



You become,

what you feel like you're becoming.

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Think Like Who You're Becoming: The Blueprint for Inner Revolution

Description

Your thoughts are the foundation of your reality, and when consciously reshaped, they become tools of transformation. By applying 10 foundational mental laws—from identity primacy and emotional transcendence to strategic constraint and inner sovereignty—you move from passive reaction to intentional creation. These laws challenge inherited patterns, redefine personal agency, and offer practical systems to align your inner world with your highest future self. It's not about becoming someone new—it's about shedding what no longer serves and thinking like who you're meant to become.

10 Signs You're Being True to Yourself - Tiny Buddha

The 10 Mental Laws That Radically Reshape Your Thinking and Identity

I. Introduction: Rethink Everything, Rebuild from Within

Intended Audience and Purpose of the Article

In an era defined by information overload, social fragmentation, and emotional burnout, many individuals find themselves navigating a subtle but deep inner dissonance. Whether you are an entrepreneur trying to build something meaningful in a competitive world, a teacher seeking relevance in an outdated educational system, a social leader burdened by systemic inertia, a young person disillusioned by conventional success scripts, or simply a

seeker of authenticity—you may feel that something fundamental must shift.

This article is written for **those in transition**—for people and communities awakening to the truth that the way we think *about ourselves and the world* is the hidden architecture of everything we experience. The way we approach identity, time, emotion, relationships, decision-making, and even discomfort, forms the invisible code that governs the lives we build. Most people are trying to redesign their outcomes without upgrading their operating system. That's like trying to install new software on a broken hard drive.

This piece presents **ten foundational mental laws**—not rules to be followed blindly, but **mindshifts** to be explored. Each of these acts as a lens through which to re-examine your patterns, rewrite your inner script, and respond to life with higher clarity, composure, and courage. The goal is not superficial positivity or feel-good motivation, but the cultivation of a **resilient, identity-driven, and future-aligned mindset** in the face of chaos, complexity, and change.

These laws have no expiration date. They are not trends. They are timeless tools that help real people make grounded decisions, heal invisible wounds, and build meaningful futures.

Thesis and Promise

We often assume our thoughts are harmless, observational, or abstract. In truth, your thoughts are **architects of your identity and sculptors of your reality**. They do not merely describe your world—they create it.

The central thesis of this article is simple yet radical:

Your mind is not a mirror of reality; it is a maker of it.

And it can be rewired.

These 10 laws will guide you from:

- **Reaction to Response**
- **Confusion to Coherence**
- **Imitation to Originality**
- **Drift to Design**

They are not motivational platitudes, nor psychological tricks. They are philosophical, behavioral, and spiritual in nature—each one rooted in ancient insight and modern practicality. And they come with a challenge: to stop blaming your environment, your past, your upbringing, or even your emotions for where you are, and instead take full authorship

of your internal world.

That is where true freedom begins.

This isn't about perfection. It's about **conscious authorship**—rewriting your mental code with awareness, aligning your thoughts with your future, and building a new way of being from the inside out.



II. The 10 Laws That Rewire Your Mind

“You can't solve a problem with the same mind that created it.” — Albert Einstein

Transformation does not begin with external change. It begins with the internal laws that govern how we think, interpret, and act. Below are 10 such laws—each one an invitation to disrupt autopilot thinking and build a new mental architecture.

1. The Law of Identity Primacy

“You do what you believe you are.”

Core Principle

Identity precedes behavior.

Your actions are not just driven by your goals—they are **manifestations of your self-image**. Who you believe yourself to be sets the boundaries for what you attempt, tolerate, or aspire to.

Why It Matters

Most people try to change their outcomes without changing their identity.

They want to lose weight but still believe they are lazy. They want to lead a team but see themselves as unworthy of authority. This creates inner conflict—*an identity-goal mismatch*. Over time, it leads to frustration, sabotage, and burnout.

Without an identity upgrade, even your best intentions collapse under the weight of self-doubt. Your subconscious will resist any success it doesn't believe you deserve.

Real-world Application

Don't start with what you want to do. Start with who you need to be.

