

$$\begin{aligned}
{}^x \boxed{\mathcal{N}:\mathcal{N}} &= {}_{\mu} \mathcal{N} \eta^{\mu\nu} {}_{\nu} \mathcal{N} - \mathcal{V}_{\mathcal{N}} \\
{}^x \boxed{\mathcal{N}:} &= {}^x \boxed{{}^x \mathcal{N}: {}^x \mathcal{N}} = {}^x_{\mu} \mathcal{N} \eta^{\mu\nu} {}^x_{\nu} \mathcal{N}
\end{aligned}$$