

Index of the slides:

Monads	2
Where our notation fails	3
A presentation of monads due to Manes	4
The Kleisli category of a monad	5
The Eilenberg-Moore category of a monad	6
The category of resolutions for a monad	7
E-mail to Seely (1)	8
E-mail to Seely (2)	9
E-mail to Seely (3)	10
Diagrams (1)	11
Diagrams (2)	12
Diagrams (3)	13
Vector spaces	14
The differential box	15
The differential combinator	16
Comonad structure	17
Coalgebra modalities	18
The term calculus	19
The term calculus: long version	20
The D combinator	21
Universal and couniversal arrows	22

Monads

Fix a monoid M .

Notation: elements of M will be called a, b, c, \dots

Our archetypal monad is based on the functor $(\times M): \text{Set} \rightarrow \text{Set}$.

A monad over a functor T ($T = (\times M)$ for us) is triple (T, η, μ)

where η and μ are natural transformations:

$$\begin{array}{ccc} X & \xrightarrow{\eta} & TX \\ & & \xleftarrow{\mu} TTX \end{array} \quad \begin{array}{ccc} x & \xrightarrow{\quad} & x,1 \\ & & \xleftarrow{\quad} x,ab \end{array} \quad \begin{array}{ccc} & & \\ & & \xleftarrow{\quad} x,a,b \end{array}$$

η and μ have to obey certain equations:

$$\begin{aligned} (\eta T; \mu) &= (T\eta; \mu) = \text{id} \text{ and} \\ (\mu T; \mu) &= (T\mu; \mu). \end{aligned}$$

If we downcase those equations using $x \rightarrow x, a$ as the archetype

they become exactly $\forall a. a1 = 1a = a$ and $\forall a, b, c. a(bc) = (ab)c$.

$$\begin{array}{ccc} TX & \xrightarrow{\eta T} & TTX \\ TX & \xrightarrow{T\eta} & TTX \\ TX & \xrightarrow{\text{id}} & TX \end{array} \quad \begin{array}{ccc} & \xrightarrow{\mu} & TX \\ & \xrightarrow{\mu} & TX \\ & \xrightarrow{\text{id}} & TX \end{array} \quad \begin{array}{ccc} x, a & \xrightarrow{\quad} & x, a, 1 \\ x, a & \xrightarrow{\quad} & x, 1, a \\ x, a & \xrightarrow{\quad} & x, a \end{array} \quad \begin{array}{ccc} & \xrightarrow{\quad} & x, a, 1 \\ & \xrightarrow{\quad} & x, 1, a \\ & \xrightarrow{\quad} & x, a \end{array}$$

$$\begin{array}{ccc} TTX & \xrightarrow{\mu T} & TTX \\ TTX & \xrightarrow{T\mu} & TTX \end{array} \quad \begin{array}{ccc} & \xrightarrow{\mu} & TX \\ & \xrightarrow{\mu} & TX \end{array} \quad \begin{array}{ccc} x, a, b, c & \xrightarrow{\quad} & x, a, bc \\ x, a, b, c & \xrightarrow{\quad} & x, ab, c \end{array} \quad \begin{array}{ccc} & \xrightarrow{\quad} & x, a(bc) \\ & \xrightarrow{\quad} & x, (ab)c \end{array}$$

Here are square conditions for the two natural transformations.

For any objects X and Y and any morphism $x \rightarrow y$,

$$\begin{array}{ccc} & \eta X & \\ X & \xrightarrow{\quad} & TX \\ | & & | \\ | f & & | Tf \\ \downarrow & & \downarrow \\ Y & \xrightarrow{\quad} & TY \\ & \eta Y & \end{array} \quad \begin{array}{ccc} x & \xrightarrow{\quad} & x, 1 \\ - & & - \\ | & & | \\ \downarrow & & \downarrow \\ y & \xrightarrow{\quad} & y, 1 \end{array}$$

$$\begin{array}{ccc} & \mu X & \\ TX & \xleftarrow{\quad} & TTX \\ | & & | \\ | Tf & & | TTf \\ \downarrow & & \downarrow \\ TY & \xleftarrow{\quad} & TTY \\ & \mu Y & \end{array} \quad \begin{array}{ccc} x, ab & \xleftarrow{\quad} & x, a, b \\ - & & - \\ | & & | \\ \downarrow & & \downarrow \\ y, ab & \xleftarrow{\quad} & y, a, b \end{array}$$

Where our notation fails

Our notation based on $(\times M)$ is not totally faithful -
 sometimes it suggests that two morphisms are the same
 when they may be different...

