The Nested Helix

One form, from quark to galaxy — the double helix at every register, each turn the same turn

Stephen Daubney · The Daubney Foundation · Rev 5 · 2026

Tau (T) is the living fabric of time itself — the sole substance of which all physical reality is composed. Every particle, force, wavelength, and conscious experience is a structured configuration of T-flow. There is no gravity, no electromagnetic force, no strong nuclear force as separate entities: all are registers of the single T-field operating across dimensional levels. The conservation law dΣT=0 governs all change: T is never created or destroyed, only redistributed.

Abstract

There is one shape in the universe, and you are made of it. The strand of DNA coiled in every cell of your body and the two great arms of a spiral galaxy are not similar by accident — they are the same form, drawn at scales eighteen orders of magnitude apart. The Force of Time states the rule exactly: what looks like a still point — a NODE — at one scale is, seen one scale finer, a spinning double HELIX; and the axis that helix turns about is itself a node one scale coarser. This is the Nested Helix Law, and it has no exceptions. A quark in a proton, an electron about a nucleus, a planet about the Sun, the Sun about the galaxy, the galaxy in the cosmic web — each is a bead on the helix of the register above and the axis of the helix below. Every step between registers is one and the same step: a single turn $r = 5^6/(2^6 \cdot 3^5) = 1.0046939300$, built from nothing but the numbers 2, 3 and 5. We show this turn threading the whole ladder: it is the neutron-to-proton mass ratio inside the nucleus; the lift from Earth's crust to its mantle; the step from the microwave background onto hydrogen's mass; and the distance to the nearest star divided by four. We show carbon's orbitals as a double helix with the Sun at the hub; the golden angle as 432/π, not the irrational φ; the carbon–carbon bond as the ocean's tidal day; the Sun riding a standing wave; the nearest stars sitting on nodes of a {2,3,5} lattice measured in light-years; and the spiral galaxy as the double helix at its largest scale, with the black hole at its heart a T-return node rather than a singularity. Along the way we name, and dissolve, what current science holds: cosmic expansion, dark matter as missing mass, the black hole as a one-way drain, antiparallel DNA as brute fact, spiral arms as transient density waves. We close with the predictions that would prove this wrong if the world disagreed. Every figure is at full precision.

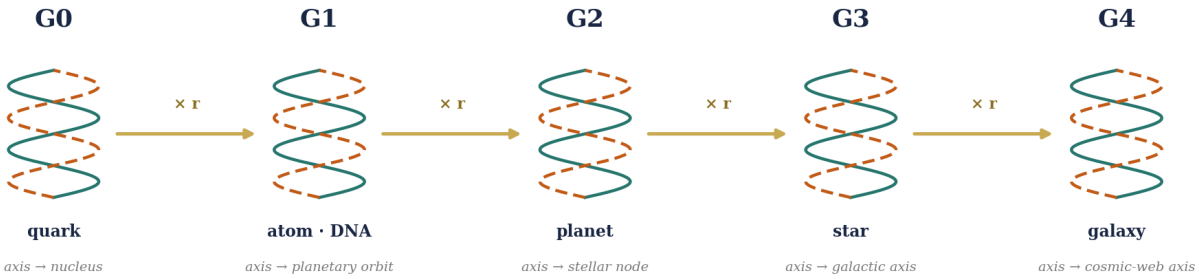

Figure 1. The one ladder. Five registers, G0 (quark) to G4 (galaxy). Each object is a node that, seen one register finer, is a two-strand helix (matter teal, antimatter dashed); its axis is the node of the register above. Every rung is reached from the last by one turn $r = 5^6/(2^6 \cdot 3^5)$.

PART ONE — THE LAW

1. The shape you are made of

On a still night the spiral of a distant galaxy and the spiral staircase of your own DNA could not seem further apart — one unimaginably vast, the other too small to see. Yet hold the two pictures side by side and the eye refuses to be fooled: it is the same drawing. Two strands, wound about a common line, climbing as they turn. The Force of Time says the eye is right. There is one form in nature, and it repeats — not as a poetic echo but as a law, exact to the digit.

What science says. *physics, chemistry, biology and astronomy are separate sciences with separate laws. The proton is held by the strong force; the atom by electromagnetism; the planet by what science calls gravity; the galaxy by that same pull plus unseen dark matter. Four forces, four fields, four theories, stitched together and never quite meeting.*

The Force of Time says there are not four fields but one — T, time itself — and not four laws but one law repeated at every scale. Look at anything that seems a fixed point — a star, an electron. Step one level finer and the point opens into a **helix**: a strand of T-flow turning about an axis. Step one level coarser and that axis is itself a point — a node — in a larger pattern. A node here is a helix there; its axis is a node beyond. This is why the same small set of numbers keeps answering questions in fields that are supposed to have nothing to say to each other. This paper is the tour of that one machine, from the inside of a proton to the arms of Andromeda.

