The Energy/Mass Dissipation Principle of Stellar Evolution

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Abstract: A simple principle of stellar evolution is written to account for the rate of dissipation of energy and mass during stellar evolution according to stellar metamorphosis.

According to stellar metamorphosis, stars are non-equilibrium dissipative structures. They cool and become what are called "planets" or "exoplanets" by astronomers. They are actually all astrons, young astrons can be called stars and old ones can be called planets or exoplanets. They are the same objects only in different stages to their evolution. To account for all the energy loss and so that theory can be further clarified, the energy/mass dissipation principle is as follows:

"The rate at which astrons (stars/exoplanets/planets) lose energy/mass decreases as they evolve."

All this means is that you have young astrons losing more heat/mass than older ones, because the older ones are less thermodynamically active, as they have aged considerably and cooled down. Put in even more simple terms, rocks do not shine like plasma. This could also lead to more discovery concerning the causes of gravitation, as the oldest stars are comprised of rocks and minerals and are less gravitationally attractive than stars comprised of gas and plasma. There is a reason why we will never find a rocky world the diameter of the Sun, and it is NOT what mainstream astronomers think either, they don't even know what they are standing on.