

La Gxoja Projekto: Reimagining Philosophy and History Through the Lens of Happiness

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Abstract

This work introduces two interrelated theoretical frameworks: *La Gxoja Filozofio*, a philosophy of happiness that draws on and extends the findings of positive psychology and global wisdom traditions; and *La Gxoja Historio*, a historiographical re-reading of South Asian intellectual traditions that reframes ancient religious, philosophical, and social practices as early, culturally-rooted efforts toward sustainable well-being.

By building on the concept of CHEATs (Comprehensive Happiness-Enhancing Activities and Tasks), and incorporating tools ranging from AI-generated poetry to gamified self-improvement, this project aims not only to explore but also to apply its ideas. The argument advanced is that *La Gxoja Projekto* goes beyond mere theory: it constitutes a living, evolving platform for mental wellness, historical reinterpretation, and philosophical innovation in the modern world.

1. Introduction

- Statement of purpose: Why a happiness-centric framework is needed now
- Background: Disillusionment with nihilism, stoicism, consumerism
- The double lens: Philosophical renewal (*La Gxoja Filozofio*) + historical reinterpretation (*La Gxoja Historio*)

2. Literature Review

2.1. Philosophical Foundations

Stoicism, Epicureanism, Buddhism, Existentialism, Positive Psychology — where *La Gx-oja Filozofio* builds upon and diverges from these schools.

2.2. Historical Frameworks

Orientalism and misreadings of Hindu thought; Hinduism as *But-Parasti*; colonial constructs of the “heathen”; South Asian responses to misinterpretation; and modern scholars who have reinterpreted these traditions.

3. La Gxoja Filozofio: A New Framework for Flourishing

3.1. Core Tenets

- Joy as foundation, not reward
- Active vs passive happiness
- CHEATs: Practical interventions to build joy daily
- Role of language: Why Esperanto-style clarity matters

3.2. CHEATs (Ampleksaj Feliĉ-Plibonigaj Agadoj kaj Taskoj)

Derived from work by Lyubomirsky, Seligman, and others. CHEATs include gratitude, kindness, physical wellness, sleep, and meaning-oriented actions.

4. La Gxoja Historio: Reinterpreting the South Asian Past

4.1. Misinterpretation Across Time

Hindus were misunderstood by Greeks, Islamic invaders, and British colonists. They were seen as idolaters and heathens.

4.2. The Alternative Reading

Dharma as psychological code, karma as growth, bhakti as emotional regulation, Ayurveda and Yoga as wellness practices — all early CHEATs.

5. Implementation and Contributions

5.1. Projects Under La Gxoja Projekto

Poetry books, games, lectures, platform (Fulmo), hackathon judging, guest lectures, and outreach.

5.2. Technological Tools

AI chatbot, curriculum, gamified happiness planner, slide decks, and visual storytelling.

6. Contributions to Knowledge

A happiness-centered framework combining psychology and philosophy; a reinterpretation of Indian intellectual history; and a practical set of tools for modern flourishing.

7. Conclusion

La Gxoja Projekto offers an integrative approach to joy, wisdom, and memory. Theory becomes praxis, and happiness becomes not an escape from reality — but a deeper engagement with it.

Appendices

- Slide decks (La Gxoja Filozofio, La Gxoja Historio)
- Fulmo screenshots, course outline
- Sample CHEATs calendar
- Chatbot interaction scripts

References

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- Camus, A. *The Myth of Sisyphus*
- Witzel, M. *The Origins of the World's Mythologies*

- Rubin, G. *The Happiness Project*
- Nussbaum, M. *Creating Capabilities*