The square below does not need to commute.

$$\begin{array}{ccc}
 & TTX & \\
 T\mu X & / & \sim \\
 & & \backslash \mu TTX \\
 TTX & \downarrow & \\
 \mu TX & \backslash & / T\mu X \\
 & & \downarrow \\
 & TTX &
 \end{array}
 \quad
 \begin{array}{ccc}
 & x,a,b,cd & \\
 & \backslash & \sim \\
 x,ab,cd & \downarrow & \\
 & & \backslash \\
 & \backslash & / \\
 & & \downarrow \\
 & x,ab,c,d &
 \end{array}$$

But all canonical morphisms from $T^n X$ to TX are equal -

A presentation of monads due to Manes

A monad can also be given by an object function S and operations

$$(X \xrightarrow{f} S(Y)) \mapsto (S(X) \xrightarrow{f\#} S(Y)) \quad (x \mapsto y, a) \mapsto (x, b \mapsto y, ab)$$

$$X \mapsto (X \xrightarrow{\eta^X} S(X)) \quad x \mapsto (x \mapsto x, 1)$$

Subject to:

$$\begin{aligned} (\eta^X)^{\#} &= 1_{S(X)} \\ \eta^X; f^{\#} &= f \\ f^{\#}; g^{\#} &= (f; g^{\#})^{\#} \end{aligned}$$

Let's expand these equations:

$$\frac{\eta^X}{\text{-----}} \quad \frac{x \mapsto x, 1}{\text{-----}}$$

$$(\eta^X)^{\#} = 1_{S(X)} \quad x, a \mapsto x, 1a = x, a \mapsto x, a$$

$$\frac{\frac{f}{\text{---}} \quad \frac{x \mapsto y, a}{\text{-----}}}{\eta^X \quad f^{\#}} \quad \frac{x \mapsto x, 1 \quad x, b \mapsto y, ab}{\text{-----}}$$

$$\eta^X; f^{\#} = f \quad x \mapsto y, a1 = x \mapsto y, a$$

$$\frac{\frac{f \quad g}{\text{---}} \quad \frac{f \quad g^{\#}}{\text{-----}} \quad \frac{x \mapsto y, c \quad y \mapsto z, a}{\text{-----}} \quad \frac{x \mapsto y, c \quad y, b \mapsto z, ab}{\text{-----}}}{\frac{f^{\#} \quad g^{\#}}{\text{-----}} \quad \frac{f; g^{\#}}{\text{-----}} \quad \frac{x, d \mapsto y, cd \quad y, b \mapsto z, ab}{\text{-----}} \quad \frac{x \mapsto z, ac}{\text{-----}}}$$

$$f^{\#}; g^{\#} = (f; g^{\#})^{\#} \quad x, d \mapsto z, acd = x, d \mapsto z, acd$$

The Kleisli category of a monad

Notation:

$$\begin{array}{c}
 \begin{array}{cccc}
 & x:xT & x & xT & xTT \\
 - & - & - & - & - \\
 | & | f & & \backslash f & \\
 | & v & & v & \\
 f;TG;mu & | y:yT & y & yT & yTT \\
 | & - & - & - & - \\
 | & | g & g \backslash & \backslash Tg & \\
 v & v & v & v & v \\
 & z:zT & z & zT <-| & zTT \\
 & & & mu &
 \end{array}
 \end{array}$$

The adjunction:

$$\begin{array}{c}
 \begin{array}{ccc}
 x':x'T <==== x' & & \\
 - & & - \\
 f;eta & | <--| & | \\
 v & & v \\
 x:xT <==== x' & & \\
 - & & - \\
 g & | <--| & | g \\
 g & | |--> & | g \\
 v & & v \\
 y:yT <====> yT & & \\
 - & & - \\
 h & | |--> & | Th;mu \\
 v & & v \\
 y':y'T <====> y'T & &
 \end{array}
 \end{array}$$

