

THE FAST LETTER

FAST, False Allegations Solutions Team

A newsletter about false allegations of child abuse

Publishers: Bob and Elaine Lehman April, Issue #2, 2006 Editor: Elaine Lehman
Website: www.beanswers.com Email: elaine.lehman@earthlink.net

Contents

Page

1....Turning your **rage** into a social conscience. Elaine Lehman

Innocent people, falsely accused of child abuse, are suddenly filled with a kind of rage and fear they never felt before. Humans store these negative emotions in the subconscious, and they are dangerous to the future physical, emotional and psychological health. This article explains how to handle this stored rage. It contains an explanation of Bob and Elaine Lehman's highly successful BE AngerTherapy®. It also explains how developing a social conscience is another positive and constructive form of anger therapy.

4....Turning tragedy into triumph! Larry Ward

Larry Ward has found his own social conscience because of false allegations made against him. (The allegations against Larry were dismissed when he testified at his own grand jury hearing.) This article clearly explains how he discovered that God wants him to work to help others who are falsely accused of child sex abuse.

8....Bob and Elaine Lehman's background

9....Elaine Lehman as an expert witness.

Turning your **RAGE** into a social conscience!

Elaine Lehman

What is a social conscience? A person has a social conscience when he is actively **CONCERNED** about a particular social problem or issue. He truly **CARES** about the human condition, and wants to make it better. He wants to **DO** something to help improve the situation for all humans, everywhere. He has a driving **NEED** to help others who are in the grips of this particular social problem. Usually, this person will become some kind of an activist.

FACT: Every human being stores old emotional garbage, subconsciously.

FACT: Rage is the #1 most important stored emotion.

FACT: Rage is always a part of our old, stored emotional garbage.

FACT: Depression is rage turned inwards.

FACT: Fear is the flip side of rage.

FACT: You can get rid of most fear and depression by getting rid of rage.

Unfortunately, most people have no idea that they are actually storing their negative emotions in their subconscious. They do not feel especially angry or fearful most of the time, and think they are fine. They do not know that rage is a real, and very powerful energy that is eating away at them, on the inside.

Stop and think about it. You can FEEL the energy surging through you, when you get angry. The energy of rage is very powerful, and can even propel us into taking a vigorous negative action; into doing something we may regret a great deal, later.

Most people do not realize that their stored rage is probably going to kill them much sooner than necessary. Before that happens, their stored rage will drive away people who loved them, too.

Most people do not know that there are valid methods to use, to get rid of old, stored emotional junk.

1. Learn to live more consciously.

Living consciously means developing more awareness of your own inner self, and more awareness of your own interactions with the world and other people. It means tuning in, deliberately, instead of tuning out, unconsciously.

2. Pay attention to the following symptoms of having too much stored rage. (We exhibit these clear symptoms when we are storing too much rage.)

We overreact to little things. (This is the #1 symptom. Overreacting means we have stored more rage than we can handle. Your "bucket" is full to overflowing. Most of the other symptoms on this list are also overreactions.)

We are often irritable and cross.

We yell at others more.

We may start physically abusing someone else.

We may feel depressed. (Depression is anger turned inwards. It can be handled exactly the way that anger is handled.)

We may have less energy than we used to. (It takes a lot of energy to deal with old, stored emotional garbage, in order to keep it under some kind of control.)

We start imagining what it would be like to hurt or kill someone else.

We start imagining hurting or killing ourselves.

We push others away until they might even leave us.

We start "living" in our intellects, because we are afraid of getting into our old, emotional garbage.

The world seems to lose a brightness and color that we used to notice. Everything around us seems dimmer, grayer and less beautiful.

Positive people lose their positive attitude toward people and life.

Everything seems worse than it actually is.

Children's grades drop in school, and they lose interest in learning anything.

We do not do as well at work as we used to.

We find reasons to avoid doing chores around the house and other tasks that take physical effort.

We lose pleasure in little things.

We may start feeling paranoid, which is too much fear. (Fear is the flip side of anger. You can get rid of fear in many of the same ways that you get rid of rage.)

In extreme cases, we detach from reality.

And more.

3. Learn methods for getting rid of old, stored emotional garbage.

BE Anger Therapy® gets rid of old, stored rage. There are a number of techniques for doing BE Anger Therapy.

