Since I'm not formally trained, my perspective is a little out of the box so to speak. I'm trained by countless hours spent on a few different simulators which have given me the insight that reactance is the other side to energy often overlooked. And this reactance is not governed by the same rules as energy is governed by.

Reactance is governed by rates of growth or rates of decay which are also embodied by living organisms. But these rates of change are oblivious to the level of electrical power being varied.

In other words, when a population of uni-cellular organisms - such as bacterium - subdivide, each subdivision is oblivious to its neighbor undergoing the same process, simultaneously. So there is no overarching governance regulating the subdivision. Just the internal motivation within each bacterium to subdivide at a rate faster than the poor little white blood cells in our body can keep up with.

This is the explosive nature of so-called free energy, or what I prefer to call reactance, while the white blood cells represent an electrical load. The exponential subdivision of the bacterium outstrips the linear rate at which the white blood cells can take them out and then we get more sick with each passing hour - from some bug that we have caught - unless we are given an antidote to help us out.

Reactance concerns itself with frequency and resistance. Yet it's output alters it's other significant input: inductance or capacitance. And since self induction of a coil or self capacitance of a capacitor is limited and bound to the physical limitations of its embodiment within a circuit, the continuity of electricity requires a compensation between the collective capacitance or collective induction changing over time throughout the positive feedback of reactance.

For example, if collective induction, better known as mutual induction, among two or more coils should increase, their expression in a circuit is limited to whatever the coils in a circuit can manifest based on the geometry of those coils. To compensate, the induction of the coils maxes out while - to make up the difference - the frequency is increased along with the resistance.

In the case of induction, an increase of resistance results in an increase of voltage and a decrease in current. But in the case of capacitance, an increase of resistance results in more current.

These two types of resistances are reflected in reciprocal laws and mathematical relationships. Positive resistance of a coil is represented by Ohms law and is measured in Ohms. Meanwhile, negative resistance of a capacitor is represented by its reciprocal relationship called Mho's Law, also called: conductance, and is measured in Siemens.

In both cases, an increase of frequency results in a more rapid alteration of reactance making possible the supplying of more power per unit time to match any increase of need per duration.

This is the way I look at free energy: not as a thing - certainly not as a mysterious thing, but as a

process of taking electricity apart, or nearly so, and then in this state of partial fragmentation, altering its volume by manipulating it's temporal nature before putting it back together again.

Funnily enough, the reactant ingredients which comprise electricity are infinite in and of themselves, but their electrical intersection is finite bound by the Conservation of Energy. Talk about paradoxes!

In other words, if something happens to me, it happens only once. But my reaction to that singular circumstance I can reflect upon again and again by revisiting it in my memory and reenacting it in my mind and body as a constant torment of eternal damnation. This is why reactance is also called lossless energy, because you can't spend it. All you can do is borrow it and then give it back during the second half of an AC cycle.

It is these paradoxes which hamper our full appreciation of energy in general and electricity in particular.

Life is full of paradoxes. Why should science be any different?