

Episode 14: Mindfulness for Artists with Nick Demos

- Cindy Hohman: [00:10](#) Welcome back. I'm Cindy and this is the Art Marketing Project podcast where I empower artists to take the reins of the marketing and sales of their own work into their hands. On today's episode I'm super excited because I'm interviewing my friend Nick Demos. Nick is a Tony Award-winning performer, producer and director, and he also helps artists with mindfulness practices. I was super excited to talk to him today because although I recorded a recent episode about mindset, I will not try to lie to you. I'll tell you, I struggle with mindfulness practice myself because as an entrepreneur it can be very challenging to get off the treadmill of feeling like you have to do everything and there's no time to take a break. So my conversation with Nick today was about how to step back from that treadmill, how to use mindfulness to improve your creative abilities, to basically give you some perspective and let some of the intuition that we all have come to the forefront and help you make better decisions and improve honestly, your creative practice. You can find all of the links that I mentioned in this episode in the show notes@artmarketingproject.com slash 14 all right, let's get into the conversation with Nick.
- Cindy Hohman: [01:46](#) Hi Nick. Thanks so much for joining me on the podcast.
- Nick Demos: [01:49](#) Hey Cindy, thank you so much for having me today.
- Cindy Hohman: [01:52](#) I'm so excited. So Nick and I are friends; we work with the same business coach and I'm just so excited to have you here. I think you can bring a lot of great insight for my listeners. So why don't you tell us a little bit about what you do?
- Nick Demos: [02:09](#) So I work holistically with artists and entrepreneurs so they can become more self aware, more self actualized so they can have successful careers and fulfilling lives at the same time. Cool. So I use several tools, several modalities in order to make that happen. Everything from, I've been a yoga teacher, a meditation teacher, and a creativity teacher for well over a decade. So I use various tools from literally ancient techniques, 6,000 year old yogic techniques to things that I create and I bring them together to work with artists to really remove blocks and obstacles in their path towards dark, best, highest, greatest self.

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- Cindy Hohman: [02:54](#) And so can you tell us just a little bit about your creative background?
- Nick Demos: [02:58](#) Sure. I started really young and a creative career by 16 years old, I had my first professional job as a dancer and at 19 years old I left home and went on the road with a national tour of a show, moved to New York at the end of that year when I was 19 and you know, I was a Broadway performer and that lasted for about six, seven years. I remember I was doing the Radio City Music Hall show with the Christmas show, with the Rockettes. So I was dancing with the Rockettes and I had this moment, and we wore these bear costumes and we did this Nutcracker ballet. I remember I had this bear head on and I was crying underneath my bear head and I remember thinking to myself, oh this is not the career you thought you were going to have.
- Nick Demos: [03:50](#) Great. And it was seemingly successful, right? Like I'm dancing with the Rockettes but I wasn't happy. So I knew that I needed to make a shift. And so I then I started directing and choreographing and that led to jobs around the country, including one in Oklahoma City. And I became the artistic director of the regional theater there. And I was there for eight years and then had another moment when I thought, oh I need to shift, I need to change. I've grown complacent. And that's the last thing as a creative artist I wanted to be was complacent. And at the same time I was really going through this yoga journey, this self awareness, self improvement, self reflective time. And what came up was, "You need to quit your job, you need to move back to New York." And so I started a production company, moved to New York and began producing on Broadway and directing on the side.
- Nick Demos: [04:44](#) And I always had these projects going on and that led to a really lovely Broadway career as a producer. And I also would work with artists sort of like on this side, I would coach on the side. I would hold these retreats that were a mixture of yoga and meditation and creativity. And then suddenly it started becoming, "Oh, this passion, this is what I need to be doing full time. Not part time." And also through that I grew as an artist. I then directed a film and I now have two documentaries that I'm working on and I'm writing a book. So it really, everything just started coming together holistically in a way that seemed to be of service to others. And that's really where I'm at now.

