

# Review of: "Integrating Afterlife Beliefs of Christianity, Hinduism, Buddhism, and Shintoism Through the Cyclic Universe Model: A Multidisciplinary Approach with Practical Implications for Mental Health and Caregiving Professions"

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The article titled "Integrating Afterlife Beliefs of Christianity, Hinduism, Buddhism, and Shintoism Through the Cyclic Universe Model" by Andrzej Brodziak and collaborators presents an interdisciplinary attempt to integrate various afterlife beliefs within a cyclic universe model. The authors explore Christianity, Hinduism, Buddhism, and Shintoism, examining shared concepts such as the soul, karma, and life-death cycles, and draw comparisons with scientific theories on universal recurrence. One of the work's primary strengths is its broad scope—bridging religious boundaries to explore psychological and spiritual needs across societies. This intercultural approach offers insight into afterlife beliefs from a perspective that transcends traditional interpretations. It holds potential significance for mental health professionals, highlighting common religious elements as supportive tools for therapy and care for patients dealing with existential anxiety or grief. Despite its valuable perspective, the article may leave some questions unanswered. Criticisms may target its methodology and foundational assumptions—while interesting, the cyclic universe model remains hypothetical and is challenging to reconcile with modern, observation-based cosmology. For those grounded in empirical sciences, it may lack solid empirical foundations, while scholars of religious studies may find the approach overly syncretic, potentially blurring distinctions among belief systems. Looking optimistically, the article hints at future possibilities for collaboration between science and spirituality, suggesting the need for a new, shared language for both fields. The integration of spirituality and science could represent a step toward a holistic approach to mental health, and the cyclic universe model, though not scientifically proven, may serve as a starting point for further inquiry and reflection on human nature and its connection to the cosmos.