

If you want to liberate energy from any mass (make a bomb) you have to put the mass in a hollow ball and that ball would be inside another ball the inner ball circumventing the mass should be pressed inwards while the outer ball should be retracted outwards

If you want to make a mass from smaller masses you have to retract the inner ball while pressing on the outer ball

If you want to move masses inside the inner ball you have to either retract or press on the outer ball while not doing anything to the inner ball this will cause the mass to move to the center or outwards of the inner ball