This *REALLY IS NOT* the GoDaddy support forum.

Having said that, I had the opportunity to play with a friend's VPS that he bought from Godaddy a few months back. I have no idea if you have a similar setup or what... but on his machine there was this really bloated Java-based control panel that was eating up a lot of the resources. I wonder if they have that running on your machine and if that is what is eating up all of those resources.

If you want to know about CentOS, check out their documentation... as they have a lot of it... that mostly came from their "prominent North American Upstream provider" (aka Red Hat):

http://mirror.centos.org/centos/4/docs/

So far as doing Physical to Virtual migration with OpenVZ as the virtual target, there isn't really an automated program for that but there is some info in the wiki on that:

http://wiki.openvz.org/Physical_to_VE

Always try and look through the documentation as best you can and ask questions to fill in the cracks.