat{t}^a \hat{t}_a = g_{tt} = \frac{a^2 \sin^2 \theta}{\Sigma} \geq 0$$

spacelike

null

$$\hat{t}^a \hat{t}_a = g_{tt} = 0$$

$$\Rightarrow \Delta_r = a^2 \sin^2 \theta$$

Ergospheres

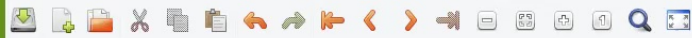
$$\hat{t}^a = \left(\frac{\partial}{\partial t}\right)^a \ll$$

$$r=r_+ \quad \hat{t}^a \hat{t}_a = g_{tt} = \frac{a^2 \sin^2 \theta}{\Sigma} \geq 0$$

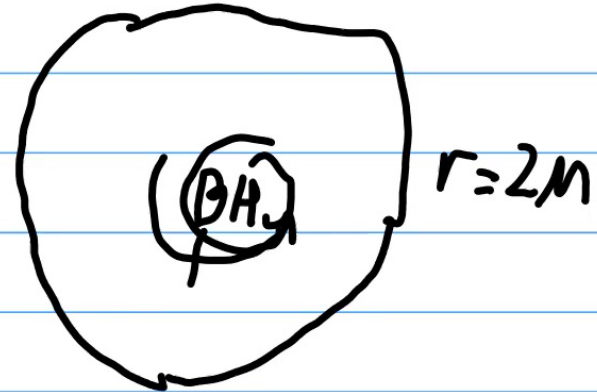
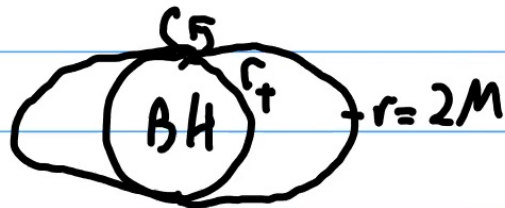
spacelike

null $\hat{t}^a \hat{t}_a = g_{tt} = 0$

$$\Rightarrow \Delta = a^2 \sin^2 \theta$$
$$r^2 + a^2 \cos^2 \theta - 2Mr = 0$$

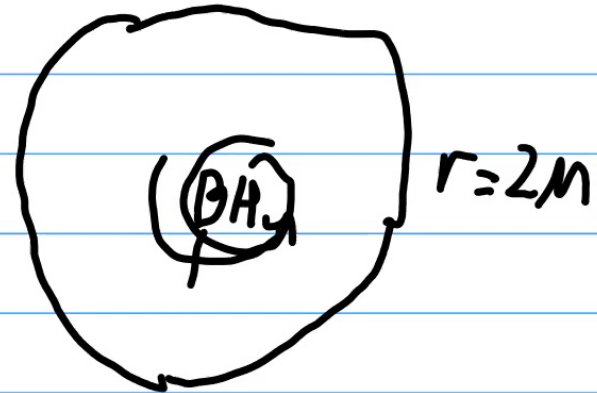
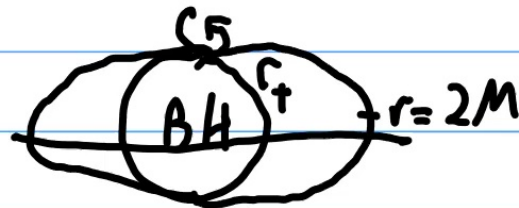


$$r^2 + a^2 \cos^2 \theta - 2Mr = 0$$





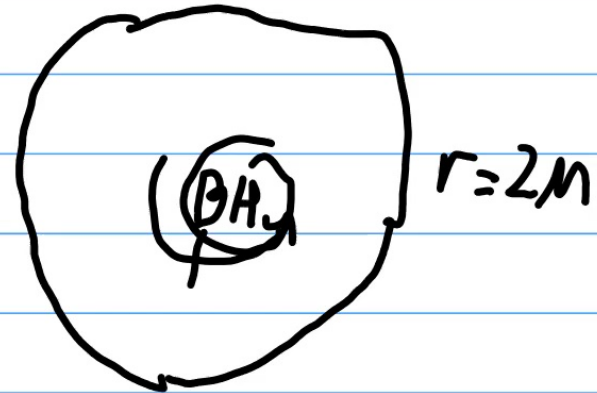
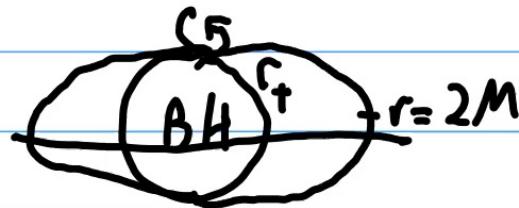
$$r^2 + a^2 \cos^2 \theta - 2Mr = 0$$



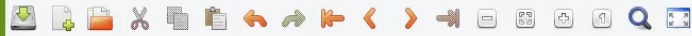
$$-1 = g_{ab} U^a U^b = g_{tt} (U^t)^2 + g_{rr} (U^r)^2 + g_{\theta\theta} (U^\theta)^2 + g_{\phi\phi} (U^\phi)^2 + 2 g_{t\phi} U^t U^\phi$$



$$r^2 + a^2 \cos^2 \theta - 2Mr = 0$$



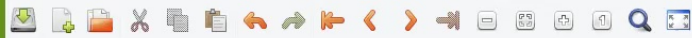
$$-1 = g_{ab} U^a U^b = (g_{tt} (U^t)^2 + g_{rr} (U^r)^2 + g_{\theta\theta} (U^\theta)^2 + g_{\phi\phi} (U^\phi)^2 + 2 g_{t\phi} U^t U^\phi) > 0$$



$$+2 g_{\mu\nu} u^\mu u^\nu$$

$$g^{\mu\nu} < 0 \quad \text{and} \quad u^\mu = \frac{dx^\mu}{d\tau} > 0$$

$$u^\mu = \frac{dx^\mu}{d\tau} > 0$$



$$g^{\dagger\phi} < 0 \quad \text{and} \quad v^{\dagger} = \frac{d^{\dagger}}{d\tau} > 0$$

$$v^{\phi} = \frac{d\phi}{d\tau} > 0$$

$$\chi^a = \alpha (\hat{f}^a + \Omega \hat{\phi}^a)$$

ZAMO $\hat{\phi}_a \chi^a = 0 \Rightarrow g_{\phi t} +$



$$v^\phi = \frac{d\phi}{d\tau} > 0$$

$$\chi^a = \alpha (\hat{t}^a + \Omega \hat{\phi}^a)$$

ZAMO $\hat{\phi}_a \chi^a = 0 \Rightarrow g_{\phi t} + g_{\phi\phi} \Omega = 0$

$$\frac{d\phi}{dt} = \Omega = \frac{-g_{t\phi}}{g_{\phi\phi}}$$



$$\chi^a = \alpha (\hat{t}^a + \Omega \hat{\phi}^a)$$

$$\text{ZAMO} \quad \hat{\phi}_a \chi^a = 0 \Rightarrow g_{\phi t} + g_{\phi\phi} \Omega = 0$$

