Abstract:

I will discuss the emergence of mass and spin from the key features of the QCD vacuum at low resolution, where topologically active instantonss and anti-instantons play a central role. For the low-lying hadrons, I will show how these effects are budgeted in mass and spin sum rules formulated by Ji. For the high lying hadrons, P-vortices as thin strings are argued to complement the role of instantons, and generate Regge behavior.