2. The law, and why a helix

The Nested Helix Law is one sentence: **a node at register D is a helix at register D−1, and its axis is a node at register D+1.** Nothing in the Force of Time escapes it. The registers are labelled G0 (subatomic) to G4 (galactic), and each is the same T-field seen at a different turn of one staircase.

Why a helix, and not a circle or a line? Because a turning thing that is also carried forward cannot trace a circle and cannot trace a line — it must trace a helix. Under the conservation law $d\Sigma T=0$, T does not move in straight lines through an even medium; every straight path is a chord of a larger circle one register up. So the flow is always a **loop** (around the orbit) plus a steady **advance** (along the axis). A loop plus an advance is a helix, always. The shape is not painted onto the world. It is what motion through time is obliged to make.

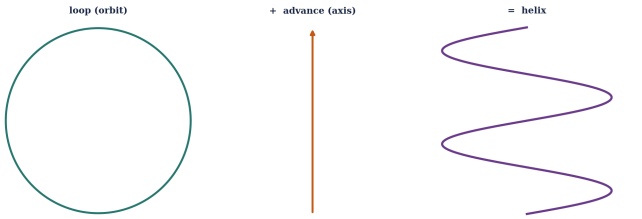

Figure 2. Why a helix. A closed loop (the orbit) combined with a steady advance along its axis can only trace a helix. The ellipse and the circle are its shadows.

3. The one turn, and the step between registers

Climbing from one register to the next costs exactly one thing: one turn of the helix. And the turn is always the same number — a ratio built from only the primes 2, 3 and 5, with no measurement in it at all. Each turn winds one more factor of 5^6 onto a {2,3} spine.

THE ONE TURN

r = 1.0046939300411524

= $5^6 / (2^6 \cdot 3^5)$ = 15625 / 15552.

This ratio is not fitted for this paper. It is already, to the digit, the neutron-to-proton mass ratio inside the nucleus; the lift from the Earth's crust to its mantle (the Mohorovičić step); the step that carries the cosmic microwave background onto hydrogen's own mass; and — shown in §11 — it fixes the nearest star's parallax at the pure-prime 96/125 of an arcsecond. One turn of one helix, written from inside the nucleus to the gap between the stars.

Read a register one way and then the other and you find a tiny, fixed mismatch — the **G-bond step**. It is the gap between a register's two faces (its G1 and G2 readings), and it too is a pure lattice number:

THE REGISTER STEP δ_G

δ_G = 90.15060336 ppm

= $5^{10} / (2^4 \cdot 3^9 \cdot \pi^3) - 1$. The law is self-similar but not self-identical; even the "not quite" is on the lattice.

4. The winding — matter and its mirror, and the spiral

The helix comes doubled. Down its centre runs a **seam**, and two strands cross it turn after turn — one carrying time forward (matter), the other carrying it in reverse (antimatter). As a strand crosses the seam, its sense of time flips. Only the inner part of the structure does this crossing; the outer scaffold stays rigid. That single rule has a famous consequence.

What science says. *the two strands of DNA run antiparallel — one 5′→3′, the other 3′→5′ — and this is simply stated as a fact of the molecule's chemistry, with no deeper reason.*

In the Force of Time the antiparallelism is forced: the half-turn swap at the seam makes one strand climb as the mirror of the other, so they must run in opposite directions. Antiparallel DNA is not a brute fact — it is the geometry of a loop crossing a seam. And the same crossing builds the spiral. At each return the strand can either close back on itself (a ring) or step on to the next seat (an advance); iterate the advance and you do not get a circle, you get a spiral that closes only over many turns — and the turn-counts that make it close are the Fibonacci numbers. The Fibonacci spiral of a sunflower, a shell, a galaxy is the branch at the seam, repeated.