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- Cindy Hohman: [05:33](#) That's so cool. Just so all of you know, the reason why I asked Nick to join me on the podcast is because we were on a break... We went to a coaching retreat in California and we were on a break and Nick and I just started talking because we both know that we work with creatives and it's like we just need to connect. And Nick, you really inspired me because I, even though you know I recorded a recent podcast episode on mindset and why having a positive mindset and kind of an entrepreneurial mindset and understanding the challenges that come from being an entrepreneur, that mindset is important. What you bring to the equation is something that I still struggle with, which is how to shift that mindset when your mind goes off in the wrong direction or into the weeds or you just start feeling bad about yourself or you stop feeling creative or the creative things that you have been doing for your career. Stop being inspiring to you and stop feeding your soul and you don't know which direction to go. So that's what really inspired me to talk to Nick because I think you just bring a lot of perspective there that I think for me it's beneficial and I think would be beneficial to all of the artists who listened to me and who I work with. So I know one of the things that we talked about is that mindfulness that you teach has a lot to do with mindset or you know, because they're interrelated, right?
- Nick Demos: [06:57](#) It does. There are completely interrelated from me. You know, we're told shift your mindset and then things will change, right? You do that, but how do you do that? Right. Okay, sure. I'll change it. We as artists, we are super, super sensitive beings, and consequently we take in this energy and then we start to cycle. I know for me, I used to get into these circles where I couldn't get out of the circle, right. The thought patterning that kept circling, circling, and what I needed were tools to get me out of that patterning. So meditation, breathwork and mindfulness practices are tools to help you shift your mindset.
- Nick Demos: [07:38](#) Yeah. So basically gets you out of that rut in the circle that you're in. Cause I know me and my listeners, I'm sure you all being intelligent people, we can see that we're in a rut. Absolutely. But how do you get out of it? So tell us how has it worked for you and then how do you help artists do the same thing?
- Nick Demos: [07:56](#) So really how it works for me is I have a practice and I am a strong believer and having a daily practice now a creative practice and my call mine of creative practice. Because for me, my art is part of it. You know, it's all connected and interrelated. But every single day I

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get up and I do a practice and my practice consists of a little bit of movement followed by a seated breath practice, what we call Pranayama and then a meditation practice. And not, that sounds like it's terribly long, but it's actually not a whole thing is about 20 minutes. But what it does is that it sets me up for my day. So you know those mornings where you get out of bed and you're just cranky, you don't know why, and then some days you feel amazing when you get out of bed, you're ready to go.

Nick Demos: [08:43](#)

But when you go to the mat, every day you practice, you practice shifting your energy. You practice looking at you where your mindset is. Here's the thing about mindset. Mindset is energy, right? It's energy vibration. It's where you are in the moment and these feelings that you are having are indicators of what's going on. So in meditation, we learn to observe our thoughts and by the mere act of observation of the thought, you already shift because you're the observer because you become the observer rather than the thinker. Rather than being in the drama, you become the observer of your drama. And what Pranayama or breathwork does, which I call it the precursor to meditation because it's a relaxation technique to take you into meditation. That's how I use it. But what breathwork does, Pranayama does, is it slows down your energy. It just slows down your nervous system.

Nick Demos: [09:44](#)

When you learn to control your nervous system, you're able to control your thoughts. And once you're able to control the thoughts, we all know that's when the mind shift happens. And that's when all the glorious changes and the evolution of who you are happens, right? So by slowing down your nervous system with your breath, because you know, when you're in an accident, what's the first thing that they say to you? Brave. Right? Right. Because we have a tendency, particularly when we're in moments of stress or anxiety, to hold our breath, to hold everything so true, right? And as creative artists, even when we're working on something, when we get stressed out about it, that's exactly what we do. We clam up, we get blocked, we get stressed. And so when you can learn these practices of breath work of deeply breathing and slowing your energy down, and also from the scientific point of view, you know, the oldest part of your brain is the fight or flight, right?