- Instead of "I want to start a business," say "I am a value-creating entrepreneur."
- Instead of "I want to meditate," say "I am someone who prioritizes inner peace."

Anchor identity through small daily acts that affirm the new self-concept. Let the behavior be an expression of that identity—not a performance to earn it.

Micro-habit Tip: Each time you act in alignment with your future self—even in small ways—say it aloud: *"This is who I am now."*

Self-inquiry Prompts

- What kind of person naturally achieves the results I want?
- What outdated identity am I still unconsciously loyal to?
- What thoughts, behaviors, or roles must I release to become my next self?
- If I fully embodied this identity, what would I stop doing immediately?

2. The Law of Environment Design

Your surroundings shape your becoming.

Core Principle

You don't rise to the level of your goals—you fall to the strength of your environments. Environment is not just where you are—it's what surrounds your attention, energy, and behavior: the **physical spaces, digital inputs, emotional atmospheres, social dynamics, and cultural narratives** that you are embedded in daily. These shape your thoughts before you even have a chance to choose them.

Why It Matters

People often assume personal change is about willpower or motivation. But if you're trying to write a book in a cluttered room, meditate in a noisy household, or build discipline while drowning in distracting media and drama-driven friendships—you're fighting a war against invisible forces.

The most consistent predictor of success is not intention—it's context.

No one sustains greatness in environments designed for mediocrity.

You don't have to fight yourself when you design your spaces to support the version of you that you're becoming. That version needs fertile ground to grow—not just effort to survive.

Real-world Application

Curate your ecosystem intentionally.

- Rearrange your space to reflect order, beauty, and clarity.
- Audit your digital diet: remove toxic apps, follow creators who uplift and inform, not enrage or sedate.
- Declutter relationships: spend more time around people who remind you of your values, not your wounds.
- Set up friction for bad habits (e.g., put the TV remote in another room) and remove friction for good ones (e.g., journal placed on your pillow).

Design > Discipline. The better your environment, the less you need to "push" yourself.

Self-inquiry Prompts

- Which environments bring out my best thinking and being?
- What part of my digital or social space is draining me regularly?
- What can I eliminate, relocate, or redesign to make alignment easier?
- What does my ideal self's environment look and feel like and how can I begin building that now?

3. The Law of Emotional Transcendence

Feelings are real, but not reliable.

Core Principle

Emotions are **signals**, not **commands**.

They carry important information but they don't always tell the truth. You must learn to feel fully without being ruled blindly. This is the foundation of emotional sovereignty.

Just like weather, emotions pass through. You can carry an umbrella in the rain without becoming the storm.

Why It Matters

When we confuse emotions with facts, we become slaves to our mood.

- Fear becomes avoidance.
- Guilt becomes self-sabotage.
- Anger becomes vengeance.
- Sadness becomes apathy.

Reactivity traps us in survival mode where every emotion demands immediate action, validation, or suppression. But true maturity comes from the space between **feeling and reacting**.

The emotionally immature either explode or suppress.

The emotionally transcendent pause, process, and *respond* from their highest self not their loudest feeling.

Real-world Application

Build an emotional buffer zone.

- Practice the 5-second pause before responding.
- Use journaling to identify the deeper need beneath the surface emotion.
- Label the feeling with granularity: is it shame or regret? Anxiety or anticipation? Naming defuses intensity.
- Create inner rituals—like deep breathing, meditative walking, or cold water exposure—to reset your nervous system.

Above all, remind yourself: **This is a feeling, not a fact.**

Feel it. Honor it. But let your values—not your feelings—decide your behavior.

Self-inquiry Prompts

- What emotion visits me most often, and how do I usually react?
- What belief or fear is fueling this feeling?
- What need is this emotion trying to express?
- What would the wisest version of me do in response to this emotion?

4. The Law of Strategic Constraint

Structure is not limitation—it's liberation.

Core Principle

Constraints are catalysts, not cages.

In a world obsessed with freedom, we often forget: without structure, freedom becomes paralysis. Constraints—deliberately chosen—give form to your energy. They eliminate the infinite and unlock the essential.

Focus, creativity, and mastery are not born from limitless options—but from clear boundaries.

