

HL /@ Expand /@ { $m_{1,2 \rightarrow 1} \sim B_1 \sim S_1 \equiv (S_1 S_2) \sim B_{1,2} \sim m_{2,1 \rightarrow 1}$,

$S_1 \sim B_1 \sim \Delta_{1 \rightarrow 1,2} \equiv \Delta_{1 \rightarrow 2,1} \sim B_{1,2} \sim (S_1 S_2) \}$