$$\frac{d\phi}{dt} = \Omega = \frac{-g_{t\phi}}{g_{\phi\phi}}$$

$$r \rightarrow r_+ \quad \Omega = \frac{\bar{a}}{2r_+} := \Omega_H$$

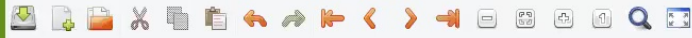
$$\bar{\chi}^a = \hat{t}_a + \Omega_H \hat{\phi}^a$$



$$\begin{aligned}
 & \text{at} \\
 & r \rightarrow r_+ \quad \Omega = \frac{\bar{a}}{2r_+} \quad \Omega_H \\
 & \tilde{\chi}^a = \hat{t}_a + \Omega_H \hat{\phi}^a
 \end{aligned}$$

$$\begin{aligned}
 & \Omega_H \quad \text{For } \bar{a} \ll 1 \quad r_+ = (2 - \frac{1}{2} \bar{a}^2) M \\
 & \quad \quad \quad \Omega_H \approx \bar{a} / 4M \\
 & \text{For } \bar{a} = 1 - \epsilon \quad r_+ = (1 + \sqrt{2} \epsilon) M \\
 & \quad \quad \quad \Omega_H = \frac{1 - \sqrt{2} \epsilon}{2M}
 \end{aligned}$$

$$R_H = 1 - \frac{1}{1 - 2\alpha}$$



Ergospheres

$$\dot{r}^a = \left(\frac{2}{2t}\right)^a \ll$$



$$\Omega_H \approx \bar{a}/4M$$

For $\bar{a} = 1 - \epsilon$

$$r_+ = (1 + \sqrt{2}\epsilon)M$$

$$\Omega_H = \frac{1 - \sqrt{2}\epsilon}{2M}$$

Geodesics on Kerr

I

Geodesics on Kerr

Geodesic Eqn. $U^a \nabla_a U^b = 0$

$$U^a = \frac{dx^a}{d\tau}$$

↑
proper
time

$$\frac{d^2 x^a}{d\tau^2} + \Gamma^a_{bc} \frac{dx^b}{d\tau} \frac{dx^c}{d\tau} = 0$$



Geodesic Eqn. $U^\mu U_\mu = -1$

τ
proper
time

$$\frac{d^2 x^\mu}{d\tau^2} + \Gamma^\mu_{bc} \frac{dx^b}{d\tau} \frac{dx^c}{d\tau} = 0$$

Constants: $\hat{E} = \gamma_a U^a$



$$\frac{d^2 x^a}{d\tau^2} + \Gamma_{bc}^a \frac{dx^b}{d\tau} \frac{dx^c}{d\tau} = 0$$

Constants: $\hat{E} = -\dot{t}_a U^a = -U_t$
 $= -(g_{tt} U^t + g_{tp} U^p)$

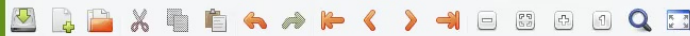


Constants: $\hat{E} = \hat{t}_a U^a = -U_t$
 $= -(g_{tt} U^t + g_{t\phi} U^\phi)$

$$= \left(1 - \frac{2Mr}{\Sigma}\right) \frac{dt}{d\tau} + \frac{2Mar \sin^2\theta}{\Sigma} \frac{d\phi}{d\tau}$$

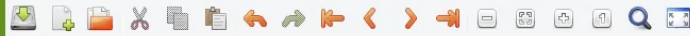
$$\hat{J} = \hat{\phi}^a U_a = U_\phi = g_{\phi\phi} U^\phi + g_{t\phi} U^t$$

$$= (r^2 + a^2) \frac{d\phi}{d\tau}$$



$$= \left(1 - \frac{2Mr}{\Sigma}\right) \frac{dt}{d\tau} + \frac{2Mar \sin^2\theta}{\Sigma} \frac{d\phi}{d\tau}$$

$$\begin{aligned} \tilde{J} &= \hat{\phi}^a U_a = U_\phi = g_{\phi\phi} U^\phi + g_{t\phi} U^t \\ &= \frac{(r^2 + a^2) \sin^2\theta - \Delta a^2 \sin^2\theta}{\Sigma} \sin^2\theta \frac{d\phi}{d\tau} \\ &\quad - \frac{2Mar \sin^2\theta}{\Sigma} \frac{dt}{d\tau} \end{aligned}$$



$$C = K_{ab} U^a U^b$$

Restrict to $\Theta = \frac{\pi}{2}$ $U^\theta = 0 = U_\theta$
Equatorial geo.

$$-1 = g^{ab} U_a U_b = g_{tt} \hat{E}^2 + g_{rr} (U_r)^2 + g_{\phi\phi} \frac{\omega^2}{r^2}$$



$$C = K_{ab} U^a U^b$$

Restrict to $\Theta = \frac{\pi}{2}$ $U^\Theta = 0 = U_\Theta$
Equatorial geo.

$$-1 = g^{ab} U_a U_b = g_{tt} \tilde{E}^2 + g_{rr} (U_r)^2 + g_{\phi\phi} \tilde{J}^2 - 2g^{t\phi} \tilde{E} \tilde{J}$$

$$U_r = g_{rr} U^r = \frac{r^2}{\Delta} \frac{dr}{dt}$$



$$\theta = \frac{\pi}{2}$$

$$g_{tt} = -\frac{((r^2 + a^2)^2 - a^2 \Delta)}{\Delta r^2}$$

$$g_{rr} = \frac{\Delta}{r^2}$$

$$g_{\phi\phi} = \Delta - a^2$$



Equatorial gev.

$$\begin{aligned}
 (*) \quad -1 &= g^{ab} u_a u_b = g^{tt} \tilde{E}^2 + g^{rr} (u_r)^2 + g^{\phi\phi} \tilde{J}^2 \\
 &\quad - 2g^{t\phi} \tilde{E} \tilde{J} \\
 u_r &= g_{rr} u^r = \frac{r^2}{\Delta} \frac{dr}{dt}
 \end{aligned}$$

$$\theta = \frac{\pi}{2}$$

$$g^{tt} = \frac{-((r^2 + a^2)^2 - a^2 \Delta)}{\Delta r^2}$$



$$g^{rr} = \frac{\Delta}{r^2} \Delta r^2$$

$$g^{\phi\phi} = \frac{\Delta - a^2}{\Delta r^2}, \quad g^{t\phi} = -\frac{2Ma}{\Delta r}$$

$$(*) \Rightarrow -E = \frac{\Delta}{r^2} v_r^2 + \frac{a^2 \Delta - (r^2 + a^2)^2}{\Delta r^2} \tilde{E}^2 + \left(\frac{\Delta - a^2}{\Delta r} \right) \tilde{J}^2 + \frac{4Ma}{r}$$



$$g^{rr} = \frac{\Delta}{r^2} \Delta r^2$$

$$g^{\phi\phi} = \frac{\Delta - a^2}{\Delta r^2}, \quad g^{t\phi} = -\frac{2Ma}{\Delta r}$$

$$(*) \Rightarrow -1 = \frac{\Delta}{r^2} v_r^2 + \frac{a^2 \Delta - (r^2 + a^2)^2}{\Delta r^2} \tilde{E}^2 + \left(\frac{\Delta - a^2}{\Delta r} \right) \tilde{J}^2 + \frac{4Ma}{\Delta r}$$



