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CANADIAN SPIRIT RESOURCES
ANNOUNCES GRANT OF OPTIONS

Calgary, AB June 17, 2005 - Canadian Spirit Resources Inc. ("CSRI" or the "Company") (SPE-**TSX Venture**) announces that it proposes to grant, subject to TSX Venture Exchange approval, a total of 140,000 stock options to the four independent directors of the Corporation as compensation for their service as directors of the Corporation. These options, issued pursuant to the Corporation's Stock Option Plan, will have a term of five years, an exercise price of C\$4.15 per share and vest 25% on the date of grant with the balance in three equal amounts at six month intervals following the date of grant.

The Corporation's practice is to compensate the independent directors in the form of stock options once each year following the annual meeting of shareholders, provided such grant does not result in the total number of options outstanding exceeding 10% of the common shares outstanding on the date of grant. Following the proposed grant, there will be stock options outstanding representing approximately 9.8 % of the outstanding common shares.

The directors do not receive cash compensation for their services in their capacity as directors.

Canadian Spirit Resources Inc. is a natural resources company focusing on the exploration and development of opportunities in the natural gas from coal ("NGC", also referred to as coalbed methane or "CBM") sector of the energy industry.

On behalf of the Board of Directors,
Canadian Spirit Resources Inc.

"Phil Geiger"

Phillip D.C. Geiger, President & COO

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