Nick Demos: [10:44](#)

That reactionary, the monkey mind, the monkey mind, that reactionary part of your brain. And what happens with Pranayama is you give space between the old monkey mind and the new

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thought pattern. So when you learn to create space there, that is when things began to shift as well. It all starts with awareness. It's all about awareness. The reason I'm a big proponent of having the daily practice, and this is why people say, you know, the 20 minutes a day, this is the magical thing, is that by setting yourself up every morning with a mindful time, you then can take it, but we say off of the mat or off of the seat, out into the real world because it's a practice, it's a muscle, and the more you learn that muscle, that habit of noticing, the more you then carry it into your life, right?

Cindy Hohman: [11:38](#)

It's kind of the muscle memory that you talk about in physiologically. Right? Completely. It becomes a muscle memory. So I'm curious just from the perspective of the artists I work with, visual artists, of course, yes. And I know there a number of artists I work with who struggle with, maybe they struggle with the idea of their creativity being kind of blocked or limited or kind of running up against a wall and feeling like, I think I hear it a lot. There's balancing the creativity and you know, there's this stuff I want to create and there's the stuff that people want to buy and how can I keep my creative energy up for the things that light me up, but also be able to have it there to utilize to create the things that people want to buy and that I can sell and have, you know, make a living from.

Nick Demos: [12:28](#)

And so how can this kind of practice help artists in that position? Yeah. Well the additional part of my daily practice is what I call nine minutes a day of creative play. Every single day I set a timer and I play for nine minutes and that's me time. That sounds like fun and it changes, you know, daily, it's going to sound funny, but I'm, you know, cutting out craft paper and you know, I'm going back to my child, inner child self.

Cindy Hohman:

Could this possibly be something like me turning on Marky Mark and the funky bunch and dancing around like a goofball to that?

Nick Demos:

Absolutely. And if you do that every single day, suddenly the art becomes less of a feeling of oh, it has to be for me. And me versus them, it becomes less me versus them. [It very much feels that way for a lot of artists that I hear from.]

Nick Demos: [13:20](#)

It's like that competitiveness. So I would say to your tribe, your audience, take some time for you. Just you that it's not something

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you ever plan to sell. Right. And maybe it will sell eventually or whatever, but don't make it about that. Separate yourself from the results and just come at it from a place in space of play and enjoyment and joy, pure joy. The other thing I would say is that a teacher taught me this because I went through a very similar time when I was feeling that I was in the Broadway world. It's very commercial, right? So we're creating a product that is for the masses and I was feeling creatively very stifled at one point. And a teacher said to me, every three projects that you do, one that's only for you. Interesting. Let it be supported by the three other projects because otherwise you won't be able to afford to do it. So do those other three, but do a three for one ratio so that every time you get through those three you then do one that is just for you. And that was a really significant shift for me because then it felt like, okay, yes, three quarters of the time I am creating for the masses, for others, for things that will sell. But a quarter of the time I get to do any thing that I want and I'll be able to afford to do to do it because the other ones are supporting it.

Cindy Hohman:

[14:51](#)

Interesting. So I still work in the performing arts to do marketing work and consulting and an organization I'm working with currently is a classical music organization. So we've got musicians who, somebody told me recently that orchestra musicians are some of the least happy in their jobs because they spend all their training, refining their artistry, and then they get put in an orchestra where they just perform what you're told to perform. And so the organization I am helping at the moment is a summer music festival. Well, those musicians love coming for six weeks to a beautiful location and being able to do different things. You know, they choose places like Banff and Tanglewood and these different, like really interesting venues where they get to take themselves out of their daily lives and put themselves in a very, very beautiful place and just do something completely different, which is not surprising to me. After you said this, why these artists, these musicians continue to come back to these places because they're doing a little bit for them.