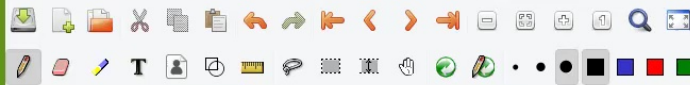
$$+ \left(\frac{\Delta - a^2}{\Delta r} \right) \frac{\Delta r^2}{J^2} + \frac{4Ma}{\Delta r} \hat{E} \hat{J}$$

$$-\Delta^2 U r^2 = (1 - \hat{E}^2) r^4 - 2Mr^3 + \left[a^2 (1 - \hat{E}^2) + \hat{J}^2 \right] r^2 - 2M(a \hat{E} - \hat{J}) r$$



$$+ \left(\frac{\Delta \tilde{a}^2}{\Delta r} \right) \tilde{J}^2 + \frac{4Ma}{\Delta r} \tilde{E} \tilde{J}$$

$$\begin{aligned}
 -\Delta^2 U r^2 &= (1 - \tilde{E}^2) r^4 - 2Mr^3 \\
 &\quad + \left[a^2 (1 - \tilde{E}^2) + \tilde{J}^2 \right] r^2 \\
 &\quad - 2M(a\tilde{E} - \tilde{J})r \\
 &\quad \stackrel{\sim r^4}{\uparrow} \\
 &:= V(\tilde{E}, \tilde{J}, r)
 \end{aligned}$$



$$+ \left(\frac{\Delta \tilde{a}^2}{\Delta r} \right) \tilde{J}^2 + \frac{4Ma}{\Delta r} \tilde{E} \tilde{J}$$

$$\begin{aligned}
 -\Delta^2 U_r^2 &= (1 - \tilde{E}^2) r^4 - 2Mr^3 \\
 &\quad + \left[a^2 (1 - \tilde{E}^2) + \tilde{J}^2 \right] r^2 \\
 &\quad - 2M(a\tilde{E} - \tilde{J})r \\
 &\quad \stackrel{\sim r^4}{\uparrow} \\
 &:= V(\tilde{E}, \tilde{J}, r)
 \end{aligned}$$

Turning points ($\dot{r}=0$) when $V=0$

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Δr Δr

(**)

$$-\Delta^2 U_r^2 = (1 - \tilde{E}^2) r^4 - 2Mr^3 + \left[a^2 (1 - \tilde{E}^2) + \tilde{J}^2 \right] r^2 - 2M(a\tilde{E} - \tilde{J})r$$

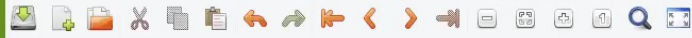
$\uparrow$
 $\sim r^4$

$$:= V(\tilde{E}, \tilde{J}, r)$$

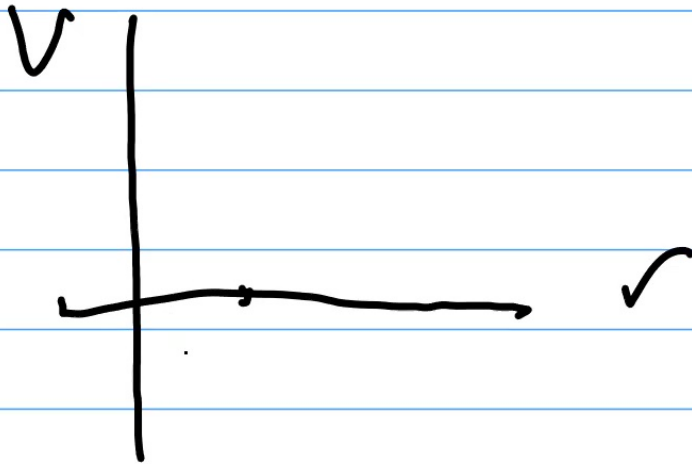
Turning points ($\dot{r}=0$) when $V=0$

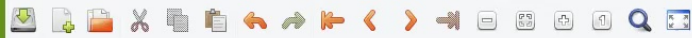
$$\tilde{E} < 1 \quad \text{for } r \rightarrow \infty$$

$$V(r) \rightarrow (1 - \tilde{E}^2) r^4 \rightarrow \infty$$

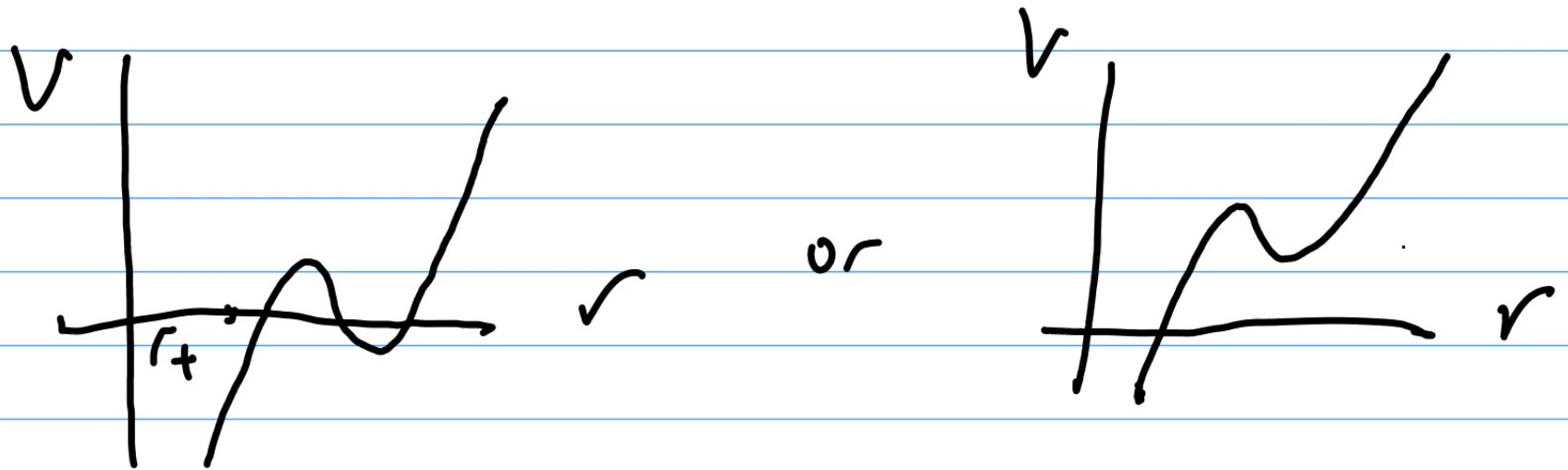


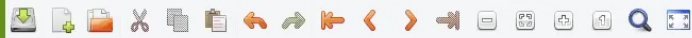
$$V(r_+) = - (2Mr_+ \tilde{E} - a \tilde{J})^2 \leq 0$$