Physical anger therapy:

Pound a punching bag

Hit a dead tree stump with a stick.

Chop wood

Pound a pillow or your bed with your fist

Throw something soft, like a stuffed toy, at a safe target, over and over again.

Hit the sofa with a soft, foam bat

Doing physical BE Anger Therapy once is never enough. You must plan to use BE Anger Therapy on a regular basis:

15 or 20 minutes

2 or 3 times a week

For 3 to 6 months

This plan works wonders! You will mellow out, and feel like a brand new person. You will become a more loving person than you have ever been before.

Non-physical anger therapy:

Write letters and articles that get the anger out. Burn, send or use them. If you write well, get them published in magazines, newspapers, newsletters, etc.

Talk about your social problem on the media.

Write "letters to the editor" about the social problem involved.

Talk to the person with whom you are angry, face to face, in an effort to get out your own, bottled-up feelings. (Do not expect positive results from the other person. This is to get YOUR anger out, not change the other person.)

Doing non-physical anger therapy once, is not enough. You must do your choice of these activities several times to begin to feel results. You can use the non-physical forms of anger therapy after you develop a social conscience, too.

4. There is another way to channel rage that all activists have used, usually without knowing they were doing it.

Go back to the first paragraph in this article, and develop a social conscience.

Join a group that works to help others in your situation. This will dissipate your rage in a very honest, constructive manner. Use this method in conjunction with BE Anger Therapy, and you will become a better, happier, more spiritual and real human being than you were before.

Turning Tragedy Into Triumph

Larry Ward

With comments in green
by Elaine Lehman

LARRY: Several years ago, Dr. Elisabeth Kubler-Ross, the great psychiatrist, wrote a best-selling book entitled, *On Death and Dying*. In her book she explained the five stages people go through when faced with their own death:

1. Denial and Isolation (It isn't true! This is not happening! Person stays to himself.)
2. Anger (Self-explanatory.)
3. Bargaining (God, if you will make this go away, I will do _____ for you, for the rest of my life. Sometimes, God expects the person to follow through on this promise!)
4. Despair (There is no hope; no solution.)
5. Acceptance. (With acceptance, comes a kind of peace.)

A person who is falsely accused of sexual abuse of a child experiences similar stages. In June, 2005, I was falsely accused of child sex abuse, and I can assure you that I have gone through all five of Dr. Kubler-Ross' stages during my life-changing event.

ELAINE: Everybody goes through these five stages when they give up a belief system or a way of life. When Bob and I operated our two schools for antisocial juveniles, we taught our students these same five steps. The kids went through the five stages as they worked on changing their lives, and they learned to recognize the stages they were in.

The five stages always work. We all progress through these steps when faced with a major life change or the death of a belief system. You do not necessarily proceed

straight down the steps, in order. You progress up and down the list, until you finally arrive at acceptance. With acceptance comes a kind of peace. Falsely accused people begin seriously working on their cases when they arrive at acceptance. "Yes, this really is happening, and I have to do something about it."

LARRY: If only we could reach the acceptance stage of the horror of being falsely accused of child sex abuse, we would all profit greatly. By "we," I mean every innocent person who has been falsely accused of this particular crime.

Three questions come to mind as I reflected on the teachings of Dr. Kubler-Ross. The first: What motivated me to do something positive? The second: How has this experience changed me? And the third: What would I do differently?

What Motivated Me To Do Something Positive?

I had a life-changing experience when I was falsely accused of child sex abuse. I immediately went from living a normal life, to a life of terror and uncertainty.

This instantaneous change was like a death in the family, a divorce, serious illness, and to a much lesser extent, loss of job or income. My body was ravaged with terror; terror that created uncontrollable adrenaline rushes that overwhelmed me. I felt as if I were losing mental stability, and paranoia began to set in. Days passed while I had to endure the trauma of the unknown. I was a healthy person, both physically as well as mentally. When the allegations surfaced, I grew withdrawn and terrified of what the future might hold.

But gradually as time passed, I began to cope with being falsely accused, and realized that I must come to grips with the situation. I began to realize that I had no choice but to prove my innocence. It was completely up to me to change the course of events that might lead to a possible conviction and a resulting prison sentence.

ELAINE: Positive action banishes depression and fear. Larry was choosing to fight, and that decision provided a new kind of inner strength.