Why It Matters

Boundless freedom may sound ideal, but it often leads to:

- Procrastination masked as perfectionism
- Projects that start with fire but die in the fog
- Constant switching between tasks, priorities, or roles
- Mental exhaustion from endless decision-making

Without structure, your potential leaks into distraction and unfinished dreams.

Constraint is not control—it's creative discipline. The world's greatest artists, athletes, and thinkers operate within tightly defined rituals, rules, and limits. That's how they channel genius.

Real-world Application

Impose helpful constraints to activate flow.

- Use deadlines to force clarity and completion.
- Create non-negotiable rituals (e.g., write 30 mins at 6am daily, tech-free Sundays).
- Work in sprints: define a task, set a timer, and ship.
- Limit inputs: follow 3 mentors, not 300. Choose 1 core project, not 5.

When you reduce options, you increase depth.

Constraint sharpens your edge—it doesn't dull your range.

Self-inquiry Prompts

- Where in my life am I mistaking chaos for freedom?
- What rituals or time blocks would protect my creative energy?
- What single boundary, if enforced, would improve everything else?
- How can I design elegant constraints that force progress?

5. The Law of Future-Driven Identity

You are not your past; you are your future in progress.

Core Principle

You are not the echo of what happened to you.

You are the **seed of who you are becoming**. True identity is not backwards-looking—it's a living commitment to your vision, values, and possibility.

Your aspirational self is your most truthful self. The past is real, but it is not your ruler.

Why It Matters

Most people are trapped in cycles of repetition because they build their self-image from history.

- I've always struggled with this.
- That's just not who I am.
- I failed before, so I'm probably not cut out for it.

This creates a prison of self-fulfilling prophecy. When your identity is built on yesterday, you become predictable, reactive, and resistant to change—even when it's needed most.

But when you align with the future version of yourself, your present begins to organize around a powerful new truth: *you are becoming someone who transcends your past*. And that changes everything.

Real-world Application

Step into your future identity now.

- Write a detailed description of your future self: habits, mindset, lifestyle, language.
- Ask daily: *What would they do?* and let that guide your decisions.
- Let go of outdated labels and inherited roles (e.g., *I'm bad with money, I'm not creative*).
- Speak in identity-aligned language: not *I'm trying* but *I am learning to lead with courage*.

Live in a way that makes your future self proud.

You're not faking it—you're practicing forward.

Self-inquiry Prompts

- What assumptions am I making based on my past that no longer serve me?
- What would change if I treated my future self as more real than my past?
- What are three habits my future self has mastered and how can I begin them today?
- If my future self were watching me now, what would they celebrate or question?

6. The Law of Decisive Elimination

â??Decisions are not additions; they are eliminations.â??

Core Principle

Real decisions are not about what youâ??re choosingâ??theyâ??re about what youâ??re **cutting away**.

Every authentic â??yesâ?? must carry the weight of a thousand silent â??noâ??s.â??
Commitment is not a declarationâ??it is a sacrifice. And clarity emerges when you stop negotiating with your distractions.

Deciding is not about keeping options openâ??itâ??s about closing the ones that donâ??t lead to destiny.

Why It Matters

In an age of infinite choice and chronic FOMO, indecision has become a socially accepted addiction.

We hover. We dabble. We stallâ??waiting for perfect certainty or universal approval. But waiting costs more than failing. Indecision:

- Wastes your time and othersâ?? trust
- Weakens self-belief
- Creates identity diffusion (â??Iâ??m doing a bit of everythingâ??)
- Drains energy through open loops and unclosed chapters

Your future cannot begin until you close the wrong doors with finality.

Elimination is not lossâ??it is alignment.

Real-world Application

Stop negotiating with the non-essential.

- Identify what you must walk away from: not just tasks, but roles, identities, even people.
- Use the 80/20 lens: What 20% of commitments bring 80% of meaning or progress?
- Create a â??Stop Doingâ?? list and honor it like a sacred contract.
- When in doubt, ask: *If I say yes to this, what am I sacrificing silentlyâ??and is it worth it?*

True focus is born not from more discipline—but from fewer options.