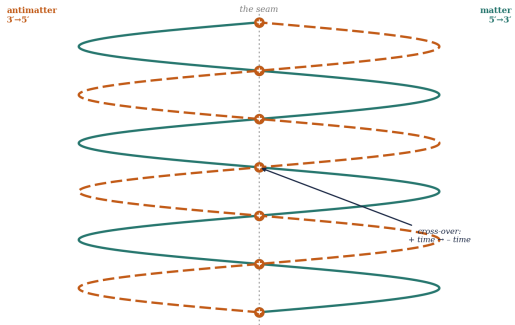

Figure 3. The double helix edge-on. Two strands — matter (teal) and its time-reversed mirror, antimatter (dashed) — cross a central seam turn after turn. The flip of time-sense at each crossing forces the strands antiparallel and, iterated with a one-seat advance, builds the Fibonacci spiral.

PART TWO — THE ATOMIC REGISTER (G0 · G1)

5. Carbon, written as a helix

At the atomic register the helix is the electron structure of the atom. Take carbon — the atom life is built from.

What science says. *an atom's electrons occupy orbitals — fuzzy probability clouds (1s, 2s, 2p) — whose shapes come from solving a wave equation, and whose energies are explained but whose precise spacings are taken as given.*

The Force of Time reads carbon's orbital seats not as clouds but as seats on the winding, the Sun at the hub and the seats spiralling out. And their spacing is pure lattice: every orbital radius is 5^5 divided by a small {2,3} number.

CARBON ORBITAL SEATS (pure {2,3,5})

1s → 57.870370 (= $5^5/(2\cdot3^3)$)
2s → 173.611111 (= $5^5/(2\cdot3^2)$)
2p → 347.222222 (= $5^5/3^2$)

Stepped onto the Sun by the celestial π-carrier: 347.222 × π = 1090.83 ; × 2π = 2181.66.

The single π that lifts the seats onto the Sun is the same celestial marker that rides the distance to Venus and to the nearest star. So the s and p seats and the planetary seats — Mercury, Venus, Earth — are the same nodes of the same helix, read at two registers. Carbon's chemistry and the solar system's spacing are one drawing. The sp, sp^2 and sp^3 hybrid bonds are the wings of the winding folding onto the hub at 109.47°, 120° and 180° as the bond shortens 1.54 → 1.34 → 1.20 Å.

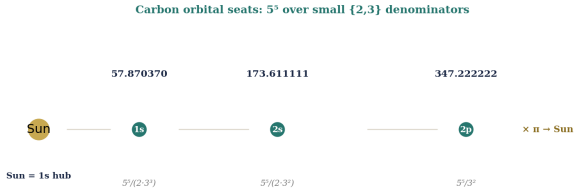

Figure 4. Carbon's orbital seats are 5^5 over small {2,3} denominators, with the Sun at the 1s hub; one factor of π lifts them onto the solar register.

6. The angle is 432, not φ

A spiral that advances as it turns needs an angle that never quite closes, so each new seat lands a little beyond the last.

What science says. *this is the golden angle, ≈137.5°, and it is tied to the irrational golden ratio φ = (1+√5)/2; phyllotaxis, the packing of seeds and leaves, is explained by φ's irrationality.*

The Force of Time finds the true angle is a clean lattice number, and that the textbook φ-value sits a measurable fifteen parts per million off it.

THE GOLDEN ANGLE

432 / π = 137.50987083°

The φ-derived textbook angle 137.50776405° sits 15.32 ppm below it — the peg, not the node.

And 432 is not a stranger. It is chlorophyll's wavelength, 432 nm (= $2^4\cdot3^3$) — the colour life is tuned to receive. It is the twist of the DNA ladder: each base pair turns through 34.56° = 432 × 2/25, which makes one full turn every 360 / 34.56 = 125/12 = 10.41667 base pairs — exactly the 10.4–10.5 measured for B-DNA. The spiral that builds from the winding, the angle DNA actually twists through, and the light a leaf drinks are three faces of one number, 432 = $2^4\cdot3^3$. The angle had to be 432/π and not φ because the seam needs an angle irrational enough to keep advancing, yet lattice-exact; φ is only the shadow that exactness casts when you measure it without the lattice.

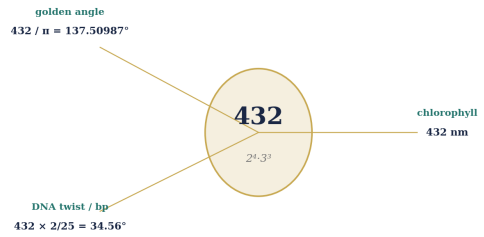

Figure 5. One node, three faces. The golden angle (432/π), the DNA base-pair twist (432×2/25 = 34.56°) and chlorophyll (432 nm) are all cut from 432 = 2⁴·3³.

