Supernovae are young stars that have popped

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Abstract: This paper proposes that Supernovae are the remnants of young stars that have expanded and ‘popped’.

Examples of Supernovae from the Chandra Telescope.

In Stellar Metamorphosis, planetary nebulae occur in the ion clouds (spiral arms) of galaxies by z-pinning of electrical charges which birth White Dwarf Stars. To dissipate heat, the White Dwarf will expand rapidly to become a Blue Giant – a process taking roughly around 15 to 20 million years.

Given the circular/spherical appearance of Supernovae, it is highly likely that they are the remnants of expanding young stars… in Stellar Metamorphosis and after the Blue Giant stage, normally the hollow shell of plasma will begin contracting and undergo thermodynamic phase transitions to eventually form gases, liquids and solids forming exoplanets.

When a young star expands beyond its limits it will pop like a soap bubble, leaving behind a fragmented ‘skin’ of plasma that will phase transition more rapidly as evidenced by the undulating circular/spherical ghosts of stars.