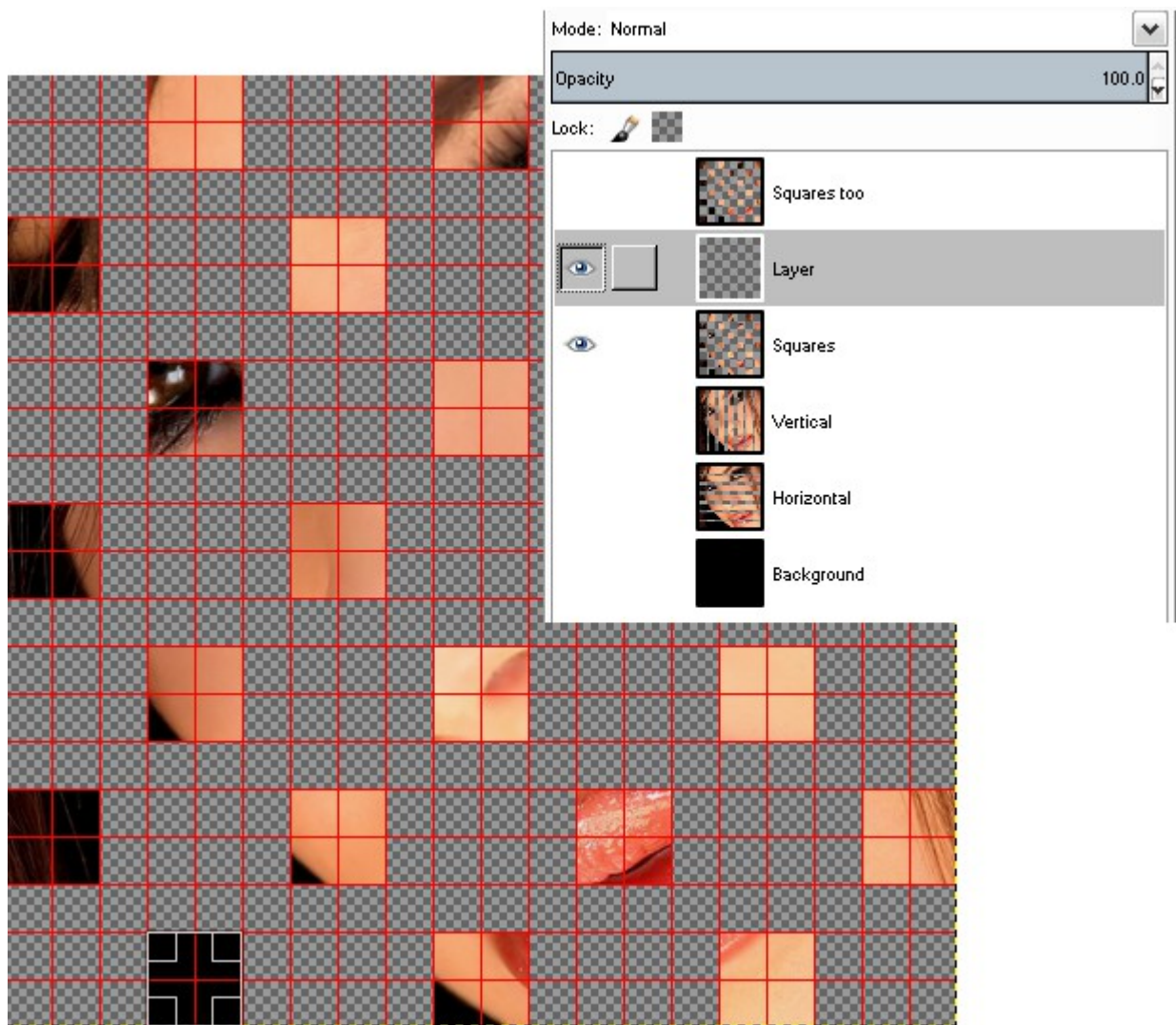
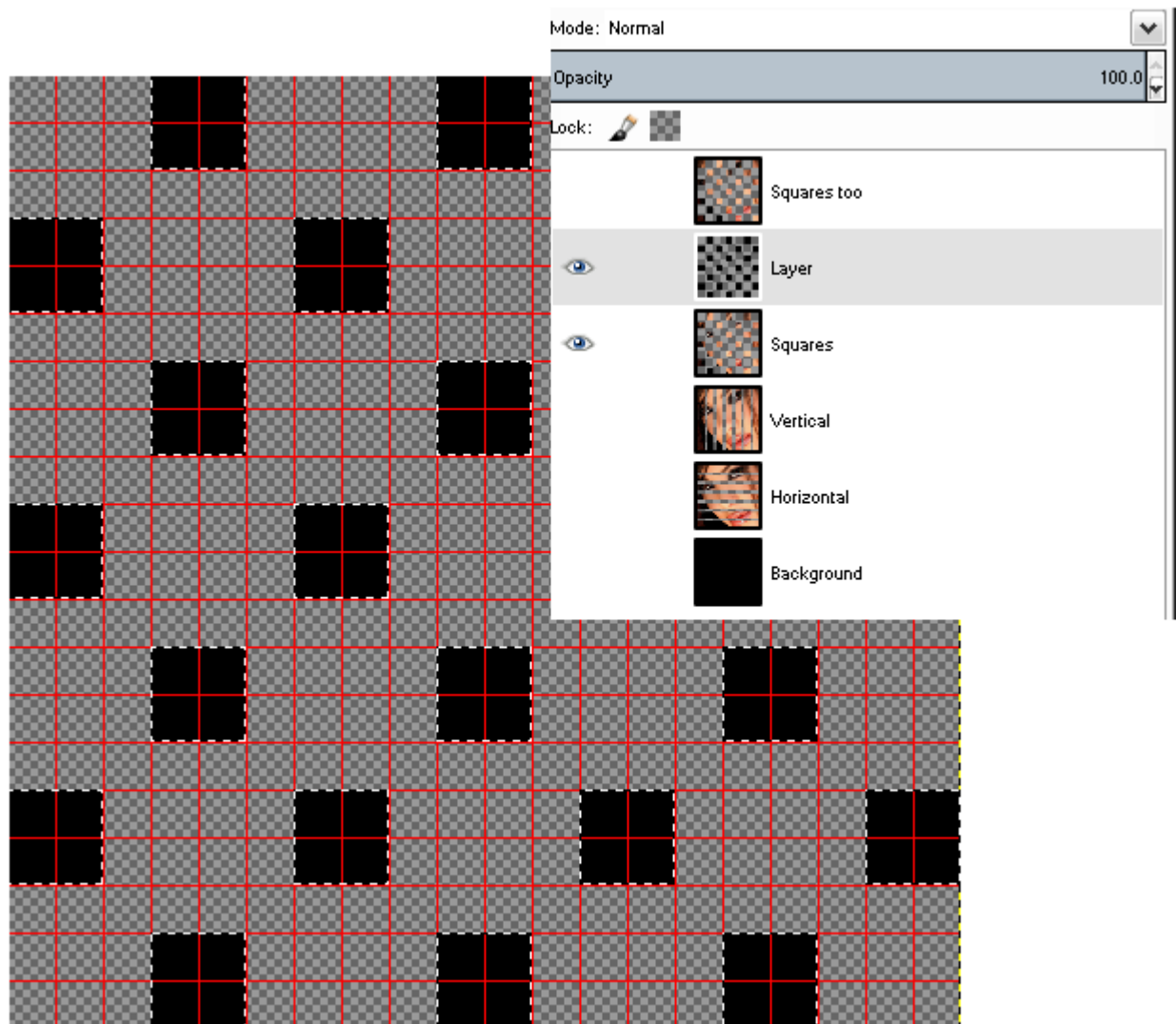