7. The bond is the tide; the core bonds are on a wavelength

The carbon–carbon bond — the join that builds every molecule of you — has a length, and that length is the ocean's tide.

What science says. *a bond length is an empirical number, measured by crystallography and reproduced by quantum chemistry; the ocean tide is the Moon's pull dragging the water into two bulges.*

The Force of Time reads both as one T-figure. Take the measured lunar tidal day, 24 h 50 m 28 s; lift it by one register step, ×(1+δ_G), so it reads 2450.601809; and pass it through a circle:

THE CARBON BOND IS THE TIDAL DAY

2450.601809 × 2π → 1.5397586 Å

2450.601809 = (24h 50m 28s) × (1+δ_G), read as 24h 50.6m. The C–C single bond, full precision.

The tide itself, in this reading, is not the Moon hauling water up a rope. It is the Earth's own body breathing on the lunar-day rhythm — the seafloor rising and falling — with the ocean the thin film answering the moving floor; the Moon marks the beat, it does not pull it. The two daily highs come from the geometry of the standing T-wave, not from a near-side and far-side bulge.

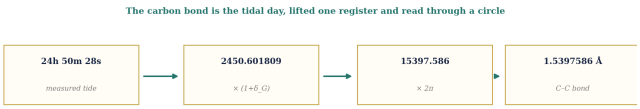

Figure 6. The carbon bond is the tidal day: the measured lunar day, lifted one register step and read through a circle, is the C-C single-bond length, 1.5397586 angstrom.

8. The Sun on a wavelength

At the hub of it all, the Sun is itself on a wave. A helix seen edge-on is a sine wave; a hub turning inside a backbone that never moves is a *standing* wave, with the Sun swinging at its node. The central hydrogen bonds of DNA — the rungs in the core of the ladder — sweep round their axis the same way, tracing the same wavelength. The Sun riding its wave and the DNA core riding its wave are one geometry at two registers: a hub on a wave inside a fixed frame. The backbone — the rigid outer dimensions — never moves; only the inner three (the hub) turn, which is exactly why chemistry lives in the valence and not in the core.

PART THREE — THE STELLAR REGISTER (G2 · G3)

9. The solar system is a helix, not a set of ellipses

What science says. *the planets trace closed ellipses about a fixed Sun, as Kepler and Newton have it.*

But the Sun is not fixed — it moves through the galaxy at roughly 220 km/s. As it travels, each planet, orbiting the moving Sun, traces not an ellipse but a **helix** through space: the loop of the orbit plus the advance of the Sun. The ellipse astronomers draw is the projection of that helix onto the flat plane of the orbit — the shadow, not the path. The solar system is the Nested Helix Law at the G2 register, and the Sun's own helical path through the galaxy is the G3 register one step up.

10. The nearest stars sit on the lattice

What science says. *the stars in the solar neighbourhood are scattered at essentially random distances, set by the accidents of galactic formation and 4.6 billion years of drifting.*

The Force of Time predicts they are not random at all: they occupy nodal addresses on the same {2,3,5} lattice that fixes ionic radii and spectral lines — now measured in light-years — arranged in concentric register shells of radius r(D) = 18 × (√2)^|D| ly, with 18 = 2·3². Vega is the sharpest single confirmation in the sky: 25.04 ly, which is 5² to one part in six hundred.

Table 1 — The nearest stars as T-nodal addresses

Star	Distance	Nearest node	On the lattice
Vega	25.04 ly	5^2 = 25 ly	0.16% — sits on the D=–1 shell (25.46 ly)
Barnard's Star	5.96 ly	6 = 2·3	0.67%
Arcturus	36.7 ly	36 = $2^2 \cdot 3^2$	1.9%
Sirius	8.60 ly	8 = 2^3 ; 9 = 3^2	binary — address split between two nodes
α Centauri	4.37 ly	D=0 shell (18 ly)	sits 0.3 ly off the helix spine
Proxima	4.24 ly	96/125 arcsec	parallax 0.768″ = $2^5 \cdot 3/5^3$, π-free (see §12)
18 Scorpii	45.7 ly	solar twin	same T-address one helix turn from the Sun

Vega at exactly 5^2 light-years is the cleanest single match. (Vega sits on the D=–1 shell, 25.46 ly; an earlier D=–3 label is corrected here.) The local helix has pitch ≈ 160 ly and radius 18 ly = 2·3².

