Once there were three sages, and these sages were discussing what is the best age to be delivered from material existence.
I propose that Satya-yuga is the best age, because it is the golden age, the age of enlightenment.
Just by a few hundred thousand years of meditation one can go back to Vaikuntha. That is my proposition.
No, Treta-yuga is the age. We can do agnihotra, and just by offering grains and ghee into the fire, distributing gold to the brahmins, by this simple process we can get moksa and leave this world.
Excuse me, but Dwapara-yuga is without a doubt the best age, because Krsna Bhagavan Himself is coming. Yada yada hi dharmasya glanir bhavati bharata
He comes in His original form and those who take birth in that Yuga can get the opportunity of the Lord's personal association.
So back and forth they were arguing, Satya, Treta, Dvapara, Satya, Treta, Dvapara. But there's four ages, Satya-yuga, Treta-yuga, Dvapara-yuga and Kali-yuga. However, these sages would not even say the name of Kali, because it's so inauspicious. What to speak of discussing it's ill effects, they wouldn't even mention the name.
So after many years of discussion they came to no conclusion
Well, let us go to Srila Vyasadeva, the greatest of all sages. He lives in the Himalayas, so let's go there and get his opinion.
So they went to Badrikashrama
When they arrived there Vyasadeva was taking bath in a tank.
O great sage
Of Satya, Treta and Dvapara,
what is the best age for making spiritual advancement?
They pleaded and pleaded
Then he came out and spoke

Satyam satyam param satyam,
kaler dosa-nidhe rajann asti
hy eko mahan-guna
kirtanad eva krsnasya
mukta-sangah
param vrajjet
And then splash, back under the water he went.
Did you hear that?

Did you hear that?
I blocked my ears as soon as I heard the name of Kali.
Ask him again
O great Srila Vyasadeva, could you please repeat yourself?
So out he came again

Satyam satyam param satyam,
kaler dosa-nidhe rajann...
And then he explained the verse

The highest truth, the truth of all truths, is that although this Kali-yuga is an ocean of faults.
There is still one good quality about this age
Simply by chanting the Hare Krsna mahamantra, one can become free from material bondage and be promoted to the transcendental kingdom.