Nick Demos:

[15:58](#)

Yeah. That's why I led those artists' retreats for all those years that I would bring together various artists from all around the world and take them out of their disciplinary event. I even took them out of their discipline and mixed it up and put them at ease, with unique, interesting combinations.

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- Cindy Hohman: [16:18](#) Because what happens is when you go and you just play again and then you go back to whatever it is you're doing, you enhance your art in such a huge dramatic way, and by taking yourself or putting yourself in a beautiful surrounding, by isolating yourself in this world, it shifts you as a creative being and as an artist and honestly, even as a marketer, as somebody who's going to put themselves out there, because for me, the greatest marketers are those that are most authentic to who they are.
- Cindy Hohman: [16:49](#) I talk about that a ton in my blog and my podcast and inside my membership about how authenticity is so critical because if you're not true to who you are, it's going to show and you're not going to be convincing. You're not going to be compelling and people won't be emotionally attracted to what you're doing. And so the kind of work here that you're talking about is probably a great way to help find that true authenticity, right?
- Nick Demos: [17:17](#) Absolutely. I mean it has been the work of my life to help people find their true authenticity by using these techniques, by playing, by having that creative play practice, by learning how to shift your mindset with these tools. Because when you remove the blocks, because we're told who we are, right? Originally you come into this world as a pure being as a pure artist, as creation [and no labels, right? You're not born with a label on your forehead], right? You are, you come from a creator. If you have that belief system and you are a creation creator, you create, and as a kid you watch kids play and they just create, they don't edit, they don't worry about what anybody is thinking. They're just doing it. And they quit things together in unique ways and they, you know, it's so fun to watch a kid play and be an artist.
- Nick Demos: [18:14](#) And then over time we're told who were supposed to be, right. All these layers, all this blockage, all of this stuff even especially at art school, right? Yeah. Like we'd go to learn and yes, you need to learn all of the rules. Like there's a reason that the rules exist and they really help you as a creative. And I totally get all of that. But what happens is we take them on to have a meaning about who we are, right? So here you are with all of these blockages. So the more that you become aware of them and using breathwork, meditation, and creative play to step back and look at them, the more you can start, should dissipate; the wall can start to tumble down. And then you come back to this true essence of who you are as a creative being, which is authentic. And then your marketability is actually so much greater.

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- Cindy Hohman: [19:07](#) Right, because you're showing people who you really are and you're being, like you said, what you were made to be. And not all those layers on top of it of who you should be and ...
- Nick Demos: [19:19](#) And as artists, it's our job to be reflective of the world, right? That's what we do is we reflect the world and you can't be fully reflective if you've got a bunch of crap in front of you and story in front of you, right. You're not the pure vessel for reflectivity.
- Cindy Hohman: [19:37](#) Right. Yeah. So I am really curious personally because I think part of the attraction I had to talking to you about this is that this is something that I struggle with and especially me as an entrepreneur and as any artists out there who is striving to make a living with their creativity. Sometimes you get into that mode of, I don't have the time for this because I've got to make this work. I've got to get out there. I've got to make sure I follow through on those emails with people. I've got to make sure that I get my website set up right. I've got to do. There's all the got to do because it feels a bit like if you stay on that treadmill, it's the only way you're going to succeed. So what suggestions do you have for people like me, maybe me and maybe people, you know, those who are listening to my audience for how to step away from that treadmill mindset.
- Nick Demos: [20:36](#) Yeah, cause that is a mindset thing. Well first of all say to you, it's actually been scientifically proven that people that meditate 20 minutes a day are actually more productive if the CEO of Amazon and Oprah have time to meditate. So do you. [It's true.] So you can throw that one out right away, but start small. What happens, I know with a lot of my students as they come and they say, well, I've tried meditation, it doesn't work. Right? But part of that is what happens is they think, Oh, I'm supposed to meditate for 20 minutes. That's what I hear. Or I'm going to do an hour because I'm going to be the best student possible.
- Cindy Hohman: [21:11](#) All the “shoulds.” ... I'm only successful if I get three or four...
- Nick Demos: [21:17](#) Yeah. If I can do it perfectly right, the perfection thing and the truth is that it takes time to build this and if you go do an hour, you'll do it once and you'll never do it again. But consistent, you don't have the time like you were talking about. It's not something that's built into your daily life. So what I always say is start small. Even if it's two minutes a day. If you can sit for two minutes and