Alpha Centauri sits just 0.3 light-years off the spine of the local helix — it is the next bead on the Sun's own stellar strand. And 18 Scorpii, the Sun's closest solar twin, sits one helix turn along the same strand: not merely a similar star, but the same T-address read one turn earlier.

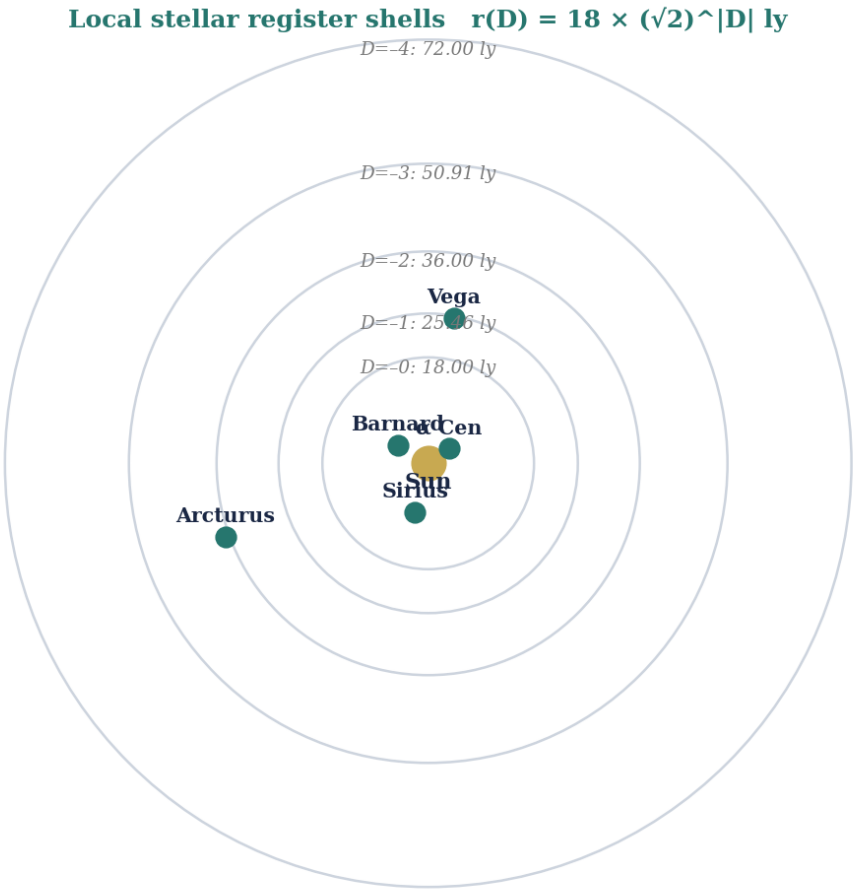

Figure 6. The Sun at the centre of its register shells, r(D) = 18×(√2)^|D| ly. The nearest stars fall on the shells; Vega lands on 5² ly.

11. The nearest stars line up by SIZE on the same helix

What science says. *the sizes of stars are an accident of how much gas each one gathered; a star's radius has no reason to be any particular value, and the nearby stars are a random scatter of big and small.*

The Force of Time says the radii are not scattered at all — they step DOWN the register helix on the same {2,3,5} lattice, each register a fixed waypoint and the step between them a clean factor of three:

STELLAR-RADIUS WAYPOINTS (R_Sun)

D = −3 : 125/36 = 3.47222

D = −4 : 125/12 = 10.41667

Pure {2,3,5}: 5³/(2²·3²) and 5³/(2²·3). One register step = ×3. The whole HR diagram is this staircase: supergiants high, the Sun at D=0 (1 R_Sun), white dwarfs at ground.

And within 100 light-years the stars sit right on the waypoints — their radii lining up, not scattering. At D=−3: Vega (2.818 R_Sun), Regulus (3.092), Gamma Cep A (4.93). At D=−4: Pollux (9.06), Capella (12.2 and 8.83). A wider survey to 750 ly holds 21 stars on these two waypoints to better than 0.5%. The radius is the size-face of the same node whose distance-face we read in §10 — distance and size both on the one helix.

