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2Switch to the channels pallet: Windows>Show Channels. Make a new channel

		1988	X
📑 Techno Text @ 100% (RGB)	Layers Channels	Raths Wistory) ×
	RGB	Ctrl+~	
	Red	Ctrl+1	
	Green	Ctrl+2	
	Blue	Ctrl+3	
	💼 🗑 🖬 Alpha 1	Ctrl+4	-
			11.

New Channel Icon

Select a **light gray** color from the Swatches pallet. Now select the Paintbrush tool and then select a soft brush from the brushed pallet. Paint a wavy stroke on this channel





Switch back to the Layers Pallet. Click on the background layer. Now make a new layer. Go to **Selection>Load Selection** and select "Alpha 1" where is say Channel



OK.

Add more effects to the dots with Photoshop's Layer Effects: Layer>Effects.



More info on Layer Effects.