LARRY: Allegations of sexual molestation of a child carries a negative stigma in the mind of the general public. But I found it necessary to share this grief with others, as no one is capable of carrying such a burden alone. My supportive wife and two wonderful daughters rallied around me. They knew that the allegations were unthinkable and completely untrue. My wife and I decided to confide in a few other, trusted, people. She told her sister and a few VERY CLOSE friends. Surprisingly, everyone we trusted offered the most kind and loving support you can imagine. This was the turning point for me in changing these ugly, vicious allegations into something positive.

ELAINE: Unfortunately, not everybody is as fortunate as Larry was. Some innocent people have had their families and friends turn against them. I have strong feelings about the family and friends who would believe such wicked allegations against someone they had known and loved. This is an inexcusable betrayal, and someday, these people will have to face their God.

LARRY: God in His awesome love and caring saw us through the initial stages, and continues to do so to this day. It was God that directed my fingers to type in the words, "Falsely-Accused" on my keyboard during the lowest ebb of my life. I clicked on a website that truly changed my life. The word, "FAST" became my rallying cry. It stands for False Allegations Solutions Team, and that one organization gave me immediate hope.

The FAST people and the Director, Elaine Lehman, showed me that I could become vindictive, withdrawn and angry with my lot in life, or turn myself into a compassionate, caring and more loving individual. Through Elaine's FAST group, and links to other resources, especially Allen Cowling's website, I found definite ways to change the course of events that surrounded me.

Something good can always be found in this horrible situation. In my case, I discovered that my wife, family and close friends still believed in me. I found help from friends on the internet that I never knew were there. I discovered that hundreds of thousands of innocent people are dealing with the same issues all over the western world.

ELAINE: Values change for the better and people realize what is important in life, and what is a minor detail. After you get through a huge negative experience, the details will never matter as much, again. People discover who in their lives are truly loving and loyal, and they learn to appreciate those people more deeply than they did, before.

LARRY: I fully realized that when I allowed God to be in control, then, no matter what the ultimate outcome, all would be well. I grew closer to God during this period than I had ever been in my life. He showed me that through this suffering, I could become a far better person.

I will continue to strive to be the person God wants me to be in every facet of my life, henceforth and forever more.

How Has This Experience Changed Me?

I have already explained some of the profound change that occurred in my life. I can further testify that the direction I was going prior to these events was one best described as living in a comfort zone. I do not want to live the comfortable existence any longer. I have become proactive in doing whatever God wants, by helping others to cope with similar circumstances.

ELAINE: The Wards flew here to meet with Bob , Susan and me, for a weekend. They came to offer their services to FAST. We had a delightful weekend, and Larry and Carol have been working very hard for FAST, ever since.

The Wards are currently working in person, with two innocent FAST men who are in the jail in Houston, Texas. Larry and Carol are doing everything they can to help free these good men. Larry has also contributed several articles to [The FAST Letter](#). He is emailing back and forth with others in FAST, as well.

Carol is working very hard to get the "word" out about FAST and false allegations, to the media.

LARRY: I will work to help others who are being dragged through this sewer of despair. Since I have recently been vindicated of the allegations brought against me, I am totally determined to give my time, talents, resources and life, if necessary, to assisting others caught up in similar situations.

I firmly believe that God, and God alone, is responsible for my having endured these traumatic times. In fact, I give Him thanks for the experiences I have had to suffer. This has brought me closer to Him than ever before.

ELAINE: Many FAST people have had remarkable spiritual breakthroughs. This may be the most powerful, awesomely beautiful result of great suffering.

LARRY: This experience has strengthened my relationship with my wife. It has caused me to look outside my comfort level and offer myself to anyone who needs me. I see life as a beautiful gift that must be shared with the unfortunate people who are lacking direction just as I once was.

My prayer is that God will put me in contact with many who are seeking guidance. I want the world to know that people charged with child sex abuse are not always guilty. They too, must be seen as being innocent until proven guilty, as our U.S. Constitution stipulates.

What Would I do Differently?

If I could go back to November 3, 2005, I would try to realize that the world was not coming to an end. I would consider the ridiculousness of the child's allegations, and realize there would be a way to fight them. I would try to avoid the overwhelming panic that engulfed me by seeking help and taking action sooner than I did.