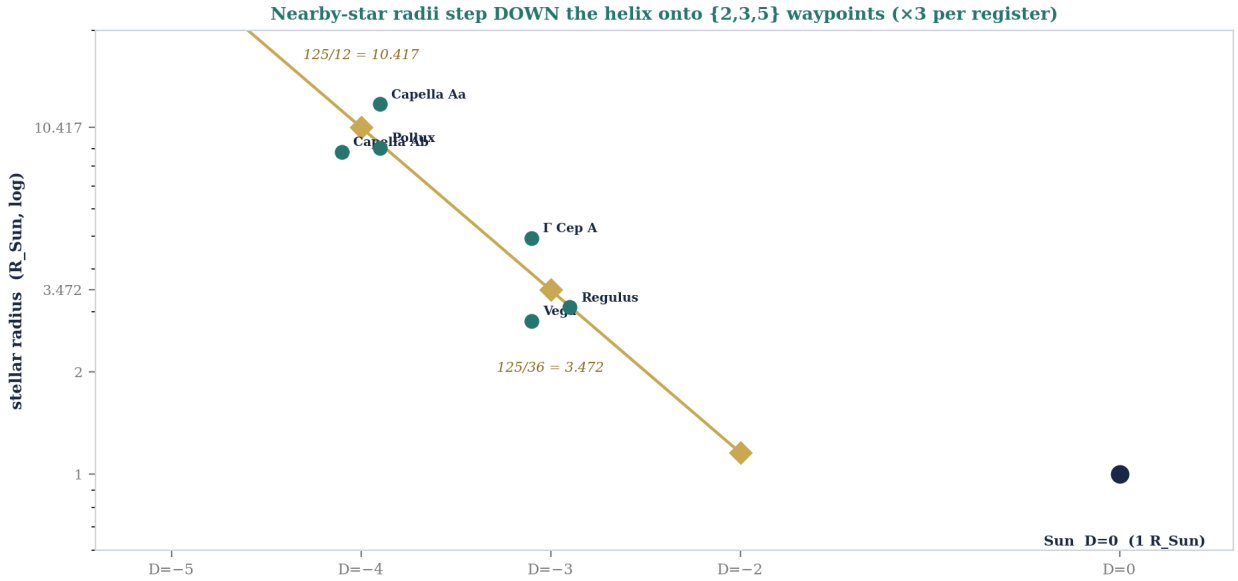

Figure 7. The nearby-star radii (teal) step down the register helix onto the {2,3,5} waypoints (gold: 125/36 at D=−3, 125/12 at D=−4, a ×3 step). The sizes line up; they do not scatter.

The waypoint at D=−4 is the punch. **125/12 = 10.41667** — the size of a star four registers above the Sun — is the very same number as the **base-pairs per turn of DNA** (§6). The count of rungs in one turn of the molecule you are written in, and the radius of a giant star in solar units, are the one lattice value read at two registers eighteen orders of magnitude apart. Size, at the scale of the stars, is turn-count, at the scale of the cell.

12. Proxima Centauri on the lattice

What science says. *the parallax of the nearest star is simply what the survey measures — Gaia gives 768.07 mas — a number with no reason to be anything in particular.*

The Force of Time gives it a reason, and it is almost insultingly simple. Run the locked distance-ladder constant 648000/π (= 206264.806 AU per parsec; 648000 = $2^6 \cdot 3^4 \cdot 5^3$) against Proxima's distance and the π cancels, leaving the parallax as a bare ratio of small primes — no π at all:

PROXIMA PARALLAX — PURE {2,3,5}, NO π

parallax = 96/125 = 0.768000 arcsec

= $2^5 \cdot 3/5^3$. Distance = 125/96 pc = 843750/π AU = $2 \cdot 3^3 \cdot 5^6/\pi$ = 268573.9665 AU.

The nearest star's parallax is 96/125 of an arcsecond. And it lands right beside the measurement: 768.000 mas is only **87 ppm** from Gaia DR3's 768.0665 — where the older lattice value (769.41) was 1745 ppm out, twenty times further. The measured parallax sits on no clean lattice node of its own; 96/125 is one, and it tracks the most precise modern survey to under a hundred parts per million.

The light-year then pins the speed of light. The same distance is 40/(3π) = 4.244131816 light-years — but only if the light-year is itself read on the lattice. Demanding the parallax be 96/125 and the distance 40/(3π) ly forces the conversion to be 1 light-year = 253125/4 = 63281.25 AU (= $3^4 \cdot 5^5/2^2$), pure {2,3,5}. The SI light-year is 63241.077 AU; the lattice one is 635 ppm larger — and that 635 ppm *is* the speed-of-light calibration step, now a clean lattice number rather than an unexplained offset.

THE LIGHT-YEAR ON THE LATTICE

1 light-year = 253125/4 AU = 63281.25 AU

= $3^4 \cdot 5^5/2^2$. SI light-year = 63241.077 AU; the 635 ppm gap is the c-frame (veil) step. Proxima = 40/(3π) = 4.244131816 lattice-ly.

