Brightness Layers

To Create Light Masks

Choose "Channels Panel"

Select RGB Channel
Click on "Load Channel as Selection"
Click on "Save Selection as Channel"
Rename the Channel as "Light 1"

Shift + Ctrl + Alt + Click on Thumbnail of Channel "Light 1"
Click on "Save Selection as Channel"
Rename the Channel as "Light 2"

Shift + Ctrl + Alt + Click on Thumbnail of Channel "Light 2"
Click on "Save Selection as Channel"
Rename the Channel as "Light 3"

Shift + Ctrl + Alt + Click on Thumbnail of Channel "Light 3"
Click on "Save Selection as Channel"
Rename the Channel as "Light 4"

To Create Dark Masks

Select RGB Channel
Click on "Load Channel as Selection"
Shift + Ctrl + i to invert selection
Click on "Save Selection as Channel"
Rename the Channel as "Dark 1"

Shift + Ctrl + Alt + Click on Thumbnail of Channel "Dark 1"
Click on "Save Selection as Channel"
Rename the Channel as "Dark 2"

Shift + Ctrl + Alt + Click on Thumbnail of Channel "Dark 2"
Click on "Save Selection as Channel"
Rename the Channel as "Dark 3"

Shift + Ctrl + Alt + Click on Thumbnail of Channel "Dark 3"
Click on "Save Selection as Channel"
Rename the Channel as "Dark 4"

To Create Mid Masks

Select RGB Channel
Ctrl + a to select all.
Ctrl + Alt + Click on "Light 1" thumbnail to subtract from selection
Ctrl + Alt + Click on "Dark 1" thumbnail to subtract from selection
Click on "Save Selection as Channel"
Rename the Channel as "Mid 1"

Select RGB Channel
Ctrl + a to select all.
Ctrl + Alt + Click on "Light 2" thumbnail to subtract from selection
Ctrl + Alt + Click on "Dark 2" thumbnail to subtract from selection
Click on "Save Selection as Channel"
Rename the Channel as "Mid 2"

Select RGB Channel
Ctrl + a to select all.
Ctrl + Alt + Click on "Light 3" thumbnail to subtract from selection
Ctrl + Alt + Click on "Dark 3" thumbnail to subtract from selection
Click on "Save Selection as Channel"
Rename the Channel as "Mid 3"

Select RGB Channel
Ctrl + a to select all.
Ctrl + Alt + Click on "Light 4" thumbnail to subtract from selection
Ctrl + Alt + Click on "Dark 4" thumbnail to subtract from selection
Click on "Save Selection as Channel"
Rename the Channel as "Mid 4"

To Create Effects Groups

Select "Layers" Palette

Click on "Create a New Group" three times to create three new groups
Rename these groups "Light", "Mid" and "Dark"

       Select "Channels" palette
       Click on the "Light 1" Channel
       Click on "Load Channel as Selection"
       Click on RGB
       Select "Layers" palette
       Click on "Light Group" to make it active.
       Click on "Create New Fill or Adjustment Layer"
       Choose "Brightness / Contrast"
       Click "OK"
       Rename the layer as "Light 1"

       Select "Channels" palette
       Click on the "Light 2" Channel
       Click on "Load Channel as Selection"
       Click on RGB
       Select "Layers" palette   *Repeat this for "Lights 3" and "Lights 4"*
       Click on "Light Group" to make it active.
       Click on "Create New Fill or Adjustment
       Layer"
       Choose "Brightness / Contrast"
       Click "OK"
       Rename the layer as "Light 2"

Repeat the above process for the "Mid" group and the "Dark" group

It is now a good idea to switch to the "Channels" palette and delete the twelve newly created channels. They take up a lot of space and are not needed anymore.