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.

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

The "equation" environment displays your equations, and auto-

this:

 $\left[\mathbf{X} + \mathbf{a} \geq \hat{\underline{a}} \sum_{i=x \to k}^{N} \lim_{x \to k} \delta C\right]$