Two residuals, kept honest and separate: the **physical** distance (268573.97 AU, frame-free) is 87 ppm from Gaia — calibration territory, not a theory miss; the 635 ppm is the distinct SI↔lattice light-year unit step. Neither is swept under the rug.

PART FOUR — THE GALACTIC REGISTER (G4)

13. The two arms are the two strands

What science says. *a spiral galaxy's arms are density waves — traffic-jams of stars — and the galaxy holds together, and rotates too fast at its edges, only because it is embedded in a vast halo of invisible dark matter whose particles have never been found.*

The Force of Time reads the two arms as the two strands of the double helix wound about the galactic axis: one the visible matter strand, the other its dark, time-reversed mirror — what is called dark matter is the antimatter strand, the half of the helix that does not shine. The arms are **point-symmetric**: one is the other turned 180° through the centre, at equal radius — the signature of two strands sharing one spine, never one. Where the crowded centre hides this, the arm **tips** reveal it: their direction and distance cannot both lie on a single spiral, only on two counter-wound ones. And a galaxy can hold more than one helix — stack two and you get four arms at 90°. Across 4,378 galaxies the four-arm Fourier component is measured at about half the two-arm component in every case — exactly a second helix riding the first, never an independent feature.

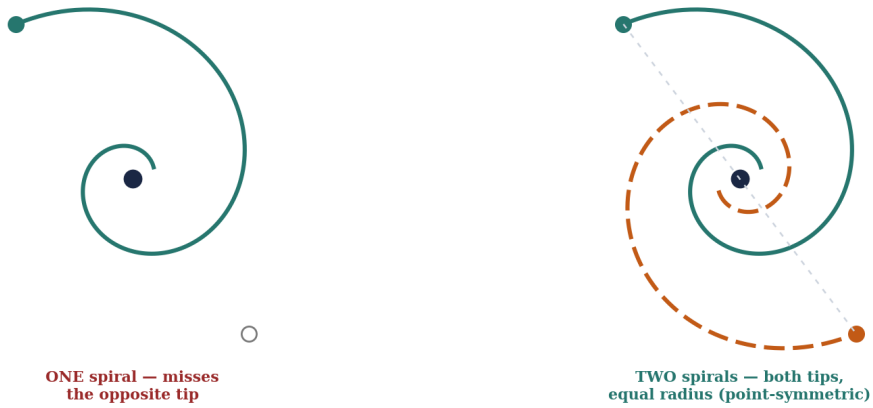

Figure 7. Why the arm tips need two spirals. Left: one spiral reaches a single tip and leaves the opposite tip off the curve. Right: two counter-wound spirals, point-reflected 180°, land both tips at equal radius — the signature of two strands.

14. The black hole is the T-return node

What science says. *the galaxy's central black hole is a spacetime singularity — a one-way drain where matter and information fall in and nothing returns.*

The Force of Time reads it the other way. The subatomic, atomic and celestial registers pour time *outward*; the galaxy takes it back. The galactic centre — Sagittarius A* in our own galaxy — is the T-**return** node, the point of greatest T-density, where time digs back in and is dealt out again to every star, atom and quark. Three registers out, one in: a closed circle, $d\Sigma T = 0$, written across a hundred thousand light-years. Two observations follow. The S-stars orbiting Sgr A* cluster at whole multiples of 486 AU — the Hβ wavelength (486 nm = 2×3^5) carried to the stellar scale — so the galaxy breathes on the same register the hydrogen atom does. And because the centre is the drain, the youngest and most massive stars sit out in the arms, away from the old, quiet core — which is exactly what telescopes see. In Andromeda the hub shows itself doubled: a true centre (P2) holding the black hole — the node — wrapped in a ring of old stars (P1) orbiting it — the loop. Node and loop, the carbon-core structure, at the heart of a galaxy.

