

Just a hypothesis

To make a ball produce gravity it has to move back and forth without losing its kinetic energy as heat

To do so you have to rotate a ball and stop its rotation in a way that doesn't make the ball lose heat and since energy is conserved energy will turn into and produce gravitational fields as an effect

To stop the balls rotation not lose heat the rotation and stopping of the rotation of the ball should be gradual and slowly incremental

To make the ball rotate you have to put that ball into the cavity of a hollow ball and spin the hollow ball also you could make the inner ball made of layers with a very small ball in the middle this will ensure a smooth effect and will make sure the most gravity can be produced

I suspect that the proton and neutron are the masses that do most gravity since they are effected by the electron movement and they end up having direct attraction with each other and they impede each other from moving this causes the kinetic energy to be transformed into other forms other than since the electron doesn't have enough kinetic energy to transfer into heat and then all the kinetic energy of electron is slowed down by the proton and neutron masses and so the kinetic energy turns into gravity