Abstract: A simple principle of stellar evolution/planet formation is presented in light of the general theory of stellar metamorphosis.

According to stellar metamorphosis stars cool and die to become rocky differentiated worlds many billions of years into their evolution, and they are called exoplanets/planets. As they evolve they are comprised of the four classical phases of matter, solids, liquids, plasma and gases.

“As stars cool and die, the matter they are comprised of will phase transition from plasma to gas to liquid and solid material.”