



CANADIAN SPIRIT RESOURCES INC.

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CANADIAN SPIRIT RESOURCES ANNOUNCES **INVESTOR RELATIONS APPOINTMENT**

Calgary, AB March 8, 2006 - Canadian Spirit Resources Inc. (“CSRI” or the “Company”) (SPL-TSX Venture) announces that it has engaged Hedlin Lauder Investor Relations Ltd. (“Hedlin Lauder”) of Calgary to provide investor relations services to the Company, subject to regulatory approval. Hedlin Lauder will initiate and maintain contact with the financial community, shareholders, investors and other stakeholders for the purpose of increasing awareness of the Company and its activities.

The investor relations services agreement with Hedlin Lauder has an initial term of one year and contains an early termination provision. Pursuant to the agreement, Hedlin Lauder will receive a retainer fee of \$5,000 per month, a grant of 25,000 stock options with an exercise price of \$3.15 per share and reimbursement of pre-approved expenses. The stock options vest over twelve months as to 25 percent at the end of each three-month period and expire at the earlier of thirty days following termination of the agreement or two years from the date of grant.

Hedlin Lauder Investor Relations Ltd. is a member of Hedlin Lauder Associates group, which was established in 1994 and specializes in corporate communications.

Canadian Spirit Resources Inc. is a natural resources company focusing on the identification and development opportunities in the unconventional gas sector of the energy industry. Since 2002, the mission of the Company has been to develop 1 Tcf of natural gas over a five-year period from unconventional resource plays in western Canada. Within four years, the Company has identified several large resource plays, assembled a unique, high working interest land position in over 42,000 gross acres (of which 40,000 are located in British Columbia) and is currently evaluating the productive capability of its principal resource property.

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

“Phil Geiger”

Phillip D.C. Geiger, President & COO

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