The Eilenberg-Moore category of a monad

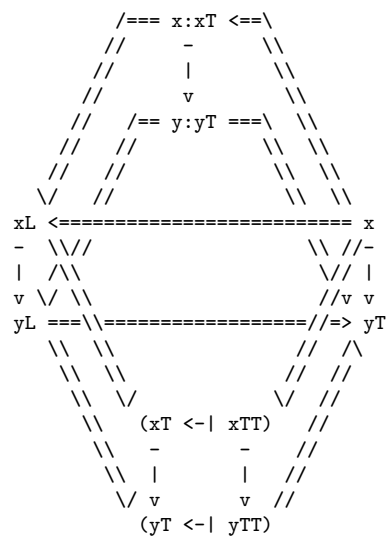
The adjunction:

$$\begin{array}{c}
 \begin{array}{c}
 (x'T \dashv\vdash x'TT) \rightleftarrows x' \\
 \hline
 f; \eta \downarrow \quad \quad \downarrow \dashv\vdash \quad \downarrow f \\
 \downarrow \quad \quad \downarrow \\
 (xT \dashv\vdash xTT) \rightleftarrows x \\
 \dashv\vdash \quad \dashv\vdash \\
 \hline
 \end{array} \\
 \text{Tg; } \begin{array}{c} \text{\aa} / \quad \quad / \quad \dashv\vdash \quad \downarrow g \\ h / \quad \quad / \quad \dashv\vdash \quad \downarrow \eta; h \\ \downarrow \text{\aa} \quad \downarrow \\ (y \dashv\vdash yT) \rightleftarrows y \\ \hline \end{array} \\
 \begin{array}{c}
 k \downarrow \quad \quad \downarrow \dashv\vdash \quad \downarrow k \\
 \downarrow \quad \quad \downarrow \\
 (y' \dashv\vdash y'T) \rightleftarrows y' \\
 \hline
 \end{array}
 \end{array}$$

The category of resolutions for a monad

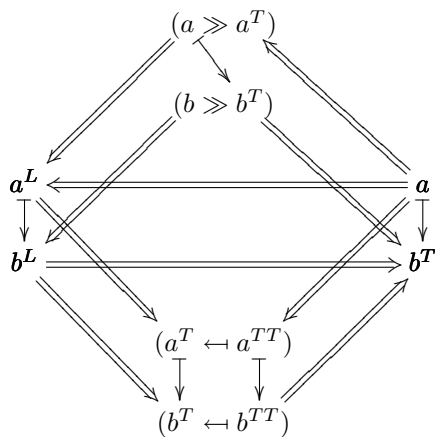
The Kleisli category is the initial resolution,
the Eilenberg-Moore category is the final one.

Notation: $O[yL]$ is not necessarily an image by L -
in some arrows it just just an arbitrary object of
the "other category" in an adjunction diagram.
Also: $O[yT] = O[yLR]$.



The functor $x:xT \Rightarrow xL$ acts on objects as L
and on morphisms as the transposition.

The functor $yL \Rightarrow (yT \leftarrow yTT)$ acts on objects as R
(plus the counit: $O[yL] \mapsto (yL \leftarrow yLRL) \mapsto (yLR \leftarrow yLRRL)$)
and on morphisms as R .



E-mail to Seely (1)

First, consider a function "f:A->B":

```
f: A --> B
  a |-> f(a)
```

Let's write it like this (we're putting our physicist's hats on):

```
      b:=f(a)
a |-----> b
```

We're seeing it as relating the value of two variables - the output, b, is a function of the input; the rule "b:=f(a)" tells us how to calculate the output from the input.

Now let's think that A is a one-dimensional vector space, whose points are the possible values of a, and B is another one-dimensional vector space, whose points are the possible values for b. If our f is a linear function A->B (I will not write the arrow as a lollipop), then we can write b:=f(a) as

```
      b:=ka
a |-----> b
```

where k is a constant.

Now let's make things worse. A becomes a two-dimensional vector space, X×Y, and B becomes a three-dimensional vector space, Z×W×T, where X is the space of the possible values for a variable x, and the same for the other letters: Y, Z, W, T. Now the value of A is a point in a two-dimensional space; we can think of it as being the pair of (numeric) values (x,y) - and the same for b: b=(z,w,t).

