

Corporate Update

Vancouver, British Columbia, October 20, 2022 Northern Lights Resources Corp. ("Northern Lights", "NLR" or the "Company")(CSE:NLR, OTC: NLRCF) announces that it has issued 2,767,200 common shares of the Company (the "Shares") to Mirabel Capital Ltd (the "Investor") for consideration of approximately C\$44,275.20 (US\$32,000).

The Shares have been issued under the terms of the Convertible Security Agreement. See NLR announcement of May 28, 2021 for details of the Convertible Security Agreement.

For further information on Northern Lights Resources please contact:

Albert Timcke, Executive Chairman and President

Email: rtimcke@northernlightsresources.com

Tel: +1 604 608 6163

Jason Bahnsen, Chief Executive Officer Email: Jason@northernlightsresources.com

Tel: +1 604 608 6163

About Northern Lights Resources Corp.

Northern Lights Resources Corp is a growth-oriented exploration and development company that is advancing two projects: The 100% owned, Secret Pass Gold Project located in Arizona; and the Medicine Springs silver-zinc-lead Project located in Elko County Nevada where Northern Lights is earning 100% in joint venture with Reyna Silver Corp.

Northern Lights Resources trades under the ticker of "NLR" on the CSE. This and other Northern Lights Resources news releases can be viewed at www.northernlightsresources.com.