As a walk through the forest was taking place on the part of Mary, part owner of a little lamb possessed of a snow-white fleece and a character confused about her storybook identity, a jump on the part of a wolf said to be *big and bad* took place, resulting in fright occurring to Mary. The exclamation, “Holy crud monkey!” was uttered.¹

With an opening like that, surely the rest of this essay is destined for great things. Note that the blank line breaks the paragraph. When you want to put in some math in line, just type a dollar sign and get on with it: $E = mc^2$. If you want it to be set off as its own unnumbered equation, then you can either use

$$a^2 + b^2 = c^2$$

or

$$a^2 + b^2 = c^2$$

I recommend the latter, because it’s a bit easier to switch to a numbered equation, which would look like this:

$$a^2 + b^2 = c^2$$  \hspace{1cm} (1)

Later, if you want to refer to this equation, you just type something like, “As seen in Eq. (1), the alphabet has more uses than in just spelling words.” Note that the tilde means a non-breaking space.

¹Her exclamation was recorded by said wolf’s personal dictation device, available at amazon.com.