A linear transformation f:A->B sets the value of b from the value of a; or, in freshman's terms, it sets the value of (z,w,t) from the value of (x,y). It can be, for example, that f is like this:

```
      z:=1x+2y
      w:=3x+4y
      t:=5x+6y
(x,y) |-----> (z,w,t)
a |-----> b
```

Now let me pick the case where A and B are both one-dimensional again, but I will look at a polynomial function, $b := 3a^2 + 4a$, and I will represent it as a linear function from !A to B.

!A is an infinite-dimensional space; a point in !A is a certain quantity of a^0 , plus a certain quantity of a^1 , plus a certain quantity of a^2 , etc - note that I'm sort of confusing variables and the base elements of vector spaces, that is not some random macarronic dialect of mathematics, it's the trick that makes everything work... anyway, ahead; writing the tensor product as "@", the basis of A is {a}, and the basis of !A is { a^0 , a, a@a, a@a@a, a@a@a@a, ...}, where a^0 is the 0-th @-power of a; in another notation, this basis is {1, a, a^2 , a^3 , a^4 , ...}.

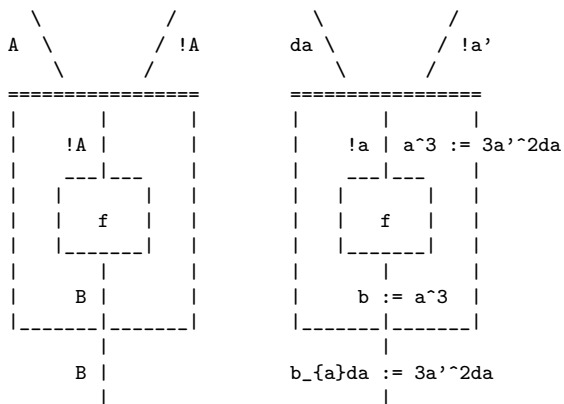
E-mail to Seely (2)

The polynomial $b := 3a^2 + 4a$ now becomes

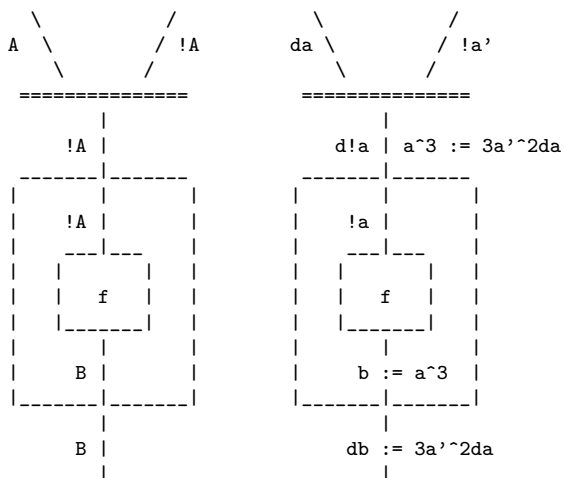
$$\begin{array}{l} b := 3a^2 + 4a \\ (1, a, a^2, \dots) \text{ |-----> } b \\ !A \text{ -----> } B, \end{array}$$

a linear function.

This is just the beginning, of course - but I've worked out all diagrams until D.2 in page 8, and some diagrams and equations ahead of that, and everything became very nice in this notation - only the dotted lines seem to need some tricks that I don't have yet... Just for curiosity, here are two diagrams (with no explanations here, but I can provide them later):



The differential combinator:

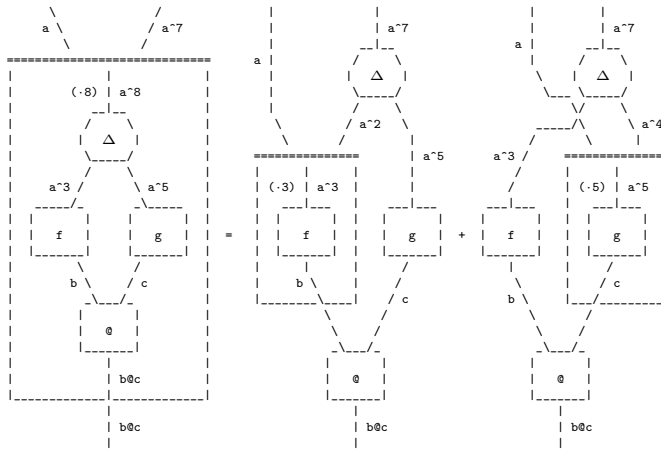
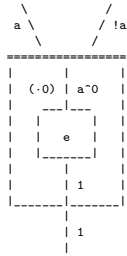


E-mail to Seely (3)

In these examples I'm always pretending that A and B are one-dimensional - everything works when they are more-dimensional, but then I use some dictionary tricks to "read" the downcased diagrams as something some general; formally, the downcased names for the wires become just abstract names for things that are more complex - but there is some precise relation between these abstract names (they're not totally abstract or arbitrary) and the "real things" behind them...

