Flux Particle Theory
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Everything in the Universe is made from one type of particle. All workings of the Universe are result from said particle.

Something Inert Releasing Energy Into A System

HOW ENERGY ACTUALLY WORKS

If you have one inert guitar string with tension on it, and it has a piece in the middle that is forming a circle because it is twisted (somebody made a circle then twisted it a couple times like a loaf of bread bag tie)...

Note: The string is inert and it is not vibrating but it has tension on it
The circle is inert and also has NO tension on it

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If the twist untwists, the circle will snap open and it will add length to the string and cause it to vibrate

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The inert circle caused / released the energy. This is not violating anything and it is an easy to understand real life model and can easily happen.

The string Particle Field is everywhere, attached to everything and is loaded with tension. When anything happens in it... like inert proton strings unballing / unwinding it causes a disruption in the field and that is energy

If the circle untwists on its own (or it is pulled open by string tension)... that would be proton decay.
If it gets bumped into by other particles and untwists... that is a nuclear reaction.
Yes... the bumping adds energy into the system but the massive release is from the added string length.

If there are any particles not connected to the field, no tension (just floating around on their own) it is easy to ball up and twist.

References
[3] Flux Particle Theory & Why the Speed of Light is "C"
http://vixra.org/abs/1510.0103
Authors: Seamus McCelt
Category: Quantum Gravity and String Theory