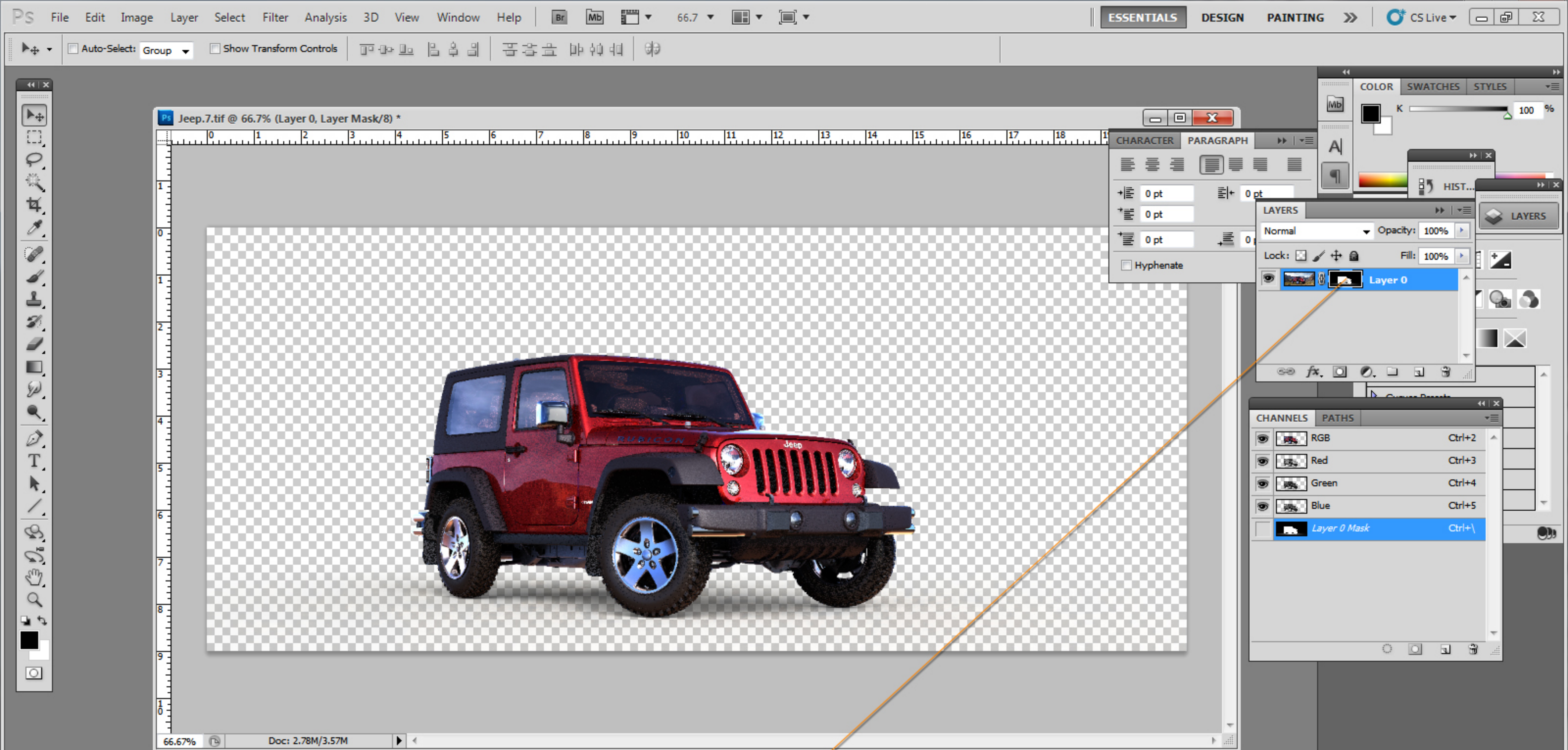


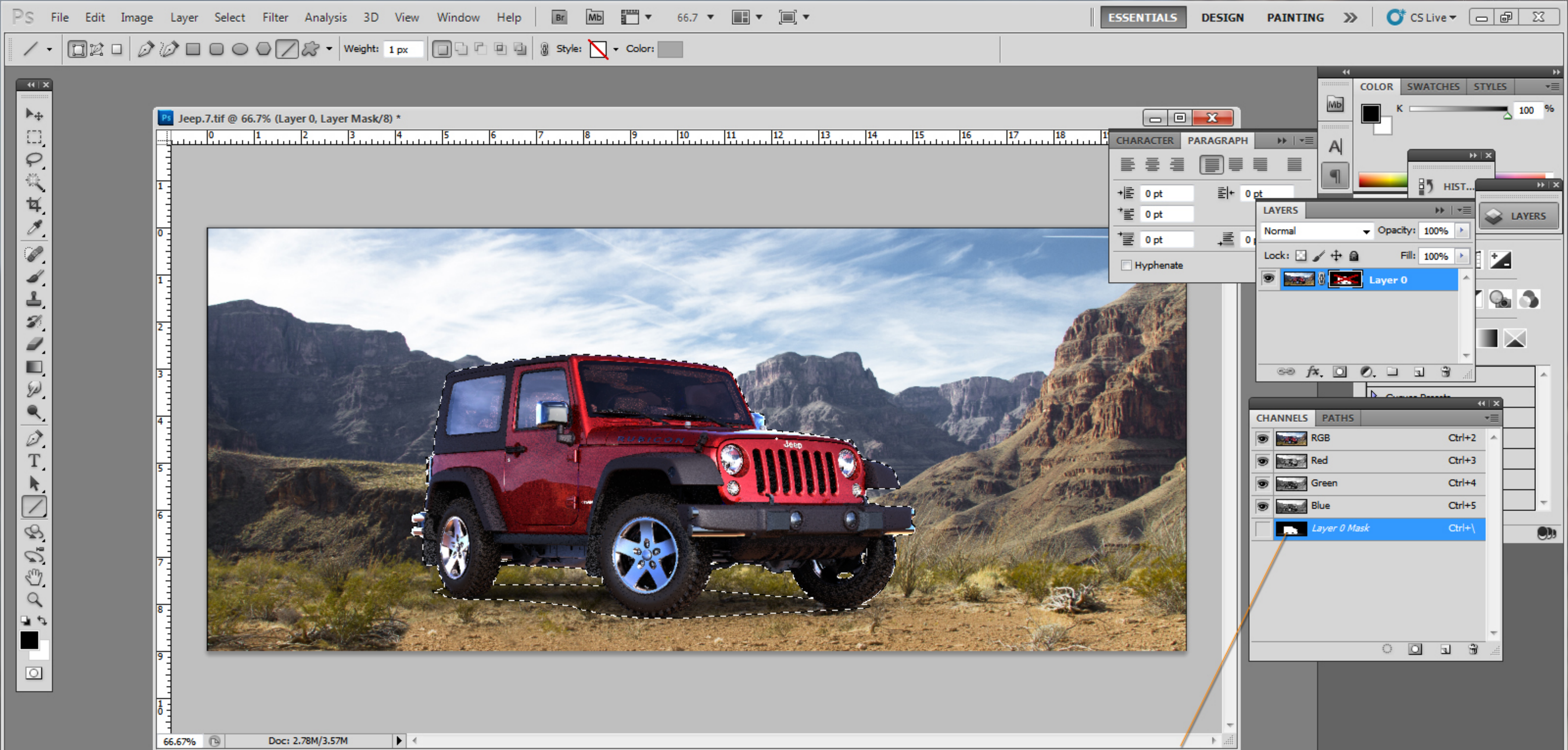
Step 1: select 'layer' -> 'layer mask' -> from transparency





Step 2: right click and select 'disable layer mask'





Step 3: your background is in, and you can still select the model and shadow separately by holding 'control' (cmd on mac) and left clicking on your mask in the channels box