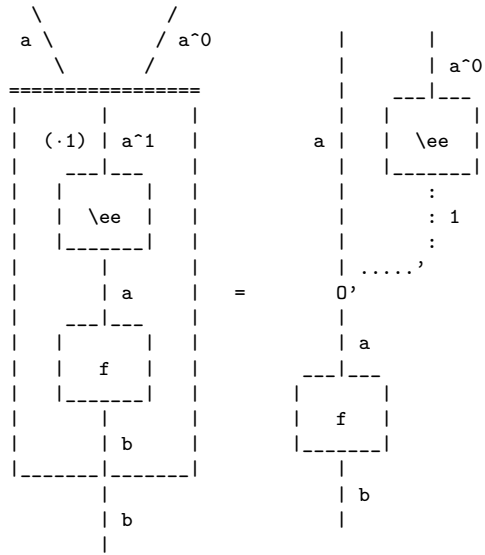
Diagrams (1)

[D.1] Constant maps:
(here $a^0 := 0$ da $\otimes a^0$)



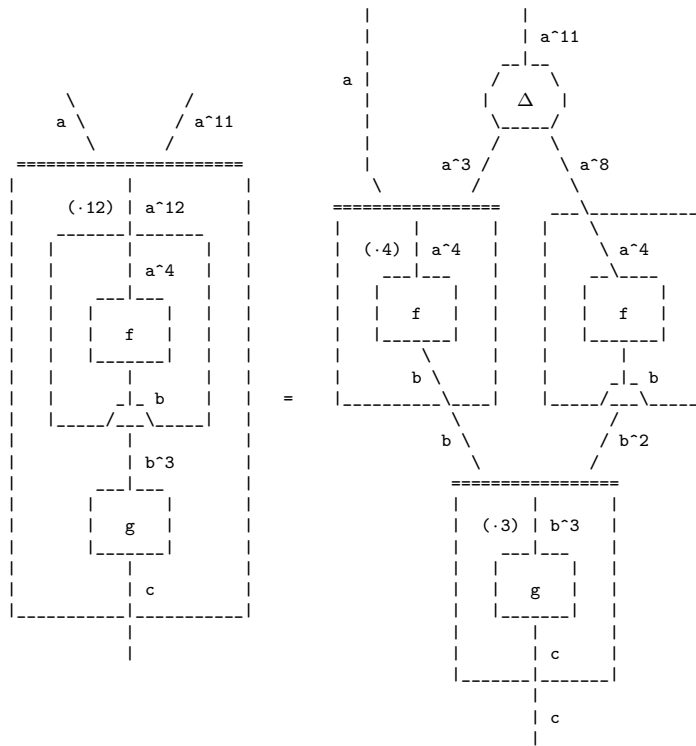
Diagrams (2)

[D.3] Linear maps:



Diagrams (3)

[D.4] Chain rule:



Vector spaces

Fix a base field for our vector spaces: \mathbb{R} , \mathbb{C} , \mathbb{Q} ,
 an arbitrary field K - it doesn't matter.
 Let's denote by FinVec the category of finite-dimensional
 vector spaces over that base field; morphisms are linear
 transformations.

Each morphism in FinVec has a "dual", or "transpose",
 going in the opposite direction.

A good notation (?) for morphisms:

$$\begin{array}{ccc}
 & \begin{array}{l} /1\ 2\ \\ |3\ 4| \\ \backslash 5\ 6/ \end{array} & \\
 \mathbb{R}^2 & \text{-----} \rightarrow & \mathbb{R}^3 \\
 \begin{array}{l} /a\ \\ | | \\ \backslash b/ \end{array} & \begin{array}{l} /c\ \\ | | \\ \backslash d/ \end{array} & \begin{array}{l} c := 1a + 2b \\ d := 3a + 4b \\ e := 5a + 6b \end{array} \\
 | | & \text{-----} \rightarrow & |d| \quad a,b \text{-----} \rightarrow c,d,e \\
 \backslash b/ & & | | \\
 & & \backslash e/
 \end{array}$$

We should be able to do a lot using morphisms
 that are not as general as these - matrices that
 are all 0s, with just one entry being a 1.

