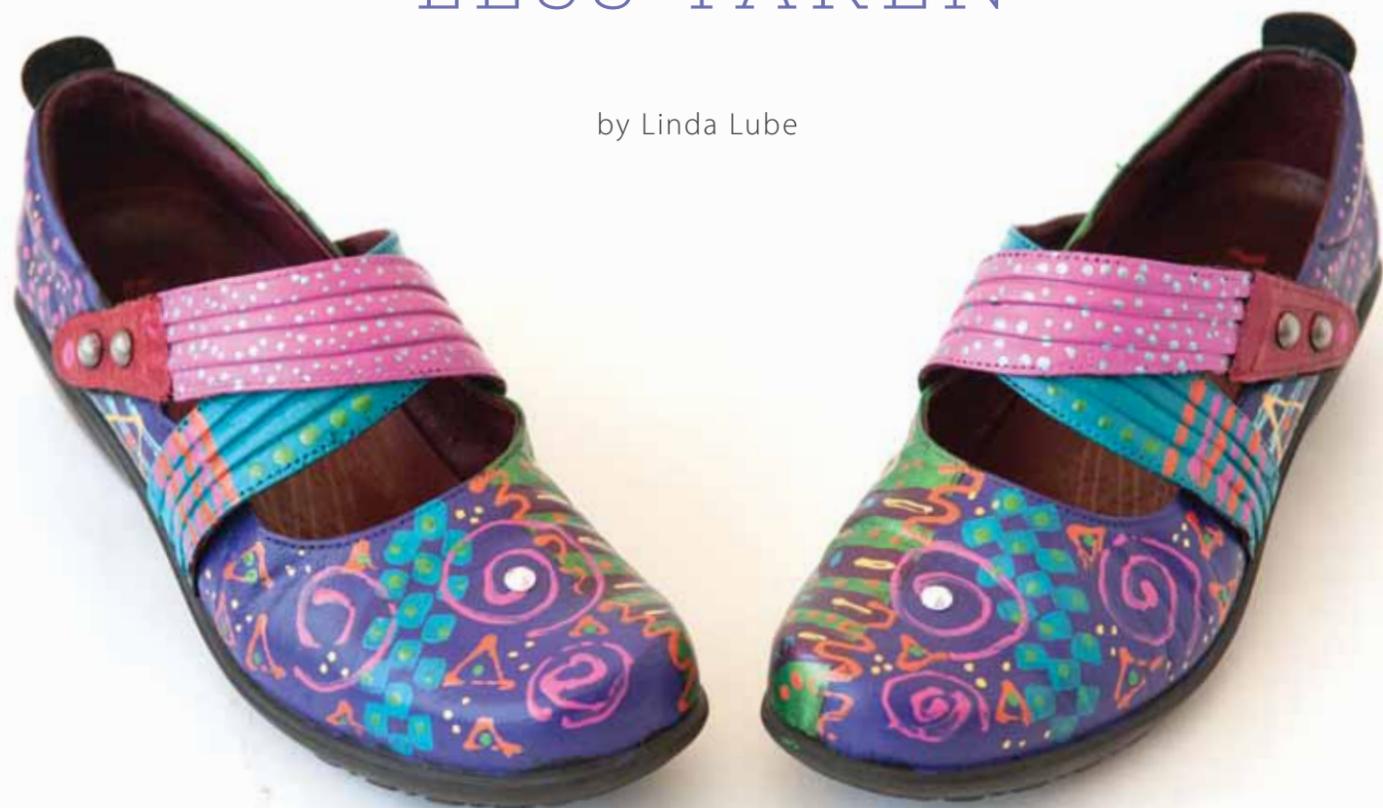


The Path

LESS TAKEN

by Linda Lube



Leave a trail of joy and magic when you wear these hand-painted shoes, for you simply cannot hide your light any longer. Step out and be the genuinely outrageous, courageous, shining being that you truly are.

We've all seen painted footwear in magazines for years. My version began four years ago. A friend was picking me up in half an hour to go out for dinner when I had one of my insights: paint the well-worn and loved Mary Janes I had on. I've learned to go with the flow of juicy creative insights as quickly as possible (or burst into flames with the sparks of creative passion unfulfilled). I got out fabric paints and used the same basic layered painting technique I use on canvas and fabric. The first pair was very simple with

geometric designs, and they were still a little wet when I left the house. Friends began asking me to paint their shoes. Local Color, an art gallery in Brevard, North Carolina, saw my shoes and asked me to paint 30 pairs of shoes, boots, sandals, and a few purses. Hence, Magick Shoes was officially birthed.

SUPPLIES

- Decoupage medium: matte (Plaid - Mod Podge)
- Fabric paint: (Jacquard - Lumiere); (Jacquard - Textile)
- Heat tool (optional)
- Paintbrushes: assorted
- Shoes/Sandals/Boots/Sneakers
- Squeeze bottles: fine-tip

TECHNIQUE

Choose your desired footwear; consider choosing an old scuffed-up pair because they will be reborn. Clean the shoes with a soft wet rag or paper towel as needed, and energetically clear the shoes with a spray form of white sage (like a tea solution). Native Americans burn sage to clear energies, and many Eastern religions have you remove your shoes before entering a home or temple, as they understand that footwear, socks, and feet pick up energies wherever they travel.

Time to paint the first layer. You can paint the foundation background all one color or, my favorite, paint multiple sections with three to five colors. You don't need to section off areas with tape. Use flat-tipped brushes and a steady hand. Don't worry if the lines are not perfect. As you paint the embellishments, you can mask them easily. Besides the fact that perfection is an illusion, use perceived imperfections as a building block for even more creativity. Let this first layer dry/cure for a few hours before adding the next layers.

Now the fun really begins. Use the brushes and the squeeze bottles full of paint to create designs. Keep it simple. My personal proverb is, "It's not what you use but how you use it." Paint whatever makes your heart sing. Some possibilities are dots, lines, checks, spirals, hearts, triangles, stripes, circles, stars, squiggles, and waves. While the paint is still wet, if you don't like something, simply wipe it clean with a damp paper towel. Let it dry and go again. You may partially heat-set paint by lightly using a heat tool, but this is not necessary. Let all paint dry for 24 hours, and then brush on one or two layers of decoupage medium; let dry. ♦



Estimated Time:
1 hour

Skill Level:
beginner

Cost:
\$25



TIPS

- Michaels is a good place to buy paintbrushes. Check their website for Sunday coupons and sales.
- Find fine-tipped squeeze bottles at beauty supply stores.
- A wise spiritual teacher offered me wisdom for living life large and fulfilling: "Go to the edge of your comfort zone and stretch, and then go to the edge of your comfort zone and stretch again."

Linda Lube thrives with three angels in fur outside Asheville, North Carolina. She has been published several times and has artwork displayed in public spaces. In 2003, Linda created an art chair prop for "The Vagina Monologues," which featured Jane Fonda. Linda has donated artwork to several juried fundraiser events for the homeless, and had the honor of being an artist with the VSA program, serving children with special needs. To learn more, visit lindalube.com.