Self-inquiry Prompts

- What decision have I delayed that's silently costing me peace or progress?
- What am I afraid to end, even though I know it no longer serves me?
- What identities or commitments are incompatible with my next chapter?
- What bridges do I need to burn—not in anger, but in clarity?

7. The Law of Courageous Action

Action precedes clarity.

Core Principle

You don't wait for courage to act—you act your way into courage.

Clarity is not a prerequisite for movement; it's the byproduct.

Your fears often whisper, *Wait until you're ready.* But growth is found in motion, not meditation. Progress doesn't require perfection—it requires participation.

Why It Matters

Most people are paralyzed by the myth of certainty:

- I'll act once I'm more confident.
- I need to be 100% sure.
- Let me think it through a little more.

This leads to endless hesitation, mental loops, and missed opportunities. Ironically,

confidence is not a condition—it's a consequence.

You gain it by showing up, fumbling forward, learning in real time.

Every bold move you make deposits into your courage account—even the messy ones. Especially the messy ones.

Real-world Application

Replace overthinking with micro-action.

- Identify the smallest step you're resisting and take it immediately.
- Stop trying to make it right. Make it *real* then refine.
- Use action as a compass: do → learn → adapt → grow.
- Speak before you're ready. Launch before it's perfect. Say yes before you feel qualified.

Momentum is a better coach than caution. You'll never think your way into the life you want—you'll act your way there.

Self-inquiry Prompts

- What am I waiting to feel before I act and what if that feeling only comes *after* I act?
- What is one small, courageous move I can make today?
- Where has delay disguised itself as preparation in my life?
- What would I do right now if I trusted myself just 10% more?

8. The Law of Asymmetric Leverage

A few right actions outperform a thousand good intentions.

Core Principle

Effort is not equal. **Some actions bend reality more than others.**

Most people confuse busyness with effectiveness. But only a handful of decisions, habits, or relationships create disproportionate results.

This is the principle of **asymmetric leverage**—where a small, strategic input creates a massive, outsized output. It's not about doing more. It's about identifying and consistently doing *what matters most*.

Why It Matters

In the absence of clarity, people default to motion instead of progress:

- Responding to emails instead of initiating game-changing conversations
- Polishing low-stakes work while avoiding high-stakes moves
- Learning endlessly without applying the one uncomfortable insight that would change everything

Hard work without leverage becomes exhaustion.

If you don't find your high-leverage actions, your energy will be consumed by maintenance, not growth.

Real-world Application

Identify your personal leverage points.

- Use the 80/20 Rule: What 20% of your actions generate 80% of your momentum or income or impact?
- Prioritize "needle-movers": things that collapse timelines, unlock opportunities, or scale outcomes.
- Audit your week: are you filling your calendar with comfort or consequence?
- Automate or delegate tasks that keep you busy but not better.

The key is to shift from **effortful labor** to **strategic input**.

Because a single well-placed action can replace months of motion.

Self-inquiry Prompts

- Which of my tasks actually create progress and which just help me feel productive?
- What action am I procrastinating on that could multiply my results?
- What would happen if I doubled down on what's working and deleted the rest?
- What systems, tools, or relationships can amplify my best work?

9. The Law of Constructive Letting Go

To evolve, you must surrender the outdated.

Core Principle

Transformation is not just about acquiring more; it's about releasing what's expired.

Every breakthrough demands a burial. Old beliefs, outdated habits, worn-out identities, and stagnant relationships must be gently, but firmly, released to make space for the next version of you.

Letting go is not failure. It is fertilization.

Why It Matters

We often cling to what's familiar, even when it no longer fits.

- Outdated career paths
- Friendships bound by history, not alignment
- Identities formed in pain or fear
- Beliefs inherited, never examined

Why? Because comfort masquerades as safety. And fear of the unknown wears the mask of loyalty or realism. But **transformation is incompatible with stagnation**. If you don't let go, you stay small to protect the parts of you that no longer serve your becoming.

Growth requires grief. Not dramatic collapse, but conscious release.

Real-world Application

Create a rhythm of release.

- Regularly audit your beliefs: "Does this still serve my future?"
- Let go of identities that once protected you but now imprison you (e.g., "I'm the fixer," "I'm the lone wolf," "I'm not a leader").
- Distance yourself from energies, environments, or people that diminish your alignment.
- Write and burn "release letters" to symbolic versions of your past self.