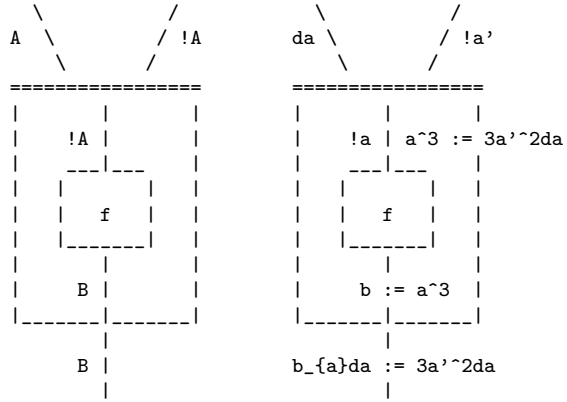
An example:

$$\begin{array}{ccc}
 & d:=a & \\
 a,b & \text{-----} \rightarrow & c,d,e
 \end{array}$$

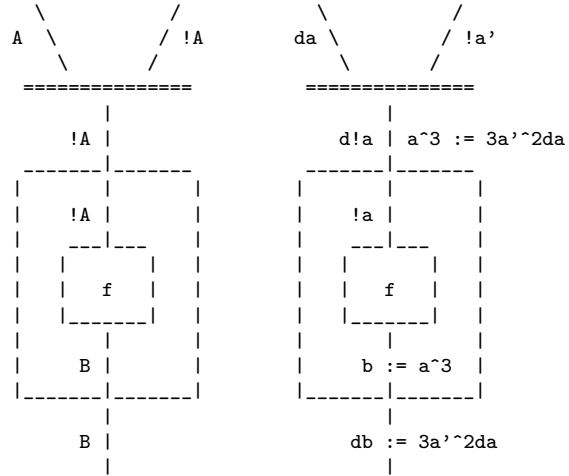
Then our previous morphism is:

$$\begin{array}{l}
 1(c:=a) + 2(c:=b) + \\
 3(d:=a) + 4(d:=b) + \\
 5(e:=a) + 6(e:=b)
 \end{array}$$

The differential box



The differential combinator



Comonad structure

Two natural transformations, ε and δ ,

$$X \xleftarrow{\varepsilon} !X \xrightarrow{\delta} !!X$$

Obeying the duals of what would be this,
if I downcased my favourite monad:

$$\begin{aligned} (\eta T; \mu) &= (T\eta; \mu) = \text{id} \\ (\mu T; \mu) &= (T\mu; \mu) \end{aligned}$$

$$\begin{array}{lll} TX \xrightarrow{\eta T} TTX \xrightarrow{\mu} TX & x, a \mapsto x, a, 1 \mapsto x, a1 \\ TX \xrightarrow{T\eta} TTX \xrightarrow{\mu} TX & x, a \mapsto x, 1, a \mapsto x, 1a \\ TX \xrightarrow{\text{id}} TX & x, a \mapsto x, a \end{array}$$

$$\begin{array}{lll} TTTX \xrightarrow{\mu T} TTX \xrightarrow{\mu} TX & x, a, b, c \mapsto x, a, bc \mapsto x, a(bc) \\ TTTX \xrightarrow{T\mu} TTX \xrightarrow{\mu} TX & x, a, b, c \mapsto x, ab, c \mapsto x, (ab)c \end{array}$$

The duals are:

$$\begin{aligned} (\delta; \varepsilon!) &= (\delta; !\varepsilon) = \text{id} \\ (\delta; \delta!) &= (\delta; !\delta) \end{aligned}$$

$$\begin{array}{l} !X \xleftarrow{\varepsilon!} !!X \xleftarrow{\delta} !X \\ !X \xleftarrow{!\varepsilon} !!X \xleftarrow{\delta} !X \\ !X \xleftarrow{\text{id}} !X \end{array}$$

$$\begin{array}{l} !!!X \xleftarrow{\delta!} !!X \xleftarrow{\delta} !X \\ !!!X \xleftarrow{!\delta} !!X \xleftarrow{\delta} !X \end{array}$$

