

# MEMORY RECONSOLIDATION *Applied*

**The ICE Method™  
Workbook and Journal**



Lars Clausen

“The ICE Method profoundly reminded me that pain has many unconscious causes and solutions. Having lived with chronic pain for almost 20 years I can say easily that ICE is the most direct and easeful method I have used to date—and it works! I recommend this method to anyone who suffers from pain or stress on any level; physical, mental, or spiritual. I use ICE daily myself— an amazing tool for self-healing and wellness!”

*Kari Lyons-Price,*

*President NCW Integrative Health Network*

“For five decades I lived with constant fight/flight/freeze stress and anxiety, including frequent panic attacks. For the past two years, ICE has been an absolutely simple, safe and effective way to live calm and chip away at any of my personal baggage.”

*Dennis Dyck, EFT Practitioner, Nanaimo, British Columbia*

"Just after getting a college volleyball scholarship, I tore my ACL and meniscus. I used The ICE Method to calm my fears about my injury and my worries about the future of my volleyball career. I'm staying calm throughout the recovery and I feel it's helping my body to recover more quickly."

*Eliana Ali'ilima-Daley, Cascade High School*

“I recommend some of my clients to work with Lars and they come back with very positive outcomes every time.”

*Josette Pelletier, Co-founder, Inner Mountain Healing Art*

*Craniosacral Therapy, Alexander Technique, Massage*

“I found the ICE method to be an amazingly simple and incredibly effective process. I was sold immediately when I tried it on some neck pain that had not budged no matter what other methods and medications I had tried. Once I used ICE, the pain melted away and didn't return. I have also tried ICE on emotional issues with equal success.”

*Tamara Staples, President, Fibromyalgia-ME/CFS Support Center.*

"Lars Clausen understands the chemistry of calm. I've already used his simple ICE Method to bring calm to childhood issues that nothing else ever addressed so directly and effectively. Just after learning the ICE Method we had a serious illness in our family and I used The ICE Method to stay calm and present. I am a Mental Health Counselor, and I'll be integrating Memory Reconsolidation and The ICE Method into my work with war veterans and others with PTSD."

*Janet Roberson, MEd, LMHC*

"I had to leave college because of crippling pain and illness. Three sessions of The ICE Method alleviated my stress and my pain. Thanks to The ICE Method, I'm back in school again, pain free!!

*Naomi Ellingson, Western Washington University*

The ICE method has greatly facilitated me in my journey. It has helped calm down my nervous system and inflammation enough to allow my body to heal without looping through the same patterns of pain. I am more aware of the present moment, less anxious and have been enjoying the movement of my body. I overcame fibromyalgia. I am a success story!

*Roxanna Adams, Intuitive Empath, Winthrop WA*

We are fortunate for this book and the author's healing work, both grounded in the solid neuroscience of memory reconsolidation. In a very clear, simple and accessible manner, he connects breakthrough science with an effective healing practice - remarkably available to all. Of particular import is his critical distinction between the traditional counteractive therapy of building new habits, and the elegant simple process of changing peptides. This is a healing method that surely has a bright and strong future. Looking forward to more of this author's work. Highly recommended!

*John Neff, DMin, Life Coach, QiGong and Tai Chi Teacher*

Thank you for teaching me this incredibly simple approach to dealing with life's challenges. You've made our lives better.

*Vicki Cash, RN*



# **Memory Reconsolidation Applied**

*Calm Your Past  
to Live Your Future*  
(CHAPTER FOUR)

**By Lars Clausen**

[www.ICEMethod.com](http://www.ICEMethod.com)  
[www.MemoryReconsolidation.org](http://www.MemoryReconsolidation.org)

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*“I must be willing to give up what I am  
in order to become what I will be.”*

*Albert Einstein*



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## Foreword

Lars Clausen is the first person I have heard speak about Memory Reconsolidation; the concept of emotional memory being stored in peptides. When he first explained this concept to me, with my training as a medic as well as being a doctor of acupuncture and oriental medicine, what he spoke of made absolute sense to me.

I cannot think of a person I have ever encountered who has not had some “life-altering experience.” Every experience in our lives has helped us become the people we now are.

Throughout time and cultures these events have been discussed in many ways. In classical Chinese medicine texts, the concept of memories being stored in the blood is discussed. In Native American traditions, it is believed that pieces of the soul can separate when one goes through a traumatic event. Some of these pieces can even get left behind when one “checks out” from an unbearable emotional event. In more recent times, there are discussions taking place of traumas being passed from one generation to the next not only in action, but also in cellular storage.