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take some deep breaths, it starts to shift everything. And in fact, in one of my courses I have an introductory to meditation course and the entire first week we do two minutes a day. [That's nice. That's totally approachable.] It's totally approachable. And then we build a five minutes the second week, which is what I suggest people do. And then 10 minutes if you want and then 20 and you don't need to do more than 20 minutes a day. That's a beautiful practice because again, what happens is over time you start to take it off of the sit. Meditation is not a sit. It's a state. Yeah, it's a state of being and so you start to have a more meditative mindful life.

- Cindy Hohman: [22:21](#) I like that. I liked that idea of just starting small and I think so many, and maybe it's just me, I'm kind of interested. I'm sure it's not just me, but it just seems so hard to carve out time. But like you said, if Oprah and Jeff Bezos, if they have time in their schedule for this, I sure as heck can find some in mine.
- Nick Demos: [22:41](#) Yeah, you know, how much time do you spend on social media? How much time do you spend on, you know with Netflix there is some time in the day and it's so small for such a large reward. I like that, you know, changing your vibration is through a feeling state, right? That's how we really make change is through our feelings state, not through our thoughts. Our thoughts don't actually change. It's the feeling that changes first. Then the thoughts, then the thoughts shift. So if you can continue to get yourself into a feeling state, that's everything.
- Cindy Hohman: [23:12](#) Yeah. I think, sorry, it just reminds me of one of the speakers we saw at one of our events that said, be the thinker of your thoughts, you know, or back up and see yourself as the thinker of the thoughts that like the thoughts aren't you? You're not your thoughts. Yeah. You're just the thinker of the thoughts.
- Nick Demos: [23:27](#) You're the thinker of your thoughts and then you become the observer of the thinker of your thoughts. You know, a layered process.
- Cindy Hohman: [23:32](#) Yeah. So tell me, I love talking about the woo woo stuff. It's great. And I am becoming more woo woo these days just because of, you know, the coach that we work with. Sure. So how have seen in your work with artists and creatives, can you tell us, you know, some of what you've seen are the results of this? Like if my

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listeners are hearing this and they're like, okay, so I get it that I have two minutes, but what do I get? What do I get?

Nick Demos: [24:02](#)

You gain clarity, you gain focus. I know for me, I've worked with a lot of artists that have a focus issue. It's like you're, you know, you've got so many things going on, right? And how do you clarify and focus that? How do you bring it all together? That is one of the biggest things that meditation does for you is it creates focus and clarity. For instance, you're wondering, well, what projects should I take? And let's say you had two offers, two commissions. You know, which one is best for me? Oh, well maybe this or oh, well maybe that you get into this indecision mode, right? And the worrying yourself to death, right? You sit in meditation and you gain clarity. You gain insight into what is the best decision for you in the moment. What is the best decision for you? And you get that by getting super clear. And that clarity comes with that observer, right? That I think is one of the biggest that I have seen. Focus, focus, and clarity. Those are really what I most see people, how they change and how they thrive from this, and removing of those blocks that we're talking about. That's the other thing that I see actually that may be the biggest of all because what I see is that people become more successful after they start to remove these emotional layers...

Cindy Hohman: [25:37](#)

...because they basically turn off the worrying brain. Correct. And turn on the productive brains that intuition carry them. Yeah, just carry you through and help you make those decisions. I can see that honestly is that that might be woo.