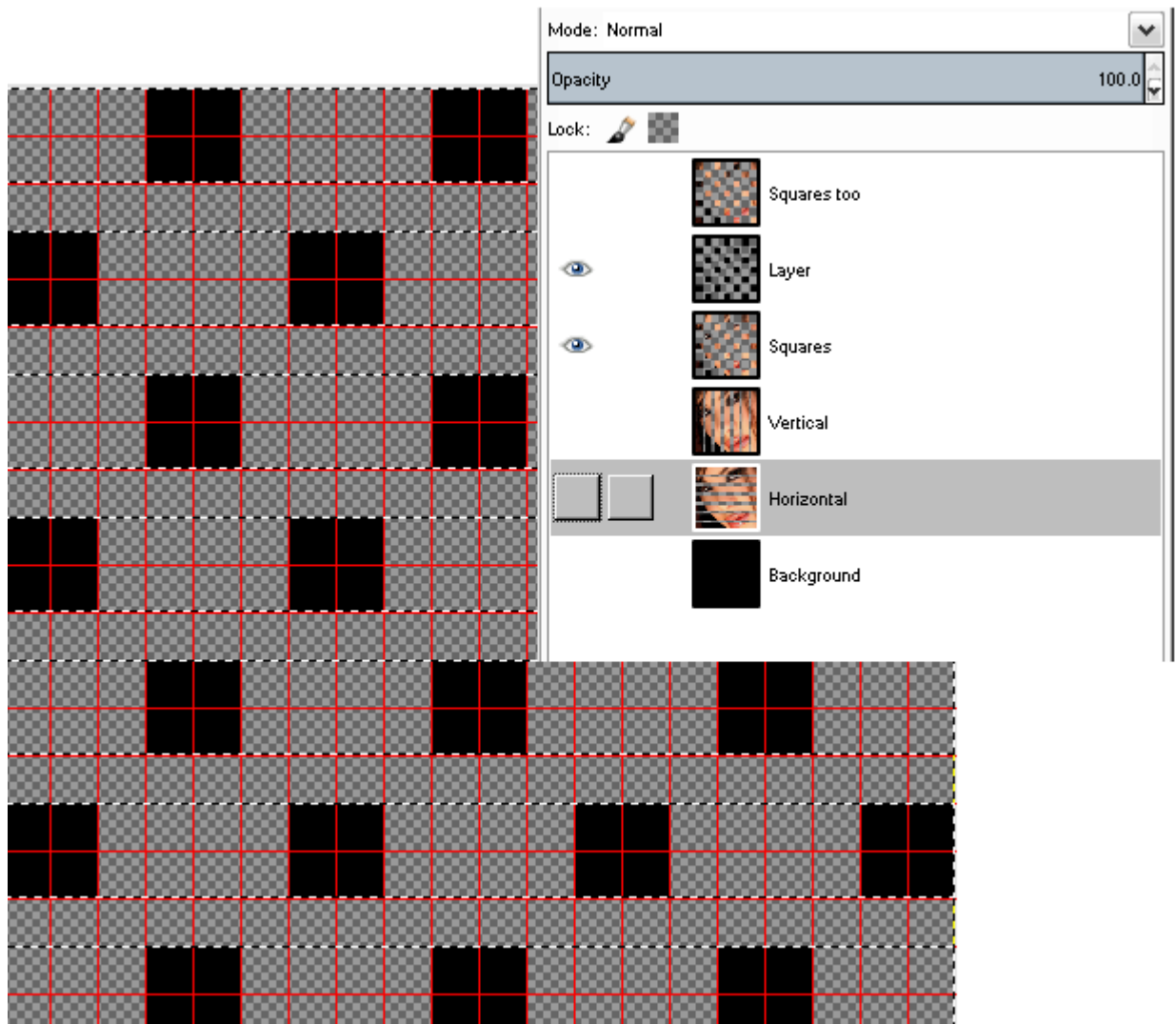
On this layer of squares, right click layer in the layers dialog and do Alpha to selection.



