While I was walking, I heard a voice from the sky. I looked up, and there was the angel who had come to me at Hirā’

Abu Salamah ibn ‘Abdur-Rahmān reported that Jābir ibn ‘Abdullah al-Ansāri (may Allah be pleased with him and his father) said: While narrating about the halt in revelation, he said in his Hadīth: "While I was walking, I heard a voice from the sky. I looked up, and there was the angel who had come to me at Hirā’, sitting on a chair between the heaven and the earth. I was terrified of him, so I returned and said: Cover me! Then Allah Almighty revealed: {O you covered [in your cloak], arise and warn} [Surat al-Muddaththir: 1-2] until His saying: {and shun idol worshiping.} [Surat al-Muddaththir: 5] After that, the revelation became intense and continuous."

[Authentic] [Agreed upon]

The Prophet (ﷺ), while recounting the halt in revelation at the beginning of his mission, said: As I was walking through the alleys of Makkah, I suddenly heard a voice from the sky. I looked up, and there was the angel Jibrīl (Gabriel)—the same one who had come to me in the cave of Hirā’—sitting on a chair between the sky and the earth. I was filled with fear and dread of him, so I returned to my family and said: Wrap me in a cloak. So Allah Almighty revealed: {O you covered} in your cloak, {arise} to call people to the message, {and warn} those who have not yet believed in your message. {And your Lord}—your only true God—{proclaim His greatness} and praise and exalt Him. {And your garments} and clothes {purify them} and clean them from impurities. {And shun the filth}, i.e., the worship of idols and false gods, {and keep away from it} completely. After that, the revelation became strong and continuous.

https://sunnah.global/hadeeth/en/show/66304