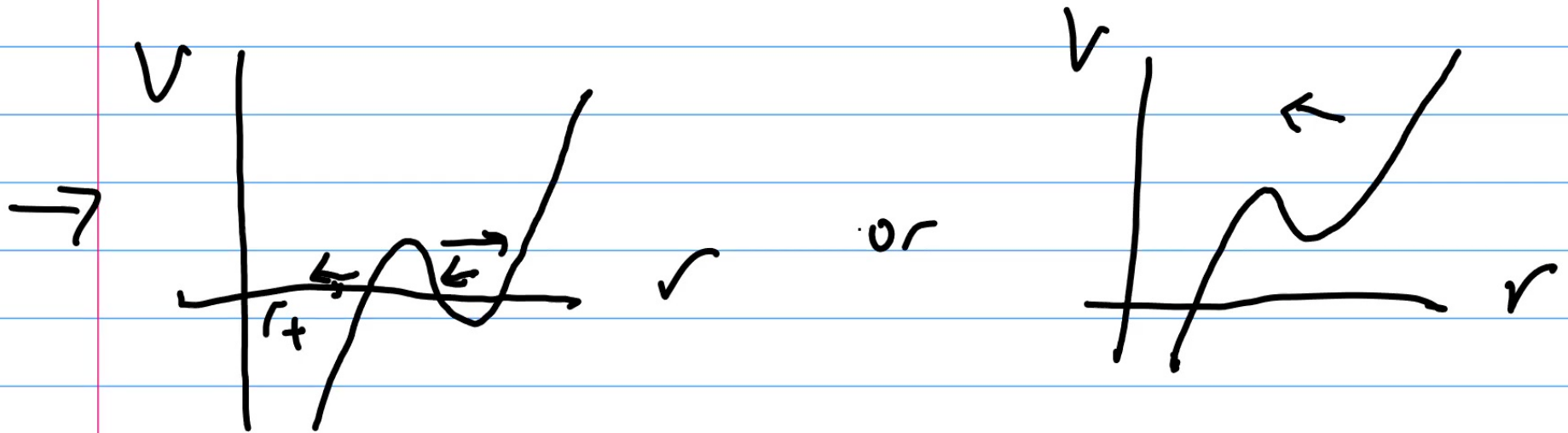


$$V(r_+) = - (2Mr_+ \tilde{E} - a \tilde{J})^2 \leq 0$$





$$V(r_+) = - (2Mr_+ \tilde{E} - a \tilde{J})^2 \leq 0$$



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Handwritten notes and diagrams on a digital whiteboard:

Top row of text: $V(r)$, $(\frac{dV}{dr})$, a , v , r

Diagram (1): A graph of potential energy V versus distance r . The curve starts at a negative value, crosses the r -axis at r_+ , reaches a local minimum, and then rises. Arrows indicate the direction of the curve. A vertical pink line is on the left.

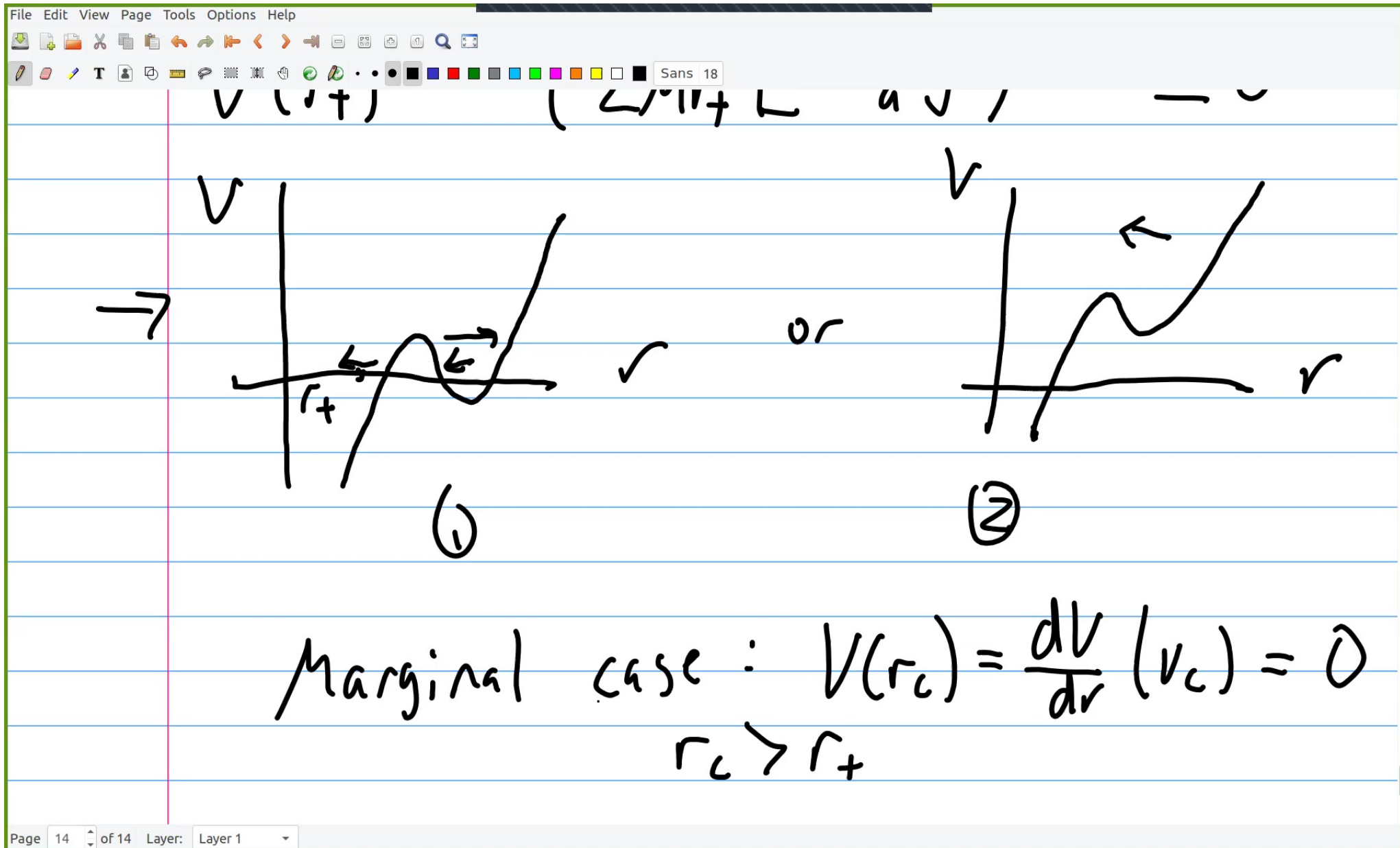
Diagram (2): A graph of potential energy V versus distance r . The curve starts at a negative value, crosses the r -axis, reaches a local maximum, and then rises. An arrow indicates the direction of the curve.

