Zen Buddhism comes from a mixture of Indian Mahayana Buddhism and Taoism. It began in China and then began to spread throughout Korea and Japan. Zen Buddhism is compatible with other faiths. Some Christians even practice pieces of it when looking for different ways to practice their religion. The overall idea of this religion is trying to grasp the concept of life and understand the self. Zen means meditation which requires extreme amounts of discipline. It is something that a person does, not an idea or concept. They say that you must experience it to fully understand. People who practice this religion do not focus on the scripture, they focus on physically and mentally practicing Zen Buddhism and pay a lot of attention to discipline. They must learn to give up logical thinking while training their mind. One of their beliefs is that all humans are Buddha, you just have to reveal your true self through practice.

Haiku is a well-known form of poetry in Japan that Basho uses in his poems. Basho’s poems illustrate the mindset of people who practice Zen Buddhism. His poems focus on being in the moment and capturing the essence of the present. They show the beauty of just one moment in time and how people must focus on the moments instead of thinking about the big picture and trying to logically process it. Zen Buddhism has a lot to do with meditation that can lead to one’s enlightenment. This means you are not distracted by other things in your mind so that you can fully enjoy the occurring moment. Basho’s poems reflect on this practice and incorporated some of the principles of Zen Buddhism.