



“I feel blessed for the sex-positive messages that my mother gave me. She taught me about self-acceptance, self-love and sexuality in a way that I will always cherish. I know that not all people have such a nurturing start to their sexuality but no matter where you are in your journey you can move forward.”

I’m sharing this story and many personal things about myself in this book because I want to help normalize sexuality through stories – not just facts.”

- Dr. Martha Tara Lee in *From Princess to Queen*, page 11



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“Trust me, when I was training to be a sexologist, I didn’t realize how much time I would be spending to educate people about masturbation. I do it because it is important!”

- Dr. Martha Tara Lee in *From Princess to Queen*, page 13

“A negative body image is a serious problem and has damaging effects on one’s self-esteem. When you can smile back at your reflection in the mirror, you are well on your way to self-love and respect. Love and enjoy the you inside.”

- Dr. Martha Tara Lee in *From Princess to Queen*, page 19

“It is only when one is in their body and unafraid that pleasure and arousal can really be experienced.”

- Dr. Martha Tara Lee in *From Princess to Queen*, page 23

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“Who was standing up for sex?”

- Dr. Martha Tara Lee in *From Princess to Queen*, page 30

“The best thing about my job is seeing the glimmer of hope on the faces of clients, reigniting the sparkle of light in their eyes and of course, helping them overcome their sexual difficulties and, consequently, achieving a more fulfilling life.”

- Dr. Martha Tara Lee in *From Princess to Queen*, page 31

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“Without honesty, patience, and the ability to be vulnerable, it is not possible to let your loved one know what you like in bed. Also, because your desires and preferences may change over time, sexual communication must be an ever-evolving process, not just a one-time conversation.”

- Dr. Martha Tara Lee in *From Princess to Queen*, page 33



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“Though it can be for some people, sex is not just a physical act. Sex is usually a physical, emotional, mental, and even spiritual act. Your intention has everything to do with what sex is like for you.”

- Dr. Martha Tara Lee in *From Princess to Queen*, page 40

“Sex involves the expression of physical love. It is about the joy of life as well as the intimacy of connectedness. Intimacy lies more with the ability to share one’s fears, dreams, and pains. Without honesty, patience, and the ability to be vulnerable, it is not possible to let your partner know who you really are and what you really want.”

- Dr. Martha Tara Lee in *From Princess to Queen*, page 41

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“Sex is supposed to be un-self-conscious and pleasurable. Until you let go of what you ‘ought’ to be doing, or of what is ‘right’ or ‘best’ for you or your partner, you are not going to be able to enjoy the experience. We need to learn to let go of control, receive, release, and feel.”

- Dr. Martha Tara Lee in *From Princess to Queen*, page 47

“Everything I do in my work stems from my desire to help more people. It is challenging as an introvert to repeatedly put myself out there, but over the years, each time I am on the verge of packing shop and quitting, this would take place in my head: “Why do I have to deal with this shit?” (Usually after being sexually harassed, and feeling unsafe) or “Surely there is something easier I can be doing.”

- Dr. Martha Tara Lee in *From Princess to Queen*, page 59




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“I’d remind myself, “You chose to do this, remember? You decided you wanted to stand for sex. You said you wanted to help people... You can choose to quit... or you can choose to love. And each time, I would choose to love. This became my internal mantra: “I choose to love.”

I feel the weight of helping people on my shoulders. This desire drives, and the responsibility overwhelms from time to time. Over time, it can become debilitating. Many times, I’ve felt lonely, like a lone warrior, misjudged and misunderstood. My clients and my desire to do better and help better keeps me going.”

- Dr. Martha Tara Lee in *From Princess to Queen*, page 59

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***“What if we expanded our definition of orgasm from genital- focused (which is essentially rubbing/ friction) to include when we feel this orgasmic charge within our bodies, and even beyond? Why separate the orgasms we experience as sexual energy when everything we feel is just that – energy! Tantra is simply the conscious manipulation of the (sexual) energy through our bodies and beyond!*”**

Do you know of those people who are on a spiritual quest who sometimes keep seeking, when they should stop pursuing, stay still and practice? That was me.... It was when I retreated from striving and doing that I finally went deeper into integrating all the Tantric tools I’ve learned – and being.”

- Dr. Martha Tara Lee in *From Princess to Queen*, page 59

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“I would like to see more people acknowledging and accepting the fact that our sexuality forms an important part of our sense of being, and beginning to dialogue openly, honestly and without guilt or shame. It is my wish that we can take ownership of our pleasure, the same way we tackle the different areas of our life, such as family and work. All are important.

I wish for all of us to truly come into our power – including our sexuality. This means learning about ourselves, what we stand for, what is important to us and taking personal responsibility and decisive actions for all aspects of our lives. Hence it would include embracing and honouring our sexuality, recognizing that we are the drivers of our sex lives, and asserting our sexual rights (to safer sex, to saying no and to pleasure).

I was questioning the point of it all – the point of life, the point of why we do what we do, and why I do what I do. May this piece invite you to reflect on who you are, what you do, why you do what you do – and above all else, invited to play bigger, better, and stronger because... if each of us show up more, we will be more, and the world will be a better place.”

- Dr. Martha Tara Lee in *From Princess to Queen*, page 82

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