The first stage: The first stage: the transformation of the nebula into a star This process occurs by gathering gases under high pressure and temperature at a central poin to convert hydrogen into helium. The dwarf's temperature and pressure rise, causing it to run out of Tomarining hydrogen, causing it to run out of remaining hydrogen, Causing it to expand outward and increase in volume. The red giant explodes in a supernova and turns into several possibilities depending on the density of the star. It can explode and turn into a nebula and the previous process is repeated, or it can turn into a black hole or turn into a neutron star.