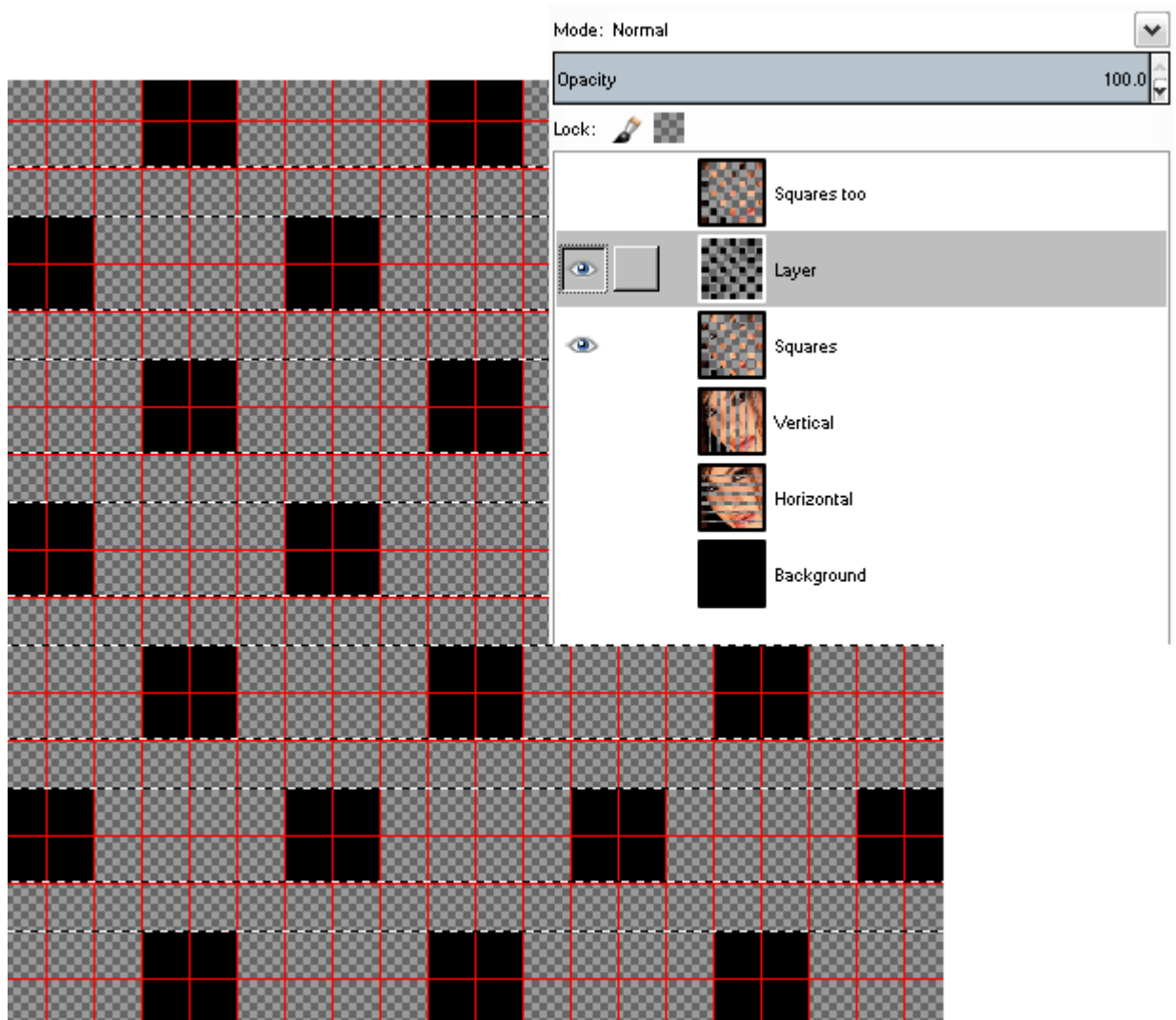
Make a new transparent layer right over Squares layer.