Letting go isn't passive—it's an act of power. You don't need to burn bridges in anger. You just need to stop watering what you've outgrown.

Self-inquiry Prompts

- "What parts of me feel heavy, outdated, or fear-driven?"
- "What am I holding onto that once served me but now sabotages me?"
- "If I trusted life more, what would I walk away from today?"
- "What version of me must I thank and retire to become who I'm meant to be?"

10. The Law of Inner Sovereignty

“No one else should occupy the throne of your mind.”

Core Principle

Your mind is your kingdom. And only **you** should sit on its throne.

Inner sovereignty is the power to govern your thoughts, choices, and identity from within—*independent of praise, pressure, or popularity.*

External validation is a borrowed mirror. It reflects, but it does not define. Only your inner compass can lead you to a life of truth, peace, and purpose.

Why It Matters

From childhood, we are conditioned to seek permission—to gain approval before we speak, act, or dare. But over time, this morphs into:

- Chronic self-doubt
- Comparison-driven paralysis
- People-pleasing at the cost of authenticity
- Anxiety from trying to be liked instead of being real

When you let others occupy your mental throne—parents, peers, bosses, even societal ideals—you begin to live a life **of reaction, not creation.**

Inner sovereignty is the antidote.

It's not rebellion. It's *responsibility.*

Real-world Application

Reclaim authorship of your inner world.

- Journal your core values—and filter major decisions through them.
- Set boundaries around your attention: reduce exposure to comparison-inducing content.
- Practice “approval detox” : go a day, a week, a month making choices without seeking affirmation.
- Speak your truth with kindness—but without apology.

Remember: **alignment will often look like defiance to those living by scripts.** Your peace is not selfish—it's sacred.

Self-inquiry Prompts

- Whose voice do I hear in my head when I hesitate or self-censor?
- Where am I betraying my truth to belong?
- What would change if I stopped seeking validation and started living by conviction?
- What does sovereignty feel like in my body—and how can I honor it today?

10 Signs You're Not Being True to Yourself - David Avocado Wolfe

III. Integration: Turning Mental Laws into Life Systems

The Bridge Between Knowing and Becoming

The 10 Laws are not ideas to admire—they are **tools to be embodied.**

Reading about mental reprogramming isn't enough. Lasting transformation requires **systems of reinforcement**: daily rhythms, structured reflection, environment design, and courageous application. Integration is where thought becomes identity, and identity becomes action.

Below is a systematized blueprint for embedding these laws into your daily life—so they don't just inform you, they **form you.**

Daily Practices to Embody These Laws

1. Morning Identity Scripting

Each morning, script a short paragraph from the perspective of your future self. Describe how they think, act, and make decisions.

Why it works: It aligns your mind to your aspirational identity before the world bombards you with its noise.

2. Weekly Goal/Identity Alignment Check-In

Every week, ask: "Are my goals being pursued from my current self or my next-level self?" Adjust actions accordingly.

Why it works: Prevents misalignment between doing and becoming.

3. Environment and Relationship Audits

Set aside time each week to evaluate:

- Who/what energizes you?
- Who/what drains you?
- What physical or digital clutter dilutes your focus?

Why it works: Keeps your environment congruent with your evolving identity.

4. Structured "Let Go" and "Level Up" Journaling

Use two columns:

- Left: "Things I'm releasing" (beliefs, fears, roles, relationships)
- Right: "New standards I'm adopting"

Why it works: Makes emotional release and renewal intentional, not accidental.

5. Courage Log: One Bold Act Per Day

End each day with:

- "What was one thing I did today that scared me but served me?"

Why it works: Trains your nervous system to associate discomfort with progress.

6. Constraint Challenge: Achieve More with Less

Choose a weekly constraint:

- One hour to complete what normally takes three
- One tool to build something new

Why it works: Builds resilience, creativity, and flow through challenge-based innovation.

Tools and Techniques for Lasting Change

â€¢ Vision Boards and Scripting

Pair visual imagery with written future narratives. Don't just *dream* â€” *design*.

