Umuvugishwamana (nyakugira amahoro n'impuhwe z'Imana Allah) igihe agiye ku busaswa buri joro yama aca yegeranya ibiganza, hanyuma akabihuhamwo nk'uwuvuma, agaca abisomerako {QUL HUWA LLAAHU AHAD} na {QUL A'UUDHU BIRABBI L-FALAQ} hamwe rero na {QUL A'UUDHU BIRABBI NNAAS}

Mu vyakiriwe na Aisha (Imana Allah Imwishimire), ni uko Umuvugishwamana (nyakugira amahoro n'impuhwe z'Imana Allah) igihe agiye ku busaswa buri joro yama aca yegeranya ibiganza, hanyuma akabihuhamwo nk'uwuvuma, agaca abisomerako {QUL HUWA LLAAHU AHAD} na {QUL A'UUDHU BIRABBI L-FALAQ} hamwe rero na {QUL A'UUDHU BIRABBI NNAAS}, hanyuma agaca ahanaguza nya biganza ku mubiri wiwe aho ashoboye kugeza, maze agahera ku mutwe no mu maso, hayuma agatera amanuka ku mubiri w'imbere. Ivyo yabigira incuro zitatu.

[رواه البخاري] [صحيح]

Vyari mu migenzo yiwe (nyakugira amahoro n'impuhwe z'Imana Allah) igihe agiye ku busaswa ngo aryame, yaca yegeranya ibiganza vyiwe maze akabitarika (nka kurya uwusaba abigenza) agaca abihuhiramwo bukebuke nk'uwuvuma, agaheza agasoma ibisomwa bitatu, ari vyo: {QUL HUWA LLAAHU AHAD}, {QUL A'UUDHU BIRABBI L-FALAQ} hamwe rero na {QUL A'UUDHU BIRABBI NNAAS}, hanyuma agaca ahanaguza nya biganza aho ageza ku mubiri wiwe; ahereye ku mutwe no mu maso, n'ibihimba vy'amaja imbere ku mubiri, ivyo akaba yabisubiramwo incuro zitatu.

http://www.sunnah.global/hadeeth/rn/show/65060