

$$e_{\alpha} \overbrace{e^{\mu} e_{\beta}} = \frac{1}{\sqrt{2}} \sigma_{\alpha\beta}^{\mu}$$

$$e^{\dot{\alpha}} \overbrace{e_{\mu} e^{\beta}} = \frac{1}{\sqrt{2}} \bar{\sigma}_{\mu}^{\dot{\alpha}\beta}$$