William received Reiki I in 1981, and Reiki II in 1982, from Bethel Phaigh who received her master training from Mrs. Takata. In 1989 he received the master training from Diane McCumber and Marlene Schilke, and in 1991 from Leah Smith. In 2002, he received the master training in Gendai Reiki from Hiroshi Doi, and also in 2002 the Komyo Reiki training from Hyakuten Inamoto. In 2001 he took Reiki I&II from Mrs. Yamaguchi and her son Tadao, in Kyoto, Japan. William has taught Reiki full time since 1989 in the United States and in countries all over the world. He is the author of, Reiki for a New Millennium, and also co-authored The Spirit of Reiki with Arjava Petter and Walter Lubeck. In 1989 he developed the Usui/Tibetan style of Reiki, in 1994-95 he developed Karuna Reiki®, and in 2014 he introduced Holy Fire® Reiki which was upgraded to Holy Fire® II in November 2015 and to Holy Fire® III in September 2018. He is founder and president of The International Center for Reiki Training and The Reiki Membership Association, founder of the Center for Reiki Research and is the publisher of the Reiki News Magazine.

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