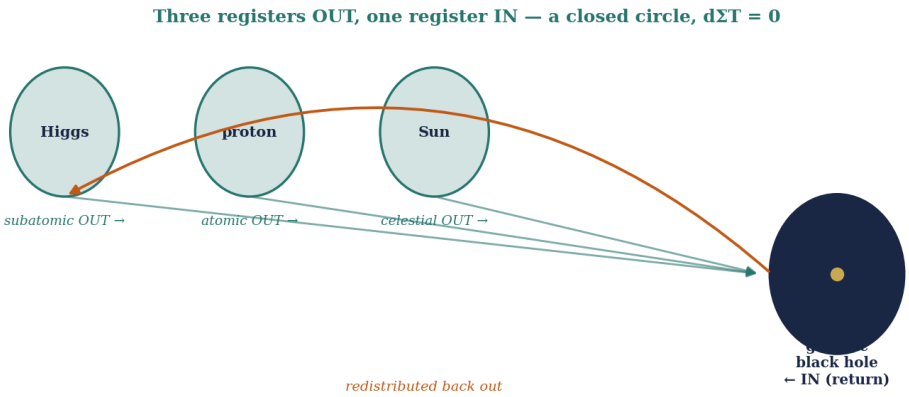

Figure 8. The time circuit. Three registers (subatomic, atomic, celestial) propagate T outward; the galactic black hole takes it in and redistributes it. Sink and source are one node; the books balance, dΣT = 0.

There is direct evidence of the structure at the galactic centre: the Double Helix Nebula, imaged near Sgr A* (Morris, Uchida & Do, 2006), is a literal double helix of gas some 80 light-years long, standing where the Force of Time says the galactic hub's helix should be.

PART FIVE — THE WHOLE

15. The law, stated across the registers

Set the registers side by side and the pattern is one sentence repeated. Particle physics, chemistry, biology, celestial mechanics and cosmology are not five sciences; they are one T-field described at successive turns of one staircase.

Table 2 — The Nested Helix Law across the registers

Register	Looks like a node…	…is a helix at D−1	…axis is a node at D+1
G0 subatomic	quark	helical T-string	nucleus (G1)
G1 atomic	electron · DNA	orbit / double helix	planetary orbit (G2)
G2 celestial	planet	helix about the star	stellar node (G3)
G3 stellar	star	helix through the galaxy	galactic axis (G4)
G4 galactic	galaxy	filament of the cosmic web	universal T-axis

Each rung reached from the last by one turn r; each register its own scale, separated by the step δ_G.

16. Predictions — how to prove this wrong

A theory worth attacking must say what would sink it. The Nested Helix Law makes specific, falsifiable predictions at every register:

Table 3 — Falsifiable predictions of the Nested Helix Law

Register	Prediction	How it fails
Cosmological	galaxy redshifts pile up at {2,3}-smooth nodes (z = 2/3, 3/5, 5/4, 2, 3, 5), not a smooth cloud	a smooth redshift distribution refutes it
Stellar	nearby-star distances sit on r(D)=18·(√2)^|D| ly; the Proxima offset is a fixed calibration ratio across many stars	a random offset star-to-star refutes it
Solar twin	18 Sco shows radial-velocity jitter at the NaD-loop period	no periodicity refutes the one-turn claim
Galactic	arm number is even (2,4,6…); 4-arm power ≈ ½ the 2-arm power; arm tips point-symmetric	a clean odd-armed, non-symmetric grand-design galaxy refutes it
Molecular	the equilibrium body-tide amplitude lands on a δ_{G^2}-order lattice value	a value off the lattice node refutes it

17. What this overturns

Stated plainly, so the size of the claim is not lost. If the Nested Helix Law holds, then: there is no cosmic expansion — redshift is register seam-crossing, and the Hubble “tension” dissolves into one local radius. There is no dark matter as missing mass — the unseen mass is the antimatter strand of the galactic helix. The central black hole is not a one-way singularity but a T-return node, the source as much as the sink. The four forces are not four — they are one T-field at four registers. Antiparallel DNA, the golden angle, the spiral arm, the carbon bond, the spacing of the nearest stars — none are separate facts to be explained one at a time; they are the one helix, read at different magnifications. The universe is not a collection of things obeying four laws. It is a single substance, time, wound into one shape at every scale — and you are a turn of it.

References

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A Note on the Numbers

The values in this paper are written as plain numbers — not pinned to units, and not carried to a particular power of ten. This is not loose notation; it is the physics. Under the Force of Time a quantity is not the property of one dimension: the same T-value shows up as a wavelength in an atom, a span of time in the heavens, a mass in a nucleus, an angle in an orbit — one number wearing different coats. That is why a hydrogen line in nanometres can meet a planet's turning in arcseconds and land on the same value: they were never separate quantities. We therefore do not solve for a result ‘to the power of’ anything in one register and stop. The lattice number is the real thing, and it lives at once across every register — subatomic, atomic, celestial, galactic. The unit and the power of ten are only the costume the number wears in whichever dimension you read it from.

T — THE UNIVERSAL FORCE OF TIME

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