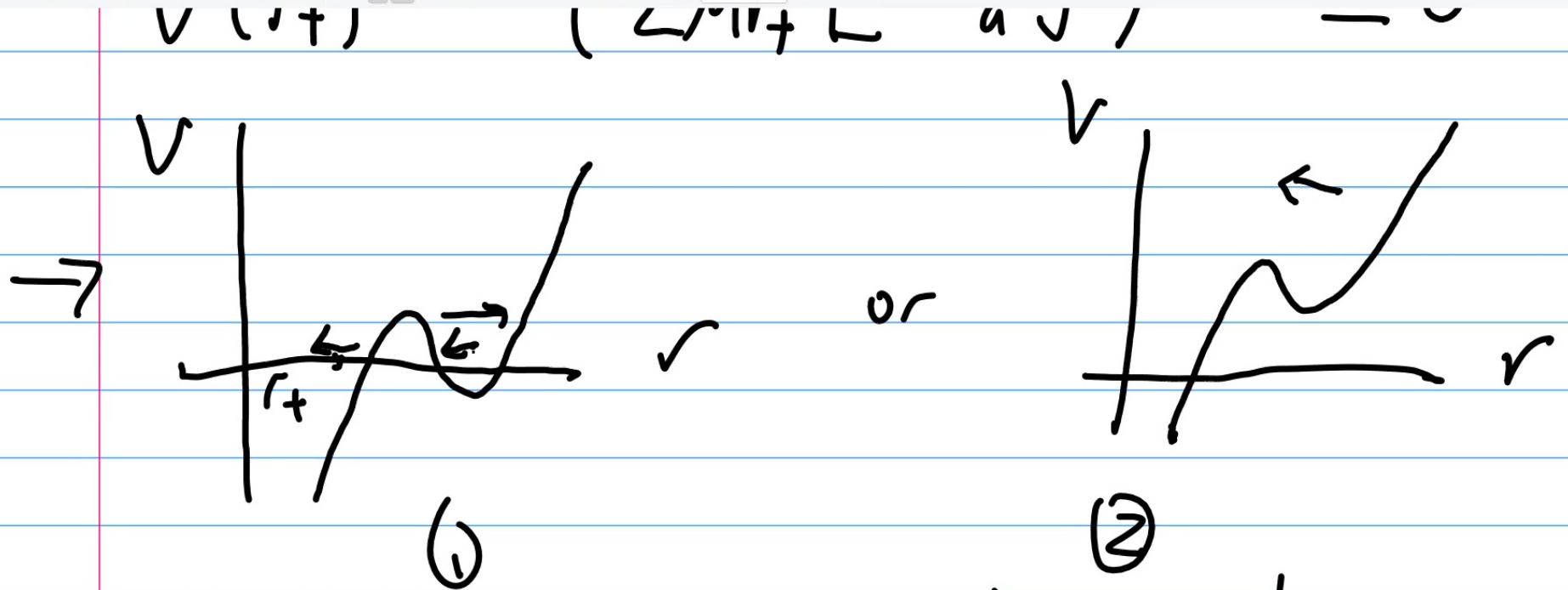
Text between diagrams: or

Equation for marginal case:

$$\text{Marginal case : } V(r_c) = \frac{dV}{dr}(r_c) = 0$$

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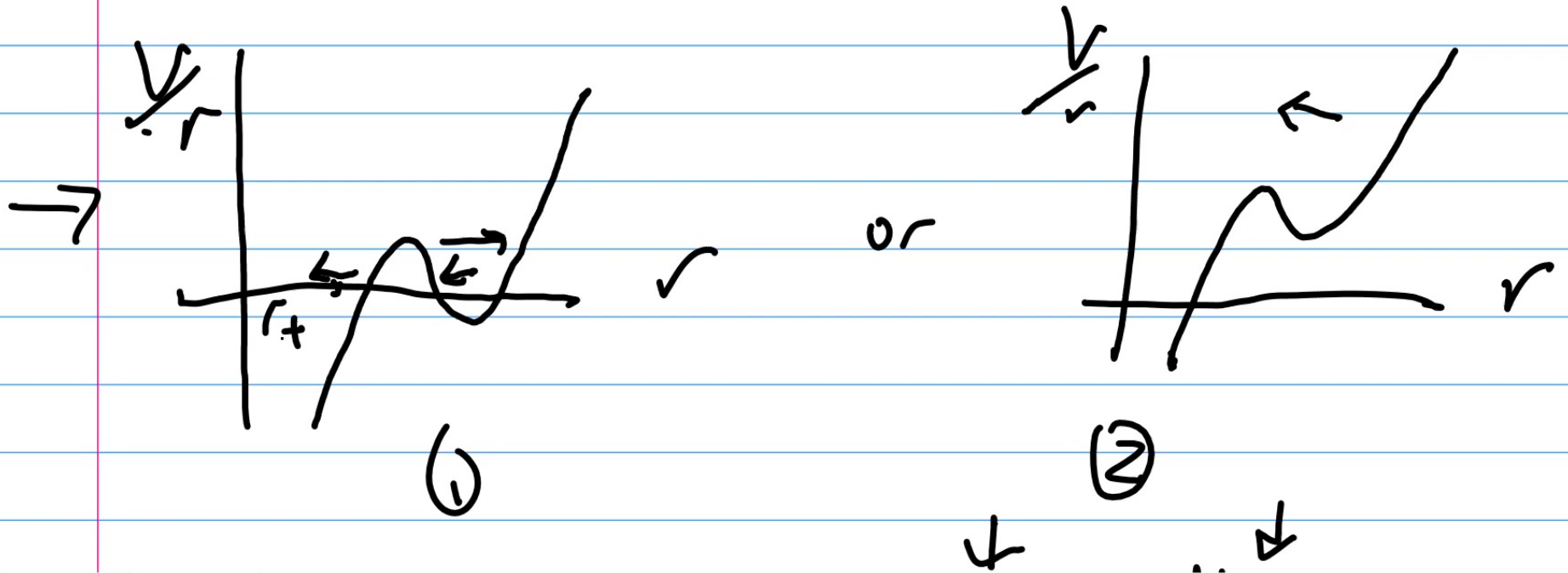




Marginal case: $V(r_c) = \frac{dV}{dr}(r_c) = 0$
 $r_c > r_+$



$$V(r_+) = - (2Mr_+ \tilde{E} - a \tilde{J})^2 \leq 0$$



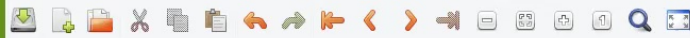


$$1 - \frac{2M}{r_c} + \frac{a}{r_c} \sqrt{\frac{M}{r_c}}$$

$$\hat{E}_c = 1 - \frac{2M}{r_c} + \frac{a}{r_c} \sqrt{\frac{M}{r_c}}$$

$$\sqrt{1 - \frac{3M}{r_c} + \frac{2a}{r_c} \sqrt{\frac{M}{r_c}}}$$

$$\frac{\hat{J}_c}{J_c} = \sqrt{M r_c} - 2a \sqrt{M/r_c} + \frac{a^2}{r_c} \sqrt{1}$$