Nick Demos: [25:49](#)

Okay, that's interesting. It's so funny because for me it's science because there is scientific evidence of productivity and of what it does to the brain meets what I've noticed and witnessed. So I guess that's evidential in some ways, but it, I guess it is woo woo in the sense of, I think of it like the how that it's a 6,000 year old practice and yeah. Okay. You're just clarifying something for me. Thank you so much, that people think of this is woo woo.

Cindy Hohman: [26:17](#)

I think who knows what the heck the definition of woo woo is. But for me, I think it's kind of an interesting idea for a lot of people that at our core, we know what's right at our core. We have the answers and we know what's right for us and what the right move is. And there are so many layers of should do's and could do's and

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worry and all that adult crap that we layer on top of ourselves, and, the world layers on top of us.

Cindy Hohman: [26:44](#)

And I think absolutely, I mean, usually it's woo woo to admit or maybe to access that feeling that, oh, I actually have the answers in me. Right. And which is unfortunate that that has become not yet, because woo woo to me has a negative connotation. Yeah. And I'm like, well, what's negative about trusting yourself? Right. Because the university system and academia says, well, we teach you and we put the intelligence in your head. It's not there, you know?

Yeah, absolutely. I'm the person who has an MBA, you know, like clearly I've spent some time studying in the academic environment. So yeah, it's interesting. But I love that. I can absolutely see how this can help any creative and like we discussed, I am a creative. I don't create "artwork," like that you hang on the wall, but I am a creative being and I create content and discussions and information and for all of us to kind of have that like, oh, those answers are in here.

Nick Demos: [27:53](#)

And to be able to find out where that door is, to access them by believe everyone's a creative being. I believe that we're born creative. That how you fold your laundry and how you bake bread or a cake or how you cook dinner or how you work with your kids. It's a creative process and it's only that we're told that we're not creative. It's only that we're told that we're not artists. Now that doesn't mean you're a professional and the difference between being a professional and somebody who dabbles in creative adventures is showing up every single day, no matter if you want to or don't, aren't feeling like it. That's the difference between being a professional and a dabbler or somebody who's a creative person. Professionals show up, they market themselves, they sell their product, they create a business. And that's different. But it doesn't make you less creative if you're not a professional.

Cindy Hohman: [28:48](#)

Yeah. But it definitely, I know a lot of artists out there who say, yeah, I want to sell my work, but I don't want to be the seller of my work. And I think this kind of practice that you're talking about can really help artists happen to that inherent creativity that we all have and have access to it and feel joyful about it and then be able to step into maybe make those transitions, right? So be the creative and the creator and then step into the business mindset that you have to have if you're going to be a professional at this.

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- Nick Demos: And I think that that is one of the things that this helps people with, that I've seen also is that by being able to tap into the inner knowledge, the stuff that's really right for you, you can say yes and no easier and you can step out into the world with more confidence in terms of that for your business.
- Cindy Hohman: [29:46](#) Yeah. And that's what every artist and creative person is, you know, professional, creative person is looking for is that confidence because it can be hard. Like you said, when you're a professional creative, you have to show up. What do you feel like it or not.
- Nick Demos: [30:01](#) No matter what. You have to, if you want to eat dinner, right?
- Cindy Hohman: [30:04](#) Exactly. And you know, I know that it can be really hard to show up as the creative person every day, especially when you have that not today kind of feeling, you know? And so I suppose this work that you're doing really helps give people more access to that, especially in those days.
- Nick Demos: [30:23](#) Yeah, it gives people more access to it. But I also have to say that it evens you out. We love drama. True. We love drama. You know, whether we're on the theater or we are all fine artists and our kitchen table, we'd love drama. And so the highs are very, very, very high and the lows are very, very, very low. You just listen to somebody talk about their life and they'll say, oh, the descriptive words they use, you know, for their life. And what happens with these practices is that you begin to find steadiness. When you do a regular practice, you begin to find steadiness in your thoughts because when you start to observe them, it's no longer that interesting. Right? Right. To be that dramatic and that sad and that, you know, you'd begin to study and you slowly over time grow that muscle so you no longer need or have the urgency to be in drama. And that alone shifts your mindset.
- Cindy Hohman: [31:21](#) Yeah, I can see that. Gosh, I've just been enjoying this conversation so much, Nick. Pretty much at the end of every one of my podcast episodes, what I do is, I'm an action taker. And what I like to do at the end of all of my podcasts is give my audience an action step. So you heard this conversation, you heard the content on the podcast, now go out and do something. So if you had a couple action steps, whatever it is, what would you tell my audience they need to do after they're done listening to this to kind of implement this in their lives and get to that point where they becoming more