Use: Pin near your work desk or journal weekly updates.

â€¢ High-Leverage Task Lists

Instead of endless to-do lists, track only 3-5 actions that create exponential value each day.

Use: Label tasks by ROI (Return on Intention).

â€¢ Digital and Physical Detox Plans

Schedule recurring resets:

- Unfollow noise
- Delete attention-draining apps
- Reorganize physical spaces to promote calm and clarity

Use: Monthly detox weekend.

â€¢ Decision Matrices and Elimination Rituals

Use tools like:

- The Eisenhower Matrix (Urgent vs Important)
- The "Hell Yes or No" filter

Ritualize your eliminations with symbolic actions (deleting, donating, archiving).

â€¢ Mirror Work and Future Self Dialogues

Each morning, look yourself in the mirror and say:

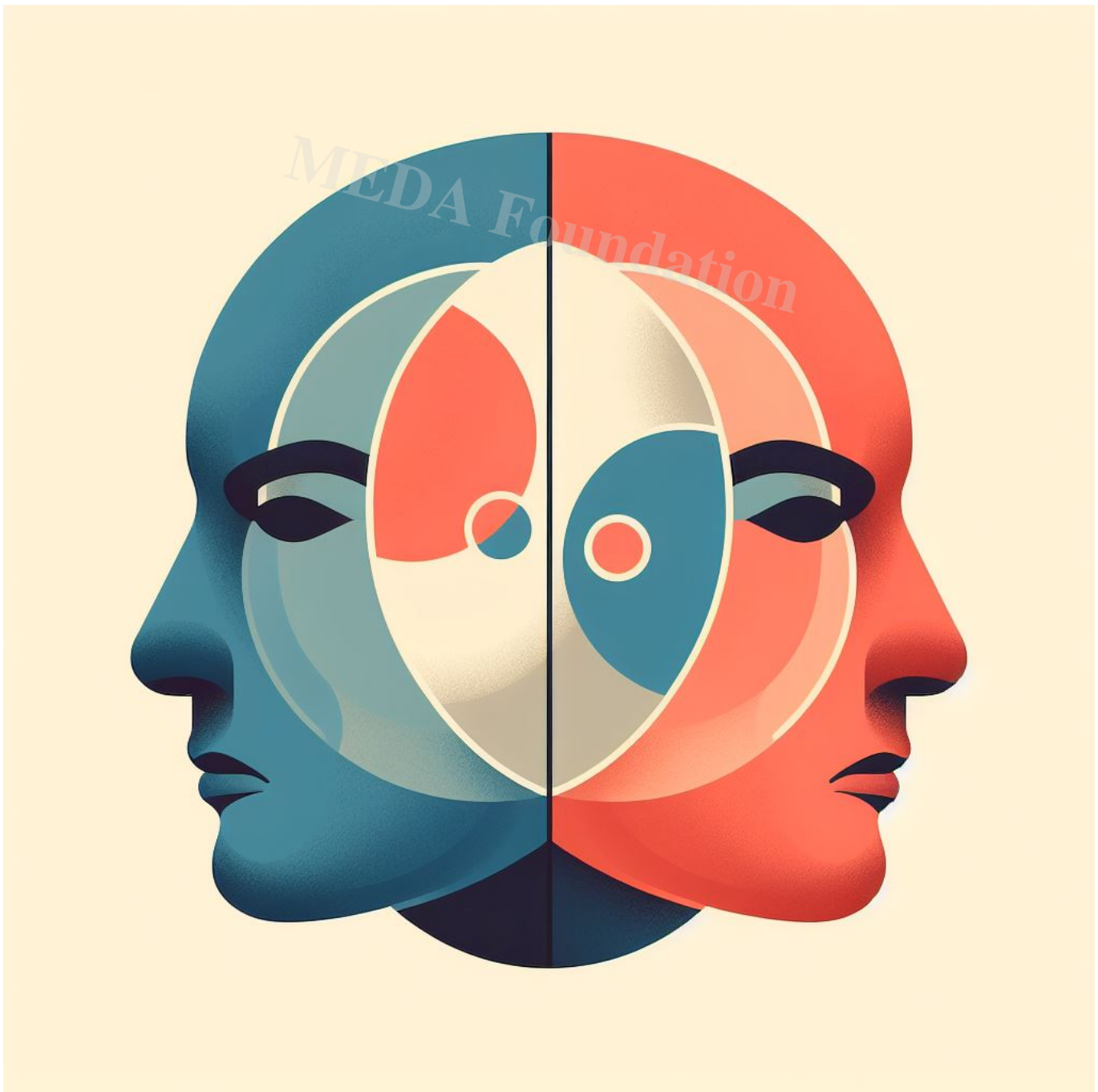
- "I see you."
- "I trust you."

