Einstein's famous equation for special relativity is given by E=mc^2 and can be interpreted as follows: energy (E) and mass (m) are fundamentally related and can be converted into each other. The conversion is mediated by the speed of light (c) squared, which tells us how much energy is released or how much mass is converted when energy is converted to mass or mass is converted to energy. This equation is an essential part of special relativity, which describes how time, space, and mass interact with each other under the influence of certain speeds.