this paper talks about the mass energy equivalence s paper talks about the mass energy equivalence this is how we derived some aspects of the equivalence
its known that work is the force*distance or w=fd and that energy is work multiplied by time or E=wt
now E=fdt which is equal to E=madt which is equal to
E=m(d^2)/t which looks like E=m (x^2)/t which is equal to the equivalence principle E=mc^2