Simple equations, like $x^{y}$ or $x_{n}=\sqrt{a+b}$ can be typeset right in the text line by enclosing them in a pair of single dollar sign symbols. Don't forget that if you want a real dollar sign in your text, like $\$ 2000$, you have to use the $\backslash \$$ command. A more complicated equation should be typeset in displayed math mode, like this :

$$
z\left(1+\sqrt{\omega_{i+1}+\zeta-\frac{x+1}{\Theta+1} y+1}\right)=1
$$

The "equation" environment displays your equations, and automatically numbers them consecutively within your document, like this :

$$
\begin{equation*}
\left[\mathbf{X}+\mathrm{a} \geq \underline{\hat{a}} \sum_{i}^{N} \lim _{x \rightarrow k} \delta C\right] \tag{1}
\end{equation*}
$$