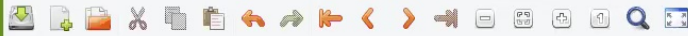


$$\hat{E}_c = 1 - \frac{2M}{r_c} + \frac{a}{r_c} \sqrt{\frac{M}{r_c}}$$

$$\sqrt{1 - \frac{3M}{r_c} + \frac{2a}{r_c} \sqrt{\frac{M}{r_c}}}$$

$$\frac{\hat{J}_c}{J_c} = \sqrt{Mr_c} - 2a\sqrt{M/r_c} + \frac{a^2}{r_c} \sqrt{\frac{M}{r_c}}$$

$$\sqrt{1 - \frac{3M}{r_c} + \frac{2a}{r_c} \sqrt{\frac{M}{r_c}}}$$



$$\frac{\tilde{J}_c}{J_c} = \frac{\sqrt{1 - \frac{3M}{r_c} + \frac{2a}{r_c} \sqrt{\frac{M}{r_c}}} \sqrt{\frac{M}{r_c}}}{\sqrt{Mr_c} - 2a\sqrt{\frac{M}{r_c}} + \frac{a^2}{r_c} \sqrt{\frac{M}{r_c}}}$$

$$\sqrt{1 - \frac{3M}{r_c} + \frac{2a}{r_c} \sqrt{\frac{M}{r_c}}}$$

For $r_c \gg 1$

$$\frac{\tilde{J}_c}{J_c} \approx 1 - \frac{M}{2r_c}$$

$$J_c \approx \sqrt{Mr_c}$$



For $r_c \gg 1$

$$\frac{\hat{r}}{J_c} \approx 1 - \frac{M}{2r_c}$$

$$J_c \approx \sqrt{Mr_c}$$

$\frac{\hat{r}}{J_c}, \hat{E}_c \rightarrow \infty$ when

$$r_c^{3/2} - 3Mr_c^{1/2} + 2a\sqrt{M} = 0$$



$$\tilde{J}_c \approx \sqrt{Mr_c}$$

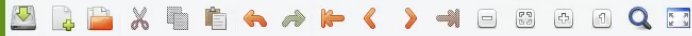
$$\tilde{J}_c, \hat{E}_c \rightarrow \infty \quad \text{when} \quad r_c^{3/2} - 3Mr_c^{1/2} + 2a\sqrt{M} = 0$$

$$\begin{aligned} \text{For } a=0 \quad & r_c > 3M \\ & \bar{a} = 1 \quad r_c > M \\ & \tilde{a} = -1 \quad r_c > 4 \end{aligned}$$

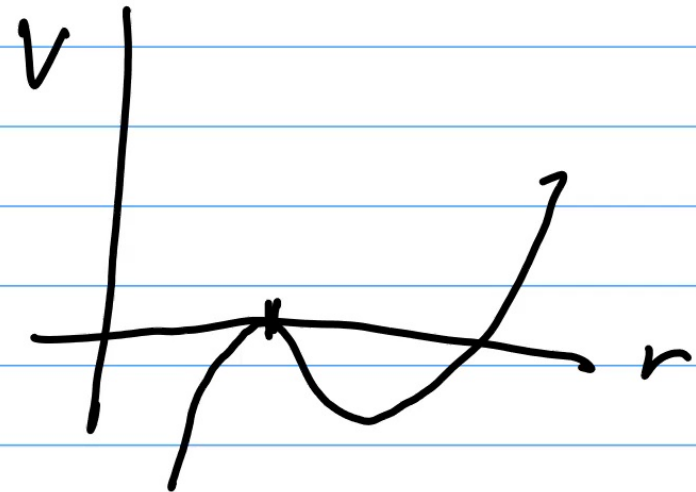
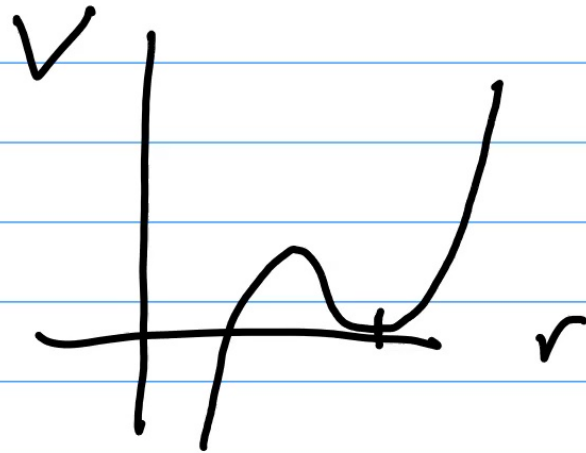
$$\hat{J}_c, \hat{E}_c \rightarrow \infty \quad \text{when} \quad r_c^{3/2} - 3Mr_c^{1/2} + 2a\sqrt{M} = 0$$

$$\begin{aligned} \text{For } a=0 \quad r_c &> 3M \\ \bar{a} &= 1 \quad r_c > M \\ \bar{a} &= -1 \quad r_c > 4M \end{aligned}$$

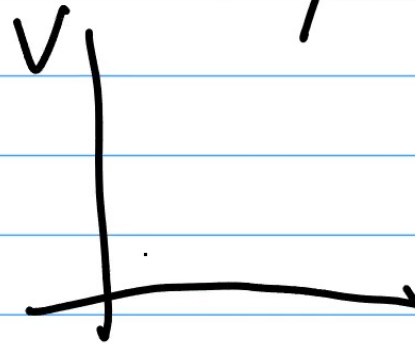
$$r_c^{\min} = 2M \left[1 + \cos \left(\frac{2}{3} \cos^{-1}(\bar{a}) \right) \right]$$



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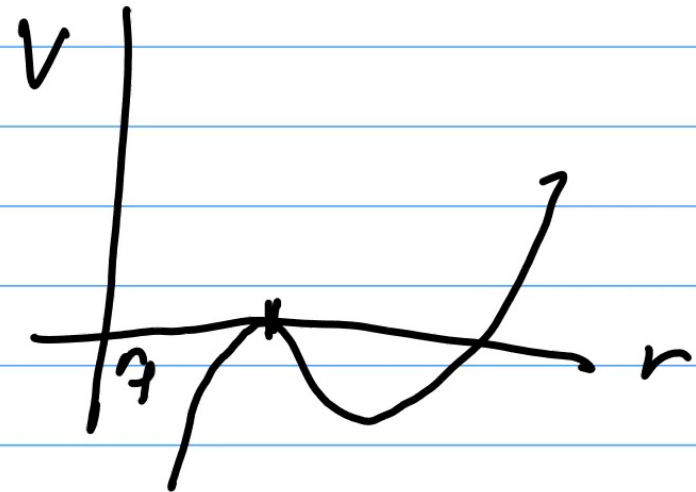
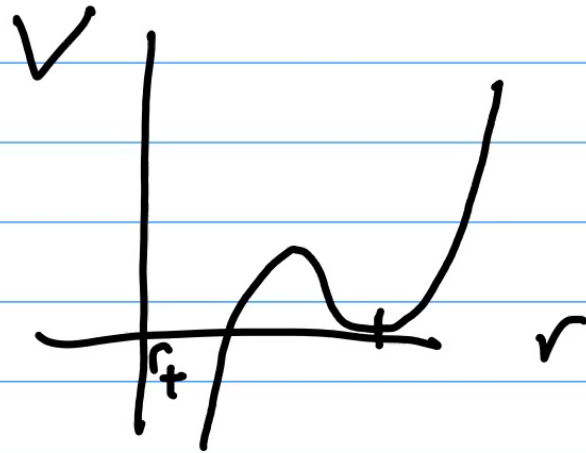