I would realize that I must find qualified legal assistance immediately. I would accept that I would have to spend enormous resources on my defense. I would understand that freedom and truth sometimes cost huge amounts of time, effort and money, and I must be willing to invest everything into a well-organized defense.

I would see that the charge of sexual molestation of a child is completely different from other crimes. As I stated before, this is the only crime in our society where a person is perceived as being guilty until proven innocent. I would also educate myself about how to build an adequate defense early on in the case.

Finally, the most important things I would do differently would be to change what happened initially. The mistakes I made in the beginning caused me to endure three months of frightening uncertainty. They are mistakes no one in similar distress should EVER make.

1. I would NEVER offer a statement to a police investigator without having counsel present.
2. I would NEVER volunteer to take a polygraph test administered by the police department.

ELAINE: No one should agree to take a polygraph exam in jail, either, no matter who offers it, including your own attorney. You are under too much stress, in jail, to do well on any polygraph.

LARRY: Those two errors started the legal processes that could have been my downfall.

But, in reality, how can anyone know what he or she should or should not do? If a person knows that he or she is innocent, shouldn't that person believe the police could discern the truth? Unfortunately, the truth is this: the police do not care. They only see you as one more guilty child abuser. You are just another notch in their guns. That was certainly true in my case. I have a strong gut level feeling that the police do not care in multitudes of similar cases throughout the country.

Background Information

Bob and Elaine Lehman

Educators, co-authors, co-publishers, co-hosts of radio show, activists

Elaine Lehman is a former teacher from Baltimore, Maryland, with nearly 20 years of teaching experience with all ages, including adults. Bob is a former rocket engine engineer, who worked for 21 years on the Delta Satellite Program at Cape Canaveral before he and Elaine started their two schools for antisocial teens, in 1977. After the schools closed in 1983, Bob became an airplane mechanic.

1977–1983, Elaine and her husband, Bob Lehman, co-founded and directed two schools for antisocial teens. Elaine and Bob developed their own successful courses of study.

The Lehman's two schools ended up with a documented 100% success rate of the graduates, and an 80% success rate of those who did not complete the program. (See “Baltimore Sun” and Carroll County Times, MD, feature articles on our website.)

1989 -1992, Bob and Elaine Lehman co-founded a statewide organization in Oregon, aimed at getting the broad, vague child abuse laws changed to clear, specific laws. BUST also exposed the many dreadful problems of the child service division. “BUST, Break Up System’s Troubles,” ended up with 500 members, statewide. Because of BUST, the Oregon state legislature had a \$200,000 study done, and the study group wrote a scathing report that said all of the same things the Lehmans had said. The legislature changed some of the laws, but not the right ones, due to federal funding problems, if they did. (See “Stayton Mail” article on website.)

1997, Bob and Elaine co-founded a similar national organization, “SOC, Save Our Children,” which quickly led to their radio show.

1997 - 1999, Bob and Elaine co-hosted their own radio show, “The Save Our Children Show,” which was simulcast on two 50,000 watt stations in Providence, RI, and Phoenix, AZ. The show was all about antisocial children and teens and false allegations of child sex abuse.

1999, Bob and Elaine Lehman were professional “expert” guests on two national TV talk shows, “The LEEZA Show” and “The QUEEN LATIFAH Show.” Both shows were about discipline and antisocial children. Elaine has also appeared on several radio shows and TV shows, and she and Bob have given lectures to community groups.

1995 - 1996 - The couple co-authored two published books, Petey, the Peacock Breaks a Leg, Winston-Derek Pub. Co., Nashville, TN, 1995, and “BIG K, the Kundalini Story.” Hara Publishing Group, Seattle, Washington, 1996.

1978 – Present - The couple co-published a newsprint periodical in Oregon, and several international newsletters. These publications were all about antisocial juveniles and false allegations of child abuse. (See “Newsletters” on our website.)

2001 – Present, Bob Lehman’s son, Craig Lehman, created and maintains a website, www.beanswers.com There are several categories about antisocial juveniles, the FAST, False Allegations Solutions Team, false allegations of sex abuse, and more.

2004 - Present: Bob and Elaine Lehman and several others co-founded, and Elaine directs, the “FAST, False Allegations Solutions Team,” an international, educational email support group for people who have been falsely accused of child sex abuse.