In my own life, I have experienced traumas. I have years of counseling and other experiences that have helped me learn to progress in a way that I am able to like the person that I am. Like many people though I still had certain triggers; events where I found myself questioning whether my response was related to what actually happened or was my it just an automated response from training or conditioning. Half a year ago I did three sessions of The ICE Method with Lars. I was actually able to see what these automated responses were linked to and transform to a state of calm. In addition, the next time a similar event arose, I found that the feeling of calm was still present and that the triggered response of the past was no longer my first response.

Not only did Lars share this knowledge and gift with me, Lars now works with me at the Integrative Medical Clinic I am developing and

where he is helping others through this work. When I feel it's appropriate, I offer clients sessions of acupuncture in combination with The ICE Method. Reconsolidating troubled memories at the same time I provide attention to the person's physical, emotional, and energetic needs has benefited many of my clients.

All of us have opportunities for challenging life lessons. Many of us have developed automatic responses that result in our belief that this is "just the way I work," or "just the way I respond to certain situations." Lars' work now provides an opportunity to change these automated responses, the ones we developed at a cellular level, in response to our life experiences.

*Memory Reconsolidation Applied* is a book that can help you create cellular change. It can help you facilitate your living with an emotional freedom in a more preferred state; a calmer state. You hold in your hands a book to reflect upon and apply the words and method to your own life experiences; a book that can help you change your life's patterned responses.

Dr. Catherine Freeman, DAOM  
Doctor of Acupuncture and Oriental Medicine  
Wellness Garden Integrative Medical Clinic  
Chelan, Washington.

## 4 – The ICE Method

As a repeat reminder to myself and to you, the contribution I feel I can offer is this:

- **I can share Memory Reconsolidation in a simple way.**
- **I can offer an easy-to-learn process for calming whatever upset emotions you have stored in your life.**

Here's the easy to learn process. You can use it without knowing any of the science that supports Memory Reconsolidation or any of the helpful details I share elsewhere in this book. Changing emotional memory really is this simple. It works for any situation, past, present or future that does not immediately and physically threaten you. (Immediate physical threat is really the only time you need your fight/flight/freeze stress turned on.)

### The ICE Method

1. Identify
2. Calm
3. Exchange

#### Step 1 - Identify

When you consciously identify an emotionally-charged issue, you activate that memory so the emotional chemistry can change. When you *identify* an issue you look for any or all of the following. Don't do any extra work to analyze, confirm or deny whatever you identify. Without judgment, simply observe what arises in these three areas.

- **Memory** – See what experiences or events or memories arise when you pay attention to the issue you've identified. Don't dig – just observe whatever arises.
- **Emotion** – Notice what emotion or emotions arise as you pay attention to the issue you've identified. Look especially for anger, fear or sadness. I always invite a person to be open to other emotions, but almost always, the core of an upset emotion holds

anger, fear or sadness. Get as basic as possible. Annoyance is anger, right? So is irritation. Anxiety is fear. What you're looking for:

- ✓ Anger
- ✓ Fear
- ✓ Sadness

No matter what emotion people say they feel, it can almost always be boiled down to anger, fear or sadness. Not always, but almost always. For example, if a person identifies anxiety – the emotion of anxiety is fear. If a person identifies frustration – that's a polite word for anger.

Sometimes people identify an emotion of shame or guilt. What is the emotion of shame or guilt? Answer – it's different for different people. Ask yourself, "When I identify shame or guilt, what emotion do I feel?" Find out whether you feel angry, afraid, sad, or another emotion if you are identifying shame. Some people feel angry at the person who shamed them, others feel fear because of their shame and others are sad because of the effects shame has had on their life.

I've never had success helping people directly ICE shame as an emotion – but once they identify what emotion they feel about their shame, then the ICE'ing process can continue. We often talk about shame as an emotion – or guilt as an emotion. I have found that any emotion of anger, fear, or sadness can lie at the base of either shame or guilt. Find that emotion. Then continue to ICE.

There's no judgment in any of the emotions we feel. I'll say that again. It's critically important to recognize that you do not judge yourself for whatever emotion you feel. But it's also critically important that you identify this emotion you feel. Don't stuff away your emotion because you think maybe you're not supposed to feel that way. If you feel it you can ICE it. If you stuff it, the emotion will persist because you didn't reconsolidate it.

