

Cuba: The Sin of Being Happy?

By: Giusette León García / CubaSí  
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In the heart of a “folkloric and conventional” neighborhood, where mornings often begin with the smoke of charcoal brewing the first pot of coffee and the jingling bells calling for the blessing of the orishas, there is a presence that seems to defy routine: Clara. At 54, this extremely thin woman, with a wide smile and eyes that shine as if they hold a joyful secret, doesn’t care whether the sky is gray or the day’s news weighs like lead, including forecasts of power shortages during peak hours or the gas canister that is announced but never arrives.

“She lives in a world of light and color,” some say. “She’s crazy,” others insist. “She’s a being of light,” says the neighbor who knows her best. And deep down, everyone wishes they could be like her. But in a life so harsh, often without bread, mostly in darkness, and lately even without water, Clara’s seemingly inexplicable optimism appears almost like a sin.

### **Is it a sin to be happy amid chaos?**

In times as difficult as those facing Cuba and the world, the pursuit of happiness can become the ultimate act of rebellion. While screens show images of global turmoil and social media amplifies them in a blur where truth and lies, facts and perceptions, catharsis and opportunism all collide, there are those who dare to smile, to celebrate small moments, to find light in the shadows. But is this a sin? Is it selfish or shallow to be happy when “the world” seems to be falling apart?

Clinging to happiness in turbulent times is an act of resistance. Joy is not necessarily ignorance, but rather a tool for resilience. Being happy amid chaos does not mean turning a blind eye to injustice or adversity. On the contrary, those who radiate positive energy are often the first to lend a hand, to listen, to build bridges where others only dwell on the cracks.

In this context, happiness is not a luxury, it is a strategic resource. Research shows that positive emotions strengthen the immune system, reduce stress, and improve decision-making under pressure. In a chaotic world, joy is the fuel that allows us to keep moving forward.

No, it is not a sin to be happy amid chaos. It is a defiant stance against despair, a declaration that despite everything, there are still reasons to smile. In a world that sometimes seems determined to extinguish us, happiness is a spark that ignites not only our own spirit, but also the spirits of those around us.

### **The Transformative Power of Positive Energy**

Amid stress, uncertainty, and daily tensions, surrounding ourselves with people who radiate positive energy has become an almost vital necessity. It is not a luxury or a passing trend, but a conscious decision that can make a real difference in our mental, emotional, and even physical health. People who transmit optimism, empathy, and enthusiasm do not just brighten the spaces they occupy, they also have the power to transform the way we face life.

Science backs this idea. Emotions are contagious. Studies in social psychology have shown that the positive energy of those around us can reduce stress, improve our mood, and foster a resilient mindset. Conversely, the constant negativity of a toxic environment can exhaust us, undermine our confidence, and make us question our abilities.

People with good energy are not perfect, but they possess a special quality: they see challenges as opportunities, they listen with empathy, and they celebrate the successes of others without envy. They are the friends who encourage you when you doubt yourself, the colleagues who turn a gray day into one full of possibilities, or the family members who remind you that there is always light at the end of the tunnel. Their presence inspires us to be better, to dream bigger, and to face adversity with courage.

**Translated by Sergio A. Paneque Díaz / CubaSí Translated Staff**

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