Marginal
case

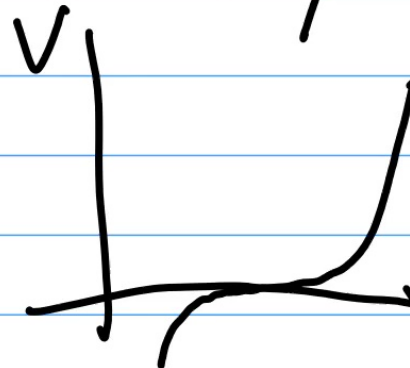




$$r_c^{\min} = 2M \left[1 + \cos \left(\frac{2}{3} \cos^{-1}(\bar{a}) \right) \right]$$



Marginal
case





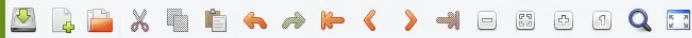
$$E_c = 1 - \frac{1}{r_c} - \frac{1}{r_c} \sqrt{\frac{1}{r_c}}$$

$$\sqrt{1 - \frac{3M}{r_c} + \frac{2a}{r_c} \sqrt{\frac{M}{r_c}}}$$

$$\frac{J_c}{J_c} = \sqrt{Mr_c} - 2a\sqrt{M/r_c} + a^2/r_c \sqrt{M/r_c}$$

$$\sqrt{1 - \frac{3M}{r_c} + \frac{2a}{r_c} \sqrt{\frac{M}{r_c}}}$$

$$\text{For } r_c \gg 1 \quad \frac{J_c}{J_c} \approx 1 - \frac{M}{2r_c}$$

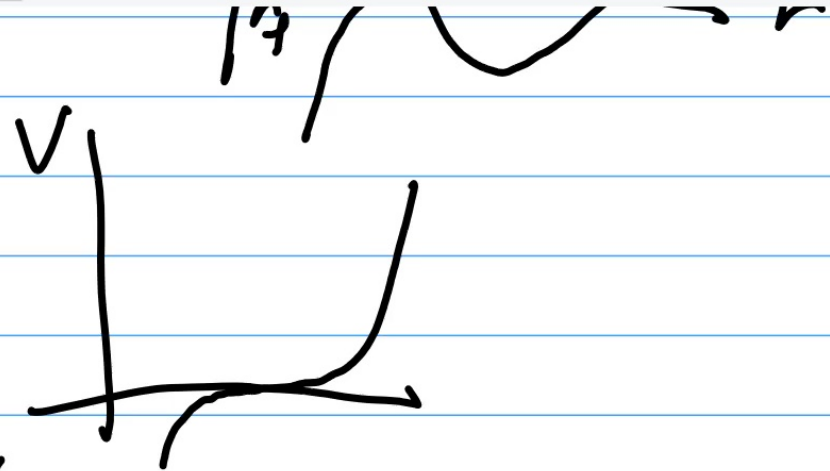


Marginal
case

IS(0)

$$\frac{d\tilde{E}_c}{dr_c}(r_{IS(0)}) = 0$$

$r_{IS(0)}$





$$(*) \Rightarrow -1 = \frac{\Delta}{r^2} U_r^2 + \frac{a^2 \Delta - (r^2 + a^4)}{\Delta r^2} E$$

$$+ \left(\frac{\Delta - a^2}{\Delta r} \right) \tilde{J}^2 + \frac{4Ma}{\Delta r} \tilde{E} \tilde{J}$$

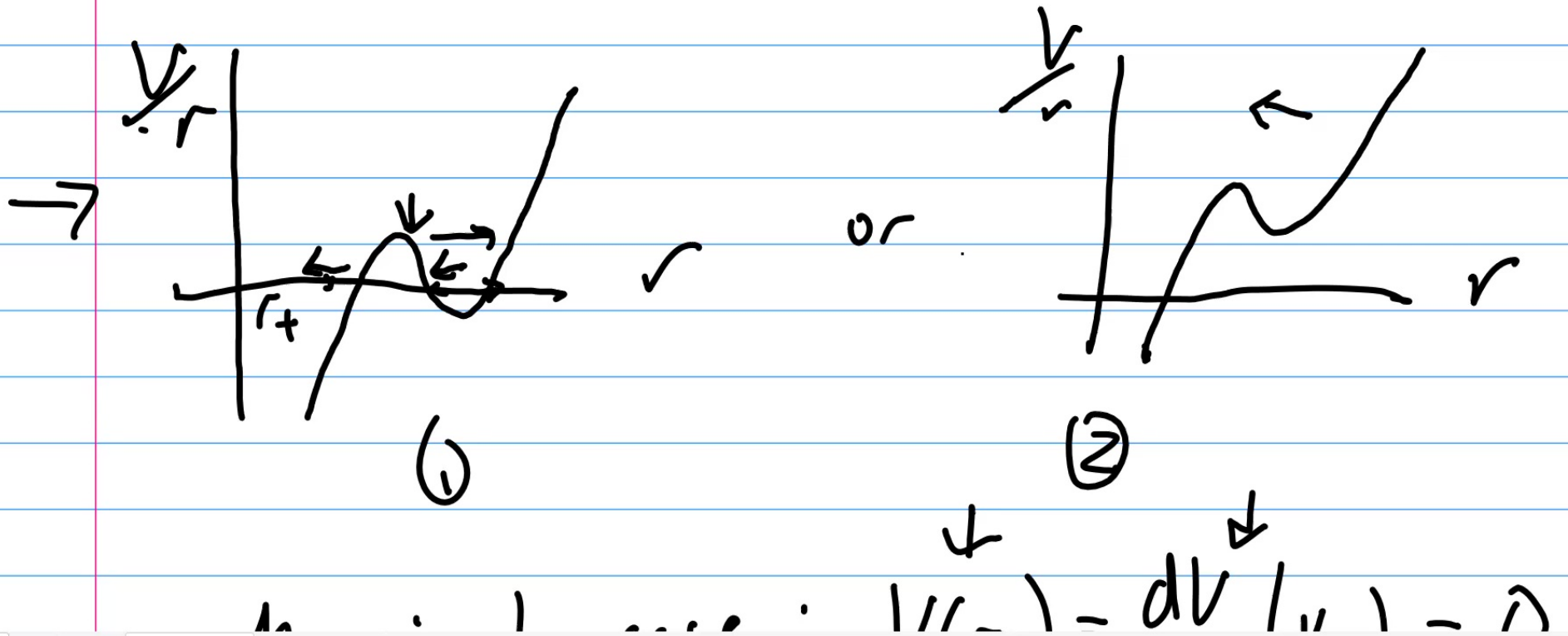
(**)

$$\begin{aligned} -\Delta U_r^2 &= (1 - \tilde{E}^2) r^4 - 2Mr^3 \\ &\quad + \left[a^2 (1 - \tilde{E}^2) + \tilde{J}^2 \right] r^2 \\ &\quad - 2M(a\tilde{E} - \tilde{J})r \\ &\quad \sim r^4 \\ &:= V(\tilde{E}, \tilde{J}, r) \end{aligned}$$