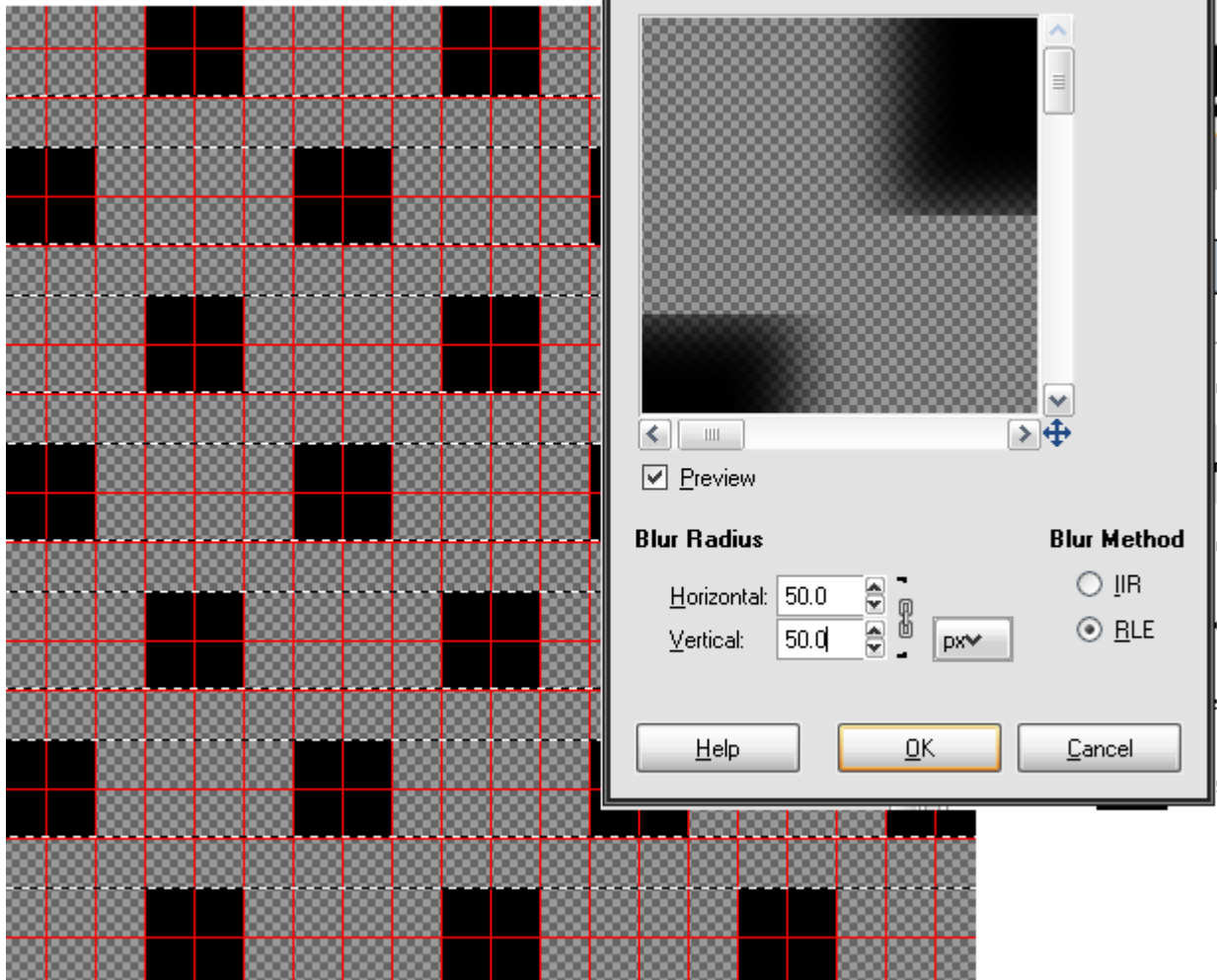
Fill with black on the new transparent layer.