Coalgebra modalities

The comonad $(!, \delta, \varepsilon)$ is a `_coalgebra modality_` if we are given, for every object X , maps:

$$\top \xleftarrow{e} !X \xrightarrow{\quad} !X \otimes !X$$

Obeying:

$$\begin{array}{ccc}
 \text{-- } !X \text{ --} & & !X \xrightarrow{\quad} !X \otimes !X \\
 \text{id} / \quad | \quad \backslash \text{id} & & | \quad \quad \quad | \\
 / \quad \Delta \quad | \quad \backslash & & \Delta \quad | \quad \quad \quad | \quad \Delta \otimes 1 \\
 v \quad \quad v \quad \quad v & & v \quad \quad 1 \otimes \Delta \quad \quad v \\
 !X \xleftarrow{\quad} !!X \xrightarrow{\quad} !X & & !X \otimes !X \xrightarrow{\quad} !X \otimes !X \otimes !X \\
 1 \otimes e \quad \quad e \otimes 1 & &
 \end{array}$$

And this (" δ is a morphism of comonoids"):

$$\begin{array}{ccc}
 \delta & & \delta \\
 !X \xrightarrow{\quad} !!X & & !X \xrightarrow{\quad} !!X \\
 \backslash \quad \quad | & & | \quad \quad \quad | \\
 e \quad \backslash \quad | \quad e & & \Delta \quad | \quad \quad \quad | \\
 \quad \quad \quad v & & v \quad \quad \delta \otimes \delta \quad \quad v \\
 \quad \quad \quad \text{---} \rightarrow \top & & !X \otimes !X \xrightarrow{\quad} !!X \otimes !X
 \end{array}$$

The term calculus

The new rule:

$$(Dt) \quad \frac{a; b|-c \quad a|-b \quad a|-db}{a|-c_{\{b\}}db}$$

or, in long form:

$$\frac{a:A, b:B|-c(a,b):C \quad a:A|-b(a):B \quad a:A|-db(a):B}{a:A|-c_b(a,b(a))db(a):C}$$

The equations ([S07], slide 20): the usual ones (?), plus these:

$$(Dt.1) \quad \begin{aligned} (c+c')_{\{b\}}db &= c_{\{b\}}db + c'_{\{b\}}db \\ 0_{\{b\}}db &= 0 \end{aligned}$$

$$(Dt.2) \quad c_{\{b\}}(db+db') = c_{\{b\}}db + c_{\{b\}}db'$$

$$(Dt.3a) \quad b_{\{b\}}db = db$$

$$(Dt.3b) \quad \begin{aligned} c_{\{(b,b')\}}(db,0) &= c_{\{b\}}db \\ c_{\{(b,b')\}}(0,db') &= c_{\{b'\}}db' \end{aligned}$$

$$(Dt.4) \quad (c,c')_{\{b\}}db = (c_{\{b\}}db, c'_{\{b\}}db)$$

$$(Dt.5) \quad e_{\{b\}}db = e_{\{c\}}c_{\{b\}}db$$

$$(Dt.6) \quad (c_{\{b\}}db)_{\{db\}}db' = c_{\{b\}}db'$$

The term calculus: long version

Longer version, showing all the hypotheses:

$$(Dt.1) \frac{a,b|-c \quad a,b|-c' \quad a|-b \quad a|-db}{a|-(c+c')_b db = c_b db + c'_b db}$$

$$\frac{[a,b|-0] \quad a|-b \quad a|-db}{a|-0_b db = 0}$$

$$(Dt.2) \frac{a,b|-c \quad a|-b \quad a|-db \quad a|-db'}{a|-c_b (db+db') = c_b db + c'_b db'}$$

$$(Dt.3a) \frac{[a,b|-b] \quad a|-b \quad a|-db}{a|-b_b db = db}$$

$$(Dt.3b) \frac{a,b,b'|-c \quad a|-b \quad a|-b' \quad a|-db}{a|-c_{(b,b')} (db,0) = c_b db}$$

$$\frac{a,b,b'|-c \quad a|-b \quad a|-b' \quad a|-db}{a|-c_{(b,b')} (0,db') = c_{b'} db'}$$

$$(Dt.4) \frac{a,b|-c \quad a,b|-c' \quad a|-b \quad a|-db}{a|-(c,c')_b db = (c_b db, c'_b db)}$$

$$(Dt.5) \frac{a,b,c|-e \quad a,b|-c \quad a|-b \quad a|-db}{a|-e_b db = e_c c_b db}$$

$$(Dt.6) \frac{a,b|-c \quad a|-b \quad a|-db \quad a|-db'}{a|-(c_b db)_db db' = c_b db'}$$