- **Body Sensation** – Let yourself feel the emotion you identified and see if you feel a sensation in your body somewhere, possibly your head, jaw, neck, shoulders, heart, chest, stomach, legs, skin, etc. The peptides you activate in your brain connect to peptides in your body – earlier in this book I shared this science from Candace Pert's work. Mind and body connect, so identify whatever you feel. If you feel nothing in your body, no problem, but do make this

check for body sensations. Way over 90% of people will feel a sensation in their body when they pay attention to an emotion. Not everyone, but by far most will. It sometimes happens that a person can't identify a particular emotion at the moment, but they feel a sensation in their body. Take whatever you get – it's all stored peptides – it's all ICE'able.

To use the ICE Method, the first step is what we just described; *identifying* your upset. You are checking for memories, for emotions, and for sensations in your body.

## Step 2 - Calm

When you *identify* your issue, you will feel your reactivity – you just did that in the identify step of The ICE Method. A stored peptide chemistry corresponds to this reaction. Now we need to step outside of that reactivity. The *calm* step of ICE can occur in many ways, but the requirement is to get yourself out of the emotional reactivity you feel about what you identified. Focusing on two-points and empty-space between provides a simple way that works for most people. I'll provide some other ways of experiencing the calm state elsewhere in this book, including a way of feeling an energy “buzz” when we get to the chapter on quantum. For now, here's the two-point method.

- **Observe a single point.** Any point within your field of vision will work. The top of a tree, the corner of a picture frame, a dot in the pattern of an upholstered chair, a doorknob, whatever. Whatever you pay attention to with your mind will cause the chemistry of your body to follow.

A moment ago when you identified your upset issue, your body chemistry and body function adjusted to support the emotion of what you identified. If you felt anger or fear, your body went into a state of fight/flight/freeze stress. Now observing this single point, you consciously focus on something simple, so the chemistry of your mind and body changes. Now your mind and body corresponds to this simpler state of reduced emotional charge. You may already even begin to feel a sense of relaxation. All because you made a conscious choice to observe a single point.

- **Observe a second point.** After a moment of observing the first point, shift your attention to a second point, not too far distant from the first. Repeat the same exact process. Again, you focus on

something simple so your body chemistry continues to relax. If you imagine your stress response represents a certain voltage, then observing the first point reduces your body voltage somewhat, and the second point reduces your body voltage further.

- **Finally, observe the space between the two points.** Imagine this as empty space with nothing in it. You may have a wall or a mountain or the sky in the background of what you observe. No matter what you have in the background, imagine this empty space that exists directly between the two points out in front of the background. If you can *imagine* this empty space in your mind, then you can *observe* it with your mind. When you observe this empty space, you observe nothing. When you observe nothing in your outside world, your mind gets the message there is nothing to react to. When you observe this empty space you can imagine it has zero voltage – no charge.

Since your body chemistry always follows your mind, your fight/flight/freeze stress response turns off. You create peptides corresponding to this state of calm. Your body switches from reacting to the outside environment to focusing on only your internal environment. You switch from fight/flight/freeze to internal rest and restoration.

Just getting to this state of rest and restoration will benefit you greatly. Living without your stress response turned on will give you better health. But you can do more. If you do all three steps of The ICE Method, then this peptide of calm can also transform the upset memory you identified a moment ago.

### **Step 3 - Exchange**

Once you reach the calm state, observe your original upset again. Observe exactly the same things you identified as an upset; the memory, the emotion and the sensation in your body. You activated this in the first step. In this third step you now reconsolidate the old upset. All you need to do is to bring your conscious attention back to the original upset after you experience the calm space – then you will reconsolidate your old memory.

The process of Memory Reconsolidation, in chemical terms is this simple:

1. **Identify** - This activates the old chemistry

2. **Calm** - Observe a calm space – this creates new chemistry that carries the instruction of non-reactivity for your mind and body.
3. **Exchange** – When you do Step One and then Step Two, the old emotional chemistry stored in the synapse of the memory is ready to be replaced. Observe back on the old memory and the old upset chemistry is replaced with the new calm chemistry you generated in Step Two.

One important note – you need to observe back on exactly what you activated in the Identify step. You only activate what you consciously observe. Unactivated memories can't be reconsolidated until they are activated.

Yes, it really is this simple, this is the mechanism of Memory Reconsolidation in action. Follow the mechanism, and you can transform the stored emotion of any memory and render it permanently calm.

If you like to dance, or if you like as many visuals as possible, Memory Reconsolidation is also this three-step dance.

1. **Step In** – Step in and identify your issue
2. **Step Out** – Step out of the issue by observing a calm space
3. **Step Back In** – Exchange peptides when you observe again the issue you identified.