- am becoming who I was born to be.
Hold imaginary dialogues with your future self: "What do you need from me today?"

Use: As a reset tool when stuck in doubt or drift.

These systems are not add-ons—they are identity scaffolds.

By living them consistently, you transform awareness into embodiment, and momentum into mastery.



IV. Conclusion: Redesigning the Mind, Rewriting the Future

At the deepest level, **your thinking is the architect of your reality**. Behind every action is a belief, behind every habit is a thought pattern, and behind every destiny is a mindset.

These 10 mental laws are not intellectual ornaments—they are **bridges**:

- From **potential** to performance
- From **fear** to freedom
- From **chaos** to clarity
- From **passivity** to purpose

You don't need to have it all figured out. You only need to **start thinking like the person you're becoming**. Identity first. Action next. Legacy, eventually.

We live in a world flooded with information and starving for transformation. This framework is your compass—one that honors your individuality, magnifies your inner power, and liberates you from inherited limitation.

The invitation is simple, but not easy:

Start where you are. Use what you have. Think like who you're becoming.

You are not behind. You are building.

Participate and Donate to MEDA Foundation

At MEDA Foundation, we believe in universal dignity through self-reliance, creativity, and love. But transformation shouldn't be a privilege—it should be a **birthright**.

If this article has stirred something in you, imagine what it could do for:

- Autistic youth seeking identity and purpose
- Rural learners in search of opportunity
- Women and elders ready to rewrite their story
- Young changemakers on the cusp of clarity

Your **participation, mentorship, or donation** can turn inspiration into action.

ð??? Join the movement: www.meda.foundation

Letâ??s redesign minds and rebuild futuresâ??together.

Book References for Deeper Exploration

If these 10 laws resonated with you, the following books offer profound depth, real-life strategies, and timeless wisdom to sustain your journey:

- ***The Mountain Is You*** â?? Brianna Wiest
â??â?? On emotional healing, sabotage, and self-liberation
- ***Atomic Habits*** â?? James Clear
â??â?? On identity-based habit formation and environment design
- ***The Untethered Soul*** â?? Michael A. Singer
â??â?? On inner freedom, awareness, and emotional transcendence
- ***Deep Work*** â?? Cal Newport
â??â?? On reclaiming focus and building excellence
- ***The War of Art*** â?? Steven Pressfield
â??â?? On defeating resistance and creative sovereignty
- ***Mastery*** â?? Robert Greene
â??â?? On long-term thinking, skill, and personal evolution
- ***Mindset*** â?? Carol S. Dweck
â??â?? On growth versus fixed mindset
- ***Essentialism*** â?? Greg McKeown
â??â?? On eliminating the nonessential and living with clarity

CATEGORY

1. Amazing Humans
2. Ancient Wisdom
3. Management Lessons
4. Tacit Knowledge
5. Woman Empowerment
6. Woman Self Help

POST TAG

1. #ClarityAndAction
2. #DeepThinking
3. #EmotionalMastery
4. #Empowerment

5. #FutureSelf
6. #IdentityFirst
7. #InnerSovereignty
8. #LeadershipFromWithin
9. #LifeDesign
10. #MedaFoundation
11. #MentalRewiring
12. #MindsetShift
13. #NeurodiversitySupport
14. #PersonalGrowth
15. #PurposeDriven
16. #Resilience
17. #SelfAwareness
18. #SelfTransformation
19. #ThinkDifferent
20. #UnlearnToGrow

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Date

2026/04/15

Date Created

2025/06/11

Author

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