Time ... (...) ... 1/ - 0

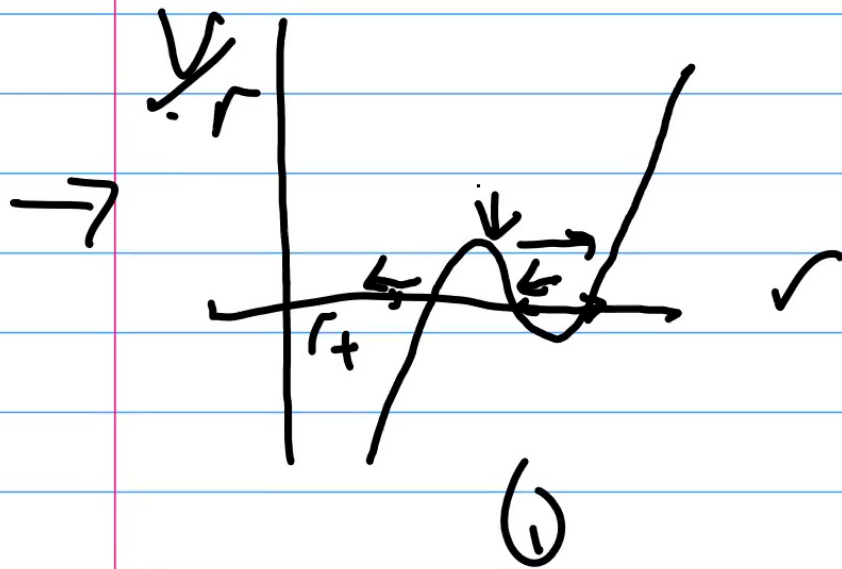


$$V(r_+) = - (2Mr_+ \tilde{E} - a \tilde{J})^2 \leq 0$$

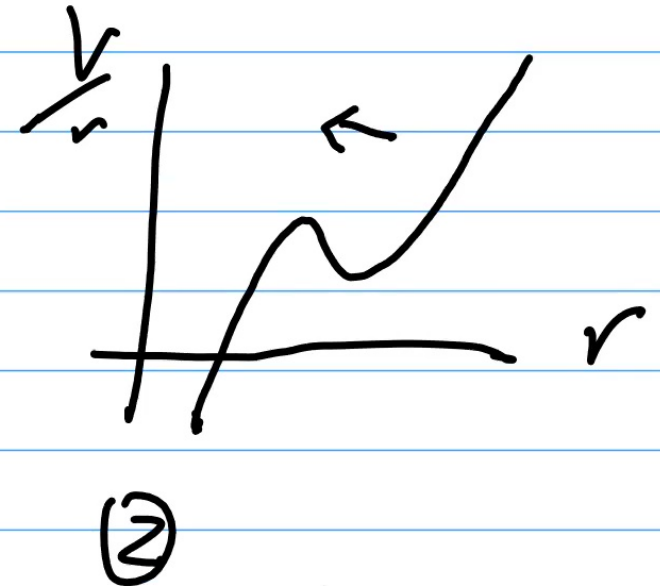




$$V(r_+) = - (2Mr_+ \tilde{E} - a \tilde{J})^2 \leq 0$$



or



Marginal case : $V(r_c) = \frac{dV}{dr}(r_c) = 0$



$$r_c > r_+ \quad \text{---}$$

$$\hat{E}_c = 1 - \frac{2M}{r_c} + \frac{a}{r_c} \sqrt{\frac{M}{r_c}}$$

$$\sqrt{1 - \frac{3M}{r_c} + \frac{2a}{r_c} \sqrt{\frac{M}{r_c}}}$$

$$\frac{J_c}{\sqrt{M r_c}} = \sqrt{M r_c} - 2a \sqrt{M/r_c} + \frac{a^2}{r_c} \sqrt{\frac{M}{r_c}}$$

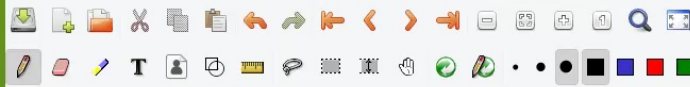
$$\sqrt{1 - \frac{3M}{r_c} + \frac{2a}{r_c} \sqrt{\frac{M}{r_c}}}$$



$$dr_c$$

$$r_{IS10}^2 - 6M r_{IS10} + 8a\sqrt{M} r_{IS10}^{1/2} - 3a^2 = 0$$

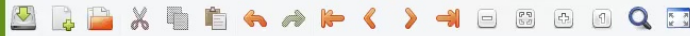
For $a \approx 0$ r_{IS10}



$$\text{For } a \approx 0 \quad r_{IS10} = 6M$$

$$a = M \quad r_{IS10} = M$$

$$a = -M \quad r_{IS10} = 9M$$



$$\text{For } a=0 \quad r_{IS10} = 6M$$

$$a=M \quad r_{IS10} = M$$

$$a=-M \quad r_{IS10} = 9M$$

For $r_c^{\min} < r < r_{ZS10}$
unstable circular

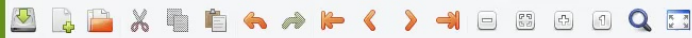


$$\text{For } a=0 \quad r_{\text{ISCO}} = 6M$$

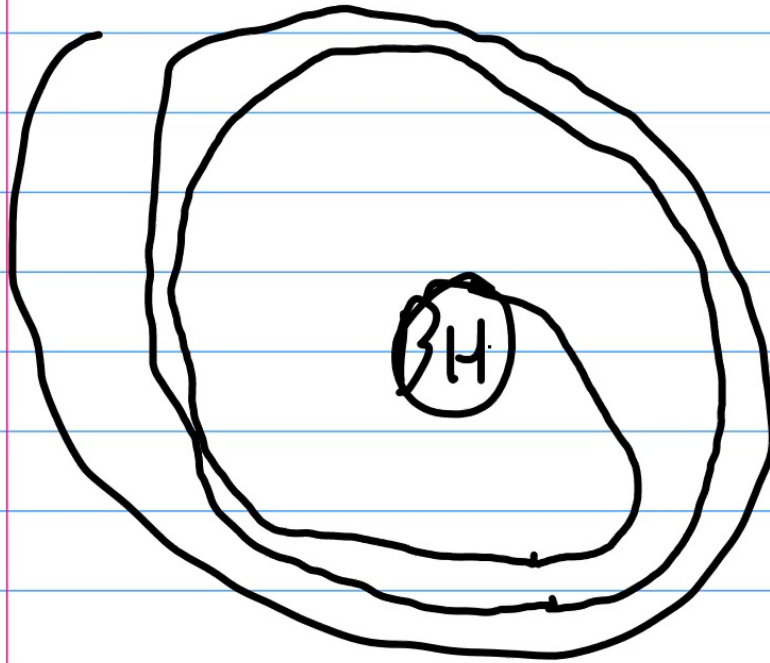
$$a=M \quad r_{\text{ISCO}} = M$$

$$a=-M \quad r_{\text{ISCO}} = 9M$$

For $r_c^{\text{min}} < r < r_{\text{ZSIO}}$
 unstable circular orbits



For $r_c^{\min} < r < r_{ZS10}$
unstable circular orbits



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Hand-drawn diagram on lined paper:

- A large, irregular, hand-drawn shape resembling a bowl or a wide 'U'.
- Inside the top part of this shape is a circle containing the number '314'.
- Below the large shape, there is a coordinate system with a vertical y-axis and a horizontal x-axis.
- The y-axis is labeled with the letter 'f' at the top.
- The x-axis is labeled with the letter 't' at the right end.
- A curve is drawn in the first quadrant of the coordinate system, starting near the origin and curving upwards and to the right.

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