What you just did was a first round of ICE. What you reconsolidated was whatever you activated during the Identify step. When you go back to observe the exact thing you originally identified, you might find something new has shown up. For instance you might feel anger initially, and then when you look back you feel sadness. This happens because the anger reconsolidated, and now you are paying attention to the sadness. When you recognize this sadness, as an example, you begin activating additional memory and additional synapses. When this happens, and it happens more often than not, you can start another round of ICE.

### **Subsequent Rounds**

When you exchange peptides, you will replace whatever synaptic connections you activated with the new peptides of calm. This is the science of the process.

After one round of ICE, you may feel completely calm. Or you might not feel calm – something new may have come into your awareness. New synapses activate when you experience a new memory or emotion or bodily sensation. This would make sense, given that life is complex and you have 80 billion brain cells and trillions of synaptic connections between these cells. ICE can reconsolidate whatever you activate. As long as you keep identifying new memories or emotions or bodily sensations, you can keep ICE'ing.

Repeat the ICE process with whatever shows up as not calm in your life, and your life will grow increasingly calm. If you like the image of the three dance steps, just keep stepping in and stepping out until the dance floor is calm. Later, if (or more likely *when*) the next upset arrives, do another round of the three-step dance.

I have people tell me they have so much stored stuff that they'll never get through it. Life can sure feel like that. But ICE offers a tool to take care of whatever upset shows up right now. Whether your pile of stuff feels large or small, ICE is really this simple, and it can be applied over and over again. Yes, you might have a lot of stuff, but would you rather take care of the emotional charges as they arise, or would you rather have them persist for the rest of your life?

Whatever you ICE becomes permanently calm. Perhaps a different way to look at overwhelming issues might be, “With such a big pile of upsets in my life, wouldn't it be awesome to have at least one of them become calm right now?” I will talk much more about this in Part Two – in fact I have a whole chapter on taking time to really know what you want. Knowing what you want makes a huge difference.

## **Introducing Part Two**

Which brings me to the rest of this book. What I just showed you provides a simple method to deal with any particular upset, provided it does not immediately physically threaten your life.

In Part Two I will show you how to bring calm to large chunks of your life, including the patterns and reactivities you picked up as a child. These patterns have most likely been guiding your life ever since. You won't need to ICE every one of the million upsets in your life, you can address the pattern. Lots of our patterns serve us well, and we won't mess with those. But for many of us, we keep using the same childhood patterns that worked for us in our earliest years. We often

get stuck doing the same thing over and over, even when we wish we could do things differently.

What else will you find in Part Two? Other than the actual ICE Method tools, the most important item throughout this book is for you to pay attention to what you truly *want*. ICE cannot answer this question for you. Your answer can change anytime – it can even change every day. Some people want material things. Some people want emotional things. Some people want relational or spiritual things.

**ICE can remove barriers in the way  
of getting what you want,  
but ICE does not create what you want.**

ICE can give you a free space so you can create what you want, but the result of ICE is the free space this free space so you can create. ICE frees your life so you can pursue your goals, your wants, and even your purpose without running into your old barriers.

Some of us live with highly charged reactivity. I've worked with many people who have these strong reactivities, including people who freeze or dissociate when they remember certain situations. I'll share what I've learned from these experiences. I will include suggestions you can use to keep your attention focused while you do the three required steps of Memory Reconsolidation. If you can identify an issue, get to a calm space and then exchange peptides, you will replace upset emotions with calm emotions. If you can continue paying attention in this way, even the strongest reactivities such as abuse, PTSD and panic can reconsolidate to calm.

As the barriers and reactivities of your life drop away, new horizons open up. Although I'm a pastor and worked in the religious profession for many years, these horizons remained hidden to me until my life started transforming from reactivity to calm. The spiritual journey develops in lock step with our development of non-attachment in our life. While this can happen through following a religious tradition, it did not for me, even as a pastor in the Christian church. Reactivity creates roadblocks on the spiritual journey, and my reactivities never dissipated during my time in the church. Memory Reconsolidation allowed me to finally calm and begin transforming my life. As ICE removes your roadblocks, you may find that changing the stored peptides in your brain leads you towards greater awareness.

And finally, Part Two includes a look at integrating ICE with other methods and also a perspective from the quantum framework. Everything you learn in this book applies the understanding of chemistry stored at synapses in your brain. Once you identify that chemistry, you can replace it with different chemistry you create by a method of conscious awareness. ICE provides a simple way to do this, but as long as the three steps of Memory Reconsolidation happen, you'll experience emotional transformation. I want this discovery of Memory Reconsolidation to find the best and the broadest applications.

