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.

Einstein's Light Clock

The light clock is wrong.
The apparatus (the clock) would just move away from the beam of light.
You would have to angle the light beam to make it hit the clock pads (mirrors) and that changes everything. i.e. the distance the light beam has to travel does NOT increase because of the moving clock -- it is because you have to angle the beam.
You might need to think about it for a couple of months to realize everything. Good luck with your endeavors.

The particle itself would be just the grey threads in the picture (no color and a lot thinner of course).
Actual thread length is about one Ångström and it is fine enough were 10 threads (20 radii) could curl-up into the size of a neutron.

For this clock, each tick is the round trip of a light beam. If the clock moves, it takes longer to tick: Time slows down.