

When you increase your speed time dilates and the clock that you have slows down than when you were at a different speed and when you slow down time dilates and the clock you have speed up

Now there are two types of actions happening within matter movement of pairs of masses as electrons and protons or simply atoms as a whole and movement of electrons around protons alone now these two types of movement are different and unrelated and time dilation can only be discussed within the second type of movement or the movement or orbit of electron around protons only relativity has nothing to do with the movement of electrons and protons together as atoms through space because relativity cannot change the speed of atoms going through space but can work on the speed of electrons and protons and neutrons separately and alone this is due to the fact that as the electrons and protons and neutrons shrink in space they spend the lost energy in movement and that when you increase the speed of these particles you end up having gain energy from some where this place it gets its energy from to speed up is from within the atoms from how fast does the electrons spin around itself and from how fast the electron orbits the protons and from how fast the protons and neutrons spin it generally slows down everything to go faster in space

This gives the following inventions

If you want to turn the speed of movement of earth into energy you can stop earth spinning in the universe this will turn to heat energy that you can use for all purposes

If you want to turn the speed of electrons into movement you can instead of adding kinetic energy to the system and making the electrons lose energy you can feed the electrons with heat and then move the atoms through space this will make the trip faster with less fuel intake but this is impractical as heating humans would lead to their demise so I will write another paper on how to evade that