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## Next Steps

Thank you for reading Chapter Four. If you got everything you need from this chapter I'm thankful. That's my goal – to share Memory Reconsolidation in a simple usable way that makes a difference.

If you did find Chapter Four useful, you may wish to go deeper with ICE. There is so much more!

**Memory Reconsolidation Applied** contains everything I've become aware of these past three years of working with hundreds of people and learning as much as possible about Memory Reconsolidation.

**The ICE Method Workbook and Journal** contain the exercises and process that I use when I facilitate the ICE Method for individuals or groups. The workbook has step-by-step instructions for using ICE in many different situations. And there's a one-month journal included so you can take notes and keep track of your transformation. When life reactivities change to calm – your life will be different.

**Chapter Four** will always be a free gift. When you run into someone who's carrying a charge – you might let them know they could ICE that reaction. If they're interested in calm – send them over

to [www.ICEMethod.com](http://www.ICEMethod.com) where they can get this chapter for free and starting on the path to calm right away.

If you're not already getting the private newsletter, I'd like to include you in the ICE tips, stories, and valuable information that I share with the growing ICE community. Let me know at [www.ICEMethod.com](http://www.ICEMethod.com) and I'll make sure to include you.

All the very best wishes!

Lars Clausen

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## **Disclaimer**

Lars Clausen is not a medical doctor. He holds a Master's Degree in Mechanical Engineering and earned a Master of Divinity Degree preceding his service as a pastor. Lars Clausen does not offer medical advice. He uses the non-invasive ICE Method to work with people who bring emotional or physical issues for relief. Lars Clausen is not responsible for clients' experience with The ICE Method or their results.

The ICE Method is not traditional Western medicine – it is not medicine. The hypothesis is that the ICE Method works by invoking an awareness of emotional responses engaging neuropeptides in the process of memory reconsolidation. In this process the body and mind will often experience relief. The ICE Method is in an experimental stage. You must use your own common sense in deciding the appropriateness of The ICE Method for you. If you have any medical or other questions about using The ICE Method, you should consult with your health care provider before using it or scheduling a session.

The ICE Method does not guarantee either specific or general outcomes for clients. The contents of this book make no guarantee as to accuracy or results. All content is the personal opinion of Lars

Clausen and is not medical or psychological advice. Usage of any content is the responsibility of the reader.

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## **Workbook and Journal**

This book you just read can get you off to a great start using The ICE Method.

### **The Workbook and Journal can provide you additional benefits.**

Working with a wide variety of people helped me experiment and find effective ways for people to reconsolidate emotional upsets. The workbook shares a series of exercises you can follow as a guide for reconsolidating your own memories. The exercises start out with reconsolidating one of your specific memories. The workbook then gradually guides you to ICE'ing your Download and other foundational memories. The final extended section provides an exercise for reconsolidating high-intensity upsets such as PTSD and abuse.

### **Gain ICE Method proficiency quicker.**

If you use the workbook, you'll get all my experience at your fingertips. With the workbook you can start out living The ICE Method life at a much higher level. From this level, you can more easily work on your own life, and the lives of other people. If you choose to work with others, you'll find yourself developing your own style, and maybe even a completely distinct technique. Whatever direction you take with The ICE Method, this workbook will greatly accelerate your journey.

As I say to the people I work with when they ask what's next: "Everything is next. Go ICE everything that feels upset." Those who take this to heart gain a transformed life.

Order your workbook at *MemoryReconsolidationApplied.com* or directly from Amazon.

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## **Personal Sessions and Coaching**

When I'm not tucked away writing about The ICE Method, I work collaboratively at Wellness Gardens Integrative Medical Center here in Chelan, Washington. I facilitate the ICE Method for individuals and for groups. I provide in-person sessions for those who live in Central Washington. I offer online or phone sessions for those living farther away.

For a limited number of clients, I offer personal ICE Method coaching. Some people use me as a coach for working through difficult issues in their life. Some people see me for chronic pain issues. Others have started the journey to a life of calm, and they want a guide to help them stop living their old life of constant reactivity and emotional upset.

If you're drawn in the direction of helping others, contact me and I'll be glad to assist you, either through personal sessions or as your personal coach. Check the website for ICE Method training workshops and programs.

If you find The ICE Method useful in your life, you'll benefit from the process and the exercises in the workbook:

# MEMORY RECONSOLIDATION *Applied*

**The ICE Method™  
Workbook and Journal**



**Lars Clausen**

