

$$\text{Let } p = \frac{\cos\theta}{r^2}$$

$$\text{Then } u = dp = -\frac{\sin\theta}{r^2} d\theta - \frac{2\cos\theta}{r^3} dr$$

$$\text{As a tangent vector this is } -\frac{\sin\theta}{r^4} \frac{d}{d\theta} - \frac{2\cos\theta}{r^3} \frac{d}{dr}$$

Recalling the metric tensor in spherical polar coordinates,

$$g_{ij} = \begin{pmatrix} 1 & 0 & 0 \\ 0 & r^2 & 0 \\ 0 & 0 & r^2 \sin^2\theta \end{pmatrix} \text{ we compute}$$

$$e_{rr} = \frac{1}{2} \mathcal{L}_u g \left( \frac{d}{dr}, \frac{d}{dr} \right) = g \left( \left[ \frac{d}{dr}, u \right], \frac{d}{dr} \right) = \frac{6\cos\theta}{r^4}$$

$$\begin{aligned} e_{r\theta} &= \frac{1}{2} \mathcal{L}_u g \left( \frac{d}{dr}, \frac{d}{d\theta} \right) = \frac{1}{2} g \left( \left[ \frac{d}{dr}, u \right], \frac{d}{d\theta} \right) + \frac{1}{2} g \left( \frac{d}{dr}, \left[ \frac{d}{d\theta}, u \right] \right) \\ &= \frac{1}{2} \cdot \frac{4\sin\theta}{r^3} \cdot r^2 + \frac{1}{2} \cdot \frac{2\sin\theta}{r^2} = \frac{3\sin\theta}{r^3} \end{aligned}$$

$$\begin{aligned} e_{\theta\theta} &= \frac{1}{2} \mathcal{L}_u g \left( \frac{d}{d\theta}, \frac{d}{d\theta} \right) = \frac{1}{2} \mathcal{L}_u r^2 + g \left( \left[ \frac{d}{d\theta}, u \right], \frac{d}{d\theta} \right) \\ &= -\frac{2\cos\theta}{r^2} - \frac{\cos\theta}{r^4} \cdot r^2 = -\frac{3\cos\theta}{r^2} \end{aligned}$$

$$e_{r\varphi} = e_{\theta\varphi} = 0$$

$$\begin{aligned} e_{\varphi\varphi} &= \frac{1}{2} \mathcal{L}_u r^2 \sin^2\theta = -\frac{2\cos\theta}{r^2} \cdot \sin^2\theta - \frac{1}{2} \frac{\sin\theta}{r^4} r^2 \cdot 2\sin\theta \cos\theta \\ &= -\frac{3\cos\theta}{r^2} \sin^2\theta \end{aligned}$$

$$\text{so } e_{ij} = \begin{pmatrix} \frac{6\cos\theta}{r^4} & \frac{3\sin\theta}{r^3} & 0 \\ \frac{3\sin\theta}{r^3} & -\frac{3\cos\theta}{r^2} & 0 \\ 0 & 0 & -\frac{3\cos\theta}{r^2} \sin^2\theta \end{pmatrix}$$

Check: the trace  $g^{ij} e_{ij} = 0$ .