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balanced and they have access to this knowledge that they have inside them? What would that action step?

- Nick Demos: [32:06](#) I think I would say for people that haven't meditated before, who have never taken a breathwork class, I would say start small, two minutes, that two-minute thing. Wake up in the morning before you have your coffee, before you get going, just take a couple minutes and sit and breathe and notice your thoughts and they're going to be all over the place and know that that's okay and that they should be, that, that it's natural. We're not trying to stop you thinking. What we're trying to do is just create some space between the thoughts so that your creativity can come through in an even more powerful way. So start small, get out of bed, and for two minutes, notice your thoughts. That's it. That's my first step for you.
- Cindy Hohman: [32:47](#) Yeah, that's simple. I like that. And it's totally doable and I think maybe I will take you up on the action step as well, and get started with that. So I am curious, you know, how my audience can learn more from you and engage more with you. So tell them how they can find you and what you have to offer.
- Nick Demos: [33:09](#) You can follow me on Instagram or Facebook @thenickdemos. And I have to tell you, it's funny because I couldn't get @nickdemos. It was taken, I know, it's for somebody's kid who is not yet born. They bought the site for something they're going to name their kid so I couldn't get it. Isn't that crazy? So I said, well, you know what? I'm THE Nick Demos!
- Cindy Hohman: [33:36](#) That's a lot of folks out there. A couple I can think of that have "the" in their Twitter handle or whatever.
- Nick Demos: [33:45](#) I sound important, right? And then you can go to my website, [www.thenickdemos.com](http://www.thenickdemos.com) and actually right I have a free gift for you. You can download an MP3 meditation that's designed specifically for artists and entrepreneurs. It's short, it's five minutes so that you can find that clarity, find that focus. I suggest you do it before taking on any creative adventure. It gets you so clear that you're ready like an open vessel to paint, to draw, to audition, whatever it is that you that you do. And I know your artists are primarily fine artists. So before you pick up that paint brush, before you pick up that pencil, take a few moments and breathe and

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notice the difference, the quality difference in the clarity of your work.

- Cindy Hohman: [34:37](#) Yeah, I like that and the noticing. I think that's something that I personally am going to start working on is the noticing rather than like just checking things off my list and getting through them. So well, I have absolutely enjoyed this interview.
- Nick Demos: [34:53](#) Likewise. It was a great conversation.
- Cindy Hohman: [34:55](#) Thank you everyone for listening. So please hit us up, Nick and I both on Instagram, send us a direct message. Let us know what you think about this episode. Let us know how the action step that you're taking to build mindfulness into your day is helping you. And just a reminder that all of the links mentioned in this episode are [available@artmarketingproject.com/14](mailto:available@artmarketingproject.com/14). Thanks so much for joining us. I look forward to talking to you again next week. Bye.
- Cindy Hohman: [35:38](#) All right, friends, if you have enjoyed this episode, and if you look forward to my future episodes, please subscribe and rate the podcast. Leave me a comment, any of the above or all of the above, and you can keep up with me on Instagram or on Facebook @ArtMarketingProject. So I am looking forward to seeing you again next week and we'll catch you next time. Bye.