



NEWS RELEASE

CANADIAN SPIRIT RESOURCES INC. ANNOUNCES INSIDER SHARE PURCHASES

Calgary, AB July 6, 2010 – Canadian Spirit Resources Inc. (“CSRI” or the “Corporation”) (TSXVENTURE:SPI) (OTCBB:CSPUF) is pleased to announce that during the six months ended June 30, 2010, directors and officers increased their ownership in the Corporation by 100,428 common shares. This brings their total ownership, including shares held by associates, to 1,666,332 million shares. The Corporation has share ownership guidelines for directors and officers and provides a period of time to achieve such guideline levels. Holdings and transactions by directors and officer of CSRI in the Corporation’s securities may be reviewed at www.sedi.ca.

CSRI is a natural resources company focusing on the identification and development of opportunities in the unconventional gas sector of the energy industry. The mission of the Corporation is to develop 1 trillion cubic feet of natural gas from resource plays in western Canada.

Information regarding CSRI is available on SEDAR at www.sedar.com or the Corporation’s website at www.csri.ca.

On behalf of the Board of Directors,
CANADIAN SPIRIT RESOURCES INC.

“Don Gardner”

Chief Executive Officer

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