The D combinator

In the categorical setting the D works like this:

$$\begin{array}{ccc} \frac{dx, x}{-} & & \frac{x}{-} \\ |D[f]| & & |f| \\ \frac{v}{dy} & & \frac{v}{y} \\ (=y_{\{x\}dx}) & & \end{array}$$

In the term calculus the derivative works on one of the variables, not on all at once, so we need a trick to convert between the two:

$$\begin{array}{ccc} \frac{a}{-} & & \frac{x}{-} \\ | \langle \langle [a|-db], 0 \rangle, \langle [a|-b], 1 \rangle \rangle & & |f| \\ \frac{v}{(db, 0), (b, a)} & & \frac{v}{b, a} \\ |D[[a, b|-c]] & & |[a, b|-c]| \\ \frac{v}{c_{\{b, a\}}(db, 0)} & & \frac{v}{c} \\ =c_{\{b\}}db & & \\ =dc & & \end{array}$$

So:

$$[[a|-c_{\{b\}}db]] := \langle \langle [a|-db], 0 \rangle, \langle [a|-b], 1 \rangle \rangle D [[a, b|-c]]$$

[Note: [S07] uses "b" before "a"...]

In the other direction,

$$\begin{array}{l} D[[x|-y]] = dx, x|-y_{\{x\}}dx \\ \frac{(dx, x), x'|-y \quad dx, x|-x \quad dx, x|-dx}{dx, x|-y_{\{x\}}dx} \end{array}$$

$$(Dt) \quad \frac{a, b|-c \quad a|-b \quad a|-db}{a|-c_{\{b\}}db}$$

And the other direction?

Universal and couniversal arrows

Units are universal:

$$\begin{array}{ccc}
 & & \begin{array}{c} / \qquad a \ \backslash \\ | \qquad - \ | \\ | \qquad | \ | \ | \\ | \qquad | \ | \ | \\ | \qquad v \ | \\ \backslash a^L \implies a^LR / \end{array} \\
 \begin{array}{ccc} / & a \ \backslash \\ | & - \ | \\ | & | \ | \ | \\ | & | \ | \ | \\ | & v \ | \\ \backslash a^L \implies a^LR / \end{array} & \text{---} & \text{---} & \text{---} & \begin{array}{c} / \qquad a \ \backslash \\ | \qquad - \ | \\ | \qquad | \ | \ | \\ | \qquad | \ | \ | \\ | \qquad v \ | \\ \backslash a^L \implies a^LR / \end{array}
 \end{array}$$

Counits are couniversal:

$$\begin{array}{ccc}
 & & \begin{array}{c} / \ a^L \ \leq\! = \ a \ \backslash \\ | \ - \ | \\ | \ | \ <- \ | \ | \\ | \ | \ \natural \ v \ | \\ | \ v \ | \\ \backslash b \ \implies \ b^RL / \end{array} \\
 \begin{array}{ccc} /b^RL \ \leq\! = \ b^R \ \backslash \\ | \ - \ | \\ | \ | \ | \\ | \ v \ | \\ \backslash b \ \implies \ b^RL / \end{array} & \text{---} & \text{---} & \text{---} & \begin{array}{c} / \ a^L \ \leq\! = \ a \ \backslash \\ | \ - \ | \\ | \ | \ <- \ | \ | \\ | \ | \ \natural \ v \ | \\ | \ v \ | \\ \backslash b \ \implies \ b^RL / \end{array}
 \end{array}$$

When $a|->a^LR$ is a unit then the NT " $b \text{ --> }$ diagram" is a natural iso (i.e., for each B the arrow \natural is a bijection between hom-sets; this is the definition of " $a|->a^LR$ is universal").

When $b^RL|->b$ is a counit the NT " $a^op \text{ --> }$ diagram" is a natural iso.