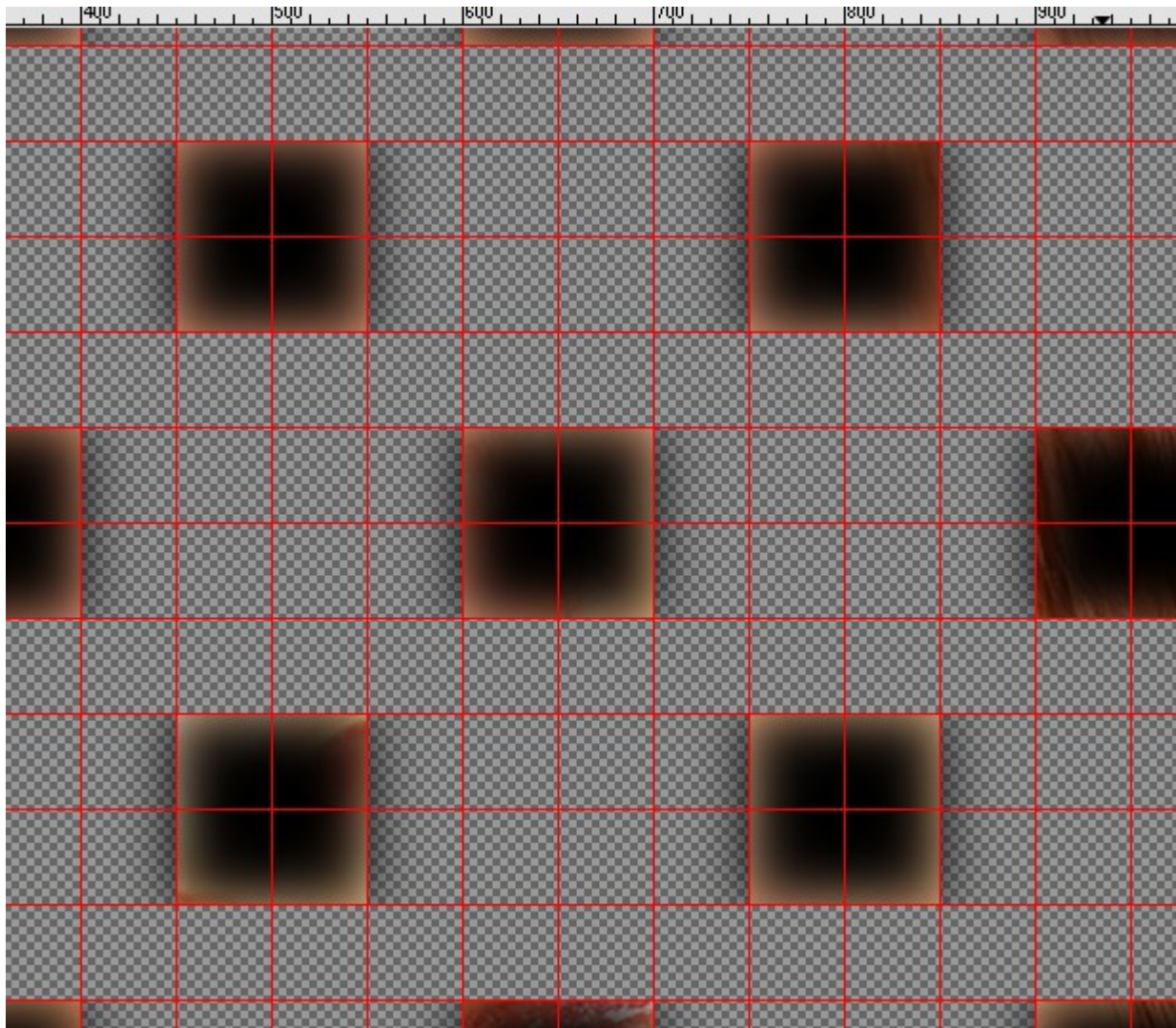
Right click Horizontal stripes layer and do alpha to selection.



Select the layer with the black squares on it.



Gaussian Blur by about 50.



Resulting horizontal shadows. Note how the shadows only appear to the left and right, but not top and bottom of each square. The Vertical shadows will be using the other set of squares and the vertical stripes.