

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 from this we note that any energy added to the system will be split into the movement of atoms as a whole and to the spinning of electrons around of protons and the spinning of electrons and protons and neutrons around themselves and this gives the following invention

If you want to turn the speed of electrons into movement you can add kinetic energy to the system and make the electrons gain then lose energy you can burn the electron slowly leading to increase in spin of electron around the protons and as the electron orbiting around the proton increase the spin of electron around itself and proton's and neutron's would increase then you increase the push of the atom slowly this would lead to speed increasing on the cost of the spinning of electrons protons and neutrons and then the atom would accelerate faster with less fuel intake but this is impractical as heating humans would lead to their demise so I will probably write another paper on how to evade that

It should be noted that you cannot increase your speed until the spin is enough and not less than before speeding up in other words you cannot increase speed if